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?