



Create-a-Routine Questions

Based on: ***The Freedom of Routine***, by Linda E. Armas

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While creating a routine may sound simple, it requires thought and care to identify a specific path of expectations from start to finish. It is critical to design and define specific behaviors, and reinforce accordingly.

First, ask yourself some important questions before designing a routine for children. Your responses to these *Create-a-Routine Questions* will help you to identify wanted behaviors, and to create a workable routine in which they will occur.

1. What is the desired end result/goal?
2. Is this result/goal developmentally appropriate?
3. Who will be involved?
4. What has to happen to achieve the desired result/goal? Be specific.
5. What are the “hurdles” or things that make this challenging?
6. What can I do to eliminate or reduce that “hurdle?”
7. How will I observe and/or monitor progress?
8. How will I reinforce the progress/attainment of result/goal?