



LET THEM HELP BUILD ROUTINES TOGETHER

Why It Works

Children learn routines faster when they feel part of the process.

- Reduces resistance – they help decide, so they “buy in” more to its value.
- Builds confidence with “I can do it!” moments.
- Encourages communication and cooperation.

Routines can help manage behavior. They're also useful for helping kids understand their world – and the reasons behind the routines.

Ways to Do It

You can involve your child, even if they are little.

- Offer simple choices: “teeth or pajamas first?”
- Take pictures together for a daily schedule.
- Let a favorite toy ‘lead’ the steps: “turtle says it’s snack time!”
- Give them a job: turn on the timer, check off the step, etc.

These small roles give your child a sense of control – without changing the routine in major ways.

When It’s Hard

Some days your child might not want to help. That’s okay.

- Offer again later – the feeling they get when offered a chance matters more than the outcome.
- Let them reset the steps if it goes off track: “back to step one--remember what comes first?”
- Celebrate small steps: “You helped start the timer! High five!”

Over time, these moments build cooperation, independence, and trust.

About Early Start Together

We help parents of infants and toddlers with delays and disabilities find resources and build community. Exceptional Family Resource Center (EFRC) offers free services to parents through all ages and stages, birth through adult.

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We are happy to help you with your specific questions and situation.



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