Visual Routine Template

Children thrive on predictability. Use pictures or words for each step, and let your child check off each one.

Routine: ☐ **Morning** ☐ **After school** ☐ **Bedtime** ☐ **Other:** _____

1	**Step 1** _____	draw / picture	☐
2	**Step 2** _____	draw / picture	☐
3	**Step 3** _____	draw / picture	☐
4	**Step 4** _____	draw / picture	☐
5	**Step 5** _____	draw / picture	☐
6	**Step 6** _____	draw / picture	☐

Tips: Keep it to 4–6 steps. Use photos or simple drawings. Review it together when everyone is calm. Praise each step finished, not just the last one.

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Trigger & Response Log

Patterns are easier to see on paper. Note what happened before, during, and after, without judgment. Bring it to your next conversation.

Date / time	What happened just before? (trigger)	What did I see my child do?	What did I do?	What happened after?	What might help next time?

Look for patterns: Time of day · hunger or tiredness · transitions · demands · noise or crowds · being told "no" · feeling left out. *Behavior is communication. What might it be telling you?*

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Positive Reinforcement Planner

What we notice and celebrate grows. Plan how to catch your child doing well.

Skill we are building (be specific and observable)

What it looks like when they do it

Praise I can use

Be specific: "You took a breath when you felt mad. Nice calm!"

Rewards (small and soon)

Time together, choice of game, sticker, special snack.

Tracker

Mon	Tue	Wed	Thu	Fri	Sat	Sun

Guidelines: Notice effort, not just results. Reinforce right away. Aim for more praise than corrections. Connection is the best reward.

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Guide to Calm, Consistent Boundaries

Boundaries are not punishments. They are the safe edges that help children feel secure.

1. **Calm yourself first**
   Take a slow breath. Your calm helps your child borrow calm.

2. **Be clear and brief**
   State the expectation in a few words. "Shoes on, then we go."

3. **Give choices**
   Two acceptable options: "Bath before or after pajamas?"

4. **Follow through**
   Do what you said, kindly and every time. Consistency builds trust.

5. **Name the feeling, hold the limit**
   "You're upset. It's still time to turn off the tablet."

6. **Repair after**
   When things have cooled, reconnect. Talk about what to try next time.

When things escalate: Keep everyone safe. Use fewer words and a calm voice. Do not negotiate in the heat of the moment. Wait until your child is calm to talk. If there is a risk of harm to anyone, seek help immediately.

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