

ROUTINE CHART/POSTER DE RUTINAS POSITIVE DISCIPLINE

Who does not have a to do list to keep us on track? Well, children need something similar, too. Sometimes we struggle with our children to complete their jobs before a transition. Having a routine chart visible helps guide your child, develops time management, and supports independence. It is important that your children help in the creation of the chart. After you choose which transition is most difficult, here are the steps to follow through (Examples of difficult transitions: bed time, clean up, eat breakfast, etc).

1. Make a list (Let your child tell you all the things that needs to get done, "¿Cuáles son las cosas que tienes que hacer para ... (limpiar el salón o ir a dormir)?
1. Copy all items on the chart or take pictures of them doing each step (Ask children to choose what they want to do first and if it is applicable let it go, "¿Qué deberías hacer primero, segundo, luego...?).
1. Hang the chart where they can see it. (**Let the chart be the boss!** If they are doing something that they are not supposed to do, just ask them: What is next in your chart?, ¿Qué sigue en tu póster de rutina?)

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