



Everyday Routine Cards

Choose a few steps your child can recognize, print them and put them in order. Use pictures, words, gestures or an object cue that fits your child's communication. The cards are a way to explain the day, not a schedule every family must follow.

Morning: three starting cards

Get dressed

Place the clothes where the child can reach or see them. Offer one manageable part: choose a shirt, put an arm in a sleeve or bring the socks.

Gather what we need

Check the bag together. Name one item the child can carry or point to. Keep important adult responsibilities with the adult.

Go to the door

Use a short cue: "Clothes, bag, then the door." Show the next step instead of repeating the whole morning plan.

Before a meal

Finish and put aside

Give a brief warning about the change. Show where a toy or unfinished activity can wait.

Wash and come to the table

Follow the household's handwashing and seating arrangements. If there is a waiting period, explain it rather than expecting the child to guess.

Join in

Offer a suitable small task such as choosing between two cups or bringing a napkin. Adapt participation to the child and setting.

Before bed

Prepare

Choose the care tasks that belong in your evening, such as changing clothes and following the family's toothbrushing routine.

A quieter activity

Read a short book or have a brief conversation. A repeated activity can give the child a recognizable point in the sequence.

Say goodnight

Use the agreed goodbye and sleep arrangements. If another caregiver takes over, share the short sequence rather than expecting them to copy every detail.

Make your own card

The step:

The words, picture or cue:

How the child can take part:

Illustrative adaptation

In a household with changing shifts, the bedtime caregiver may vary. The adults agree on three recognizable steps-prepare, book, goodnight-and keep a small picture card in the same place. They change the timing when needed without describing the change as the child's failure.

[Read about routines](#) · [Read about bedtime](#) · [Share the care arrangement](#)

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