

Morning Routine Timetable

Morning routine timetables can help children who find it hard to get dressed and complete the morning routine.

To help your child with this, we have created a simple visual timetable to use at home. Try displaying this on a long card strip somewhere where your child gets ready in the morning. Place on it the different pictures of activities, in the order that you want your child to complete these. Each time the child has completed one task, they can take that symbol off the strip, and place it in a 'finished' box – an old cereal or tissue box is good for this!

Try to do this as regularly as possible with your child, slowly decreasing the amount of support that you need to give him/her. If they are reluctant to use it, try to have a motivating activity as the last thing on the strip, e.g. bubbles, or five minutes of TV. This will help motivate your child to co-operate.

For older children, a morning routine timetable can be used as a visual reminder of the steps in their morning routine and help to increase their independence in completing self-care tasks when getting ready for the day.

Here is an example:

