SPEAKER:

Alright, hello everyone and welcome, welcome, welcome to another wonderful resource, another parent webinar. Today's topic is establishing rules and routines at home. My name is Asser MacEwan, I am the content specialist for the deaf, hard of hearing, vision and dual sensory programs. I will ask everyone to make sure that your microphone is muted throughout this presentation as it will be recorded and posted to our website.

We have two ASL interpreters available, Lily and Elizabeth if you require ASL interpretation, please make sure you pin them to your screen. I will be monitoring the chat box for questions throughout the presentation. And our presenter today is Amanda White, and Amanda is going to go ahead and take us through establishing routines. Amanda?

AMANDA WHITE:

Thank you. My name is Amanda White, and I am with Brevard Schools and fiddlers child find. Here at child find, we screened children's ages 3 to 5 who might have a disability and be entitled to services through Brevard Schools. I have been a PreK content specialist for the past three years, and prior to that I was PreK VE classroom teacher in both Florida and Ohio. I grow had -- I graduated from Ohio State and have been teaching in those two states.

I am here to speak to you today about the importance of establishing routines and rules at home,. I'm going to share my screen. Alright. Today, we are going to be talking about the water, water routines, rules and routines and how they are not just for the classroom, but they are also four home and useful for adults as well. We are going to talk about the why, the benefits of establishing rules and routines at home, and we will talk about the how. How to establish rules and routines at home.

What is a routine? The definition of a routine, the Merriam-Webster definition is a regular course of procedure or a habitual or mechanical performance of an established procedure. It may be a workout parts that may often be completed. Those are just a few of the definitions of a routine.

Of course, we all have routines that we follow, whether we realize them or not. We have them as adults. We may have a workday routine, we get to work, we check our emails first, we may go get coffee, take a bathroom break and then sit down and get into the workday. We may have a workday routine, we might have a workout routine. I know a few years ago I had struggled to lose weight and I got a trainer and the trainer stressed the importance of following the workout routine that she had laid out for me for at least six weeks before it became a habit.

And so I did, and said that routine became road for me and I was able to do it without putting much thought into it. You may have a workout routine, you might have a morning routine, even if it just means rolling out of bed and getting dressed and going. That is still a routine that you follow in the mornings.

Why are routines important? There is a few things that routines can do that are important. For children and for adults, they teach self-control. A routine can teach us how to transition, especially for children, it can provide opportunities for learning. Routines also provide safety, and as a parent when working with your child, it also reduces that power struggle, it does in the classroom as well when we use routines as teachers.

An article that I had read called Amazing Routines of Seven Successful Entrepreneurs says that our daily routines can make a huge difference to how healthy, happy and productive we are. That is as adults, it can make a huge difference to how happy and healthy and productive we are. Here is one of the examples that the article had given for an adult, how even adults need routines to be successful. This is a really short clip, I'm just going to show you just a short part of the clip so that you can see how this guy uses routines to manage two businesses. And this is Jack Dorsey, he runs into full-time companies.

(Video plays)

SPEAKER:

You are working at two companies simultaneously which is extraordinary. You have this amazing way of… Just talk really quickly about how you balance those two.

SPEAKER:

Yes, so the only way to do this is to be very disciplined and very practice. And the way I have found that works for me is I theme of my days. So on Monday, at both companies we focus on management on running the company. We have our directional meeting at Square, we have off, meeting at Twitter. I do my management one or ones on that day. Tuesday's focus on product, Wednesdays focused on marketing and growth, Thursday is focused on developers on Friday is focused on the company and the culture and recruiting. Saturday I take off, I hiked, and then Sunday is reflection, feedback, strategy, getting ready for the rest of the week. There is interruptions all the time, but I can quickly deal with an interruption and know that it is Tuesday, I have project -- product meetings and need to focus on product stuff.

AMANDA WHITE:

One of the things I found interesting in this short clip was right there where he talked about how he can deal with the interruptions because he knows what his routine or what his schedule is, so he knows, "I can deal with this, but the state is for product meeting so I am going to go back to my schedule." It helps keep him on track.

Even as adults, we use routines and we need those routines. So how much more if we need those routines, how much more do our children also need those routines? They are important for them as well.

Children need routines to be successful just like we do as adults. They may have different routines, first they come home, they do their homework, they might have dinner, they play outside. But those routines are important as a guideline for the children, just like Jack Dorsey was saying, those routines were important as a guideline for him as well.

Let's look at it -- an example that a stay-at-home mom follows. That is the next click here.

(Video plays)

SPEAKER:

In this video I will show a recap of the full-day acts -- at home schedule. It helps section of time today for yourself and for the child to do things that they really enjoy while still setting limitations. Also it helps you from going insane. My stepson does really well with routine, he likes to anticipate what is coming next, and sometimes he checks the schedule throughout the day and looks at the clock to make sure I am on track and make sure he is on track.

Let's get into this video. This is a photo of our schedule, I made it colorful so it is fun to look at. On the other side of the fridge we have a color chart. He starts on green, and if he gets his way to purple he gets a star on the star chart and when he gets seven stars he gets a prize.

8 AM – 9 AM is our wake up time. I put on a slow -- show for our son to keep it educational which gives me time to feed my daughter and take a shower. Today calls for dry shampoo so I'm going to do that. Look so good! I make this call my breakfast of dinosaur egg oatmeal and bananas that really need to get eaten. Looks good!

Now I will crush one of these bad boys. Chug chug chug. And time for breakfast round two, because boys eat so much! From 9 AM until 10 AM is our morning exercise. Normally we will go for walk or do something outdoors but it rained the night before so we are doing indoor exercises using a website called Go noodle which has different stuff to choose from and gets your kids heart rate up. It is super silly and fun. Here he is doing yoga which is incredible.

From 10 AM to 11 AM is our learning time in schoolwork. He is not in school anymore so we got ABC mouse subscription. He enjoys doing this. We do the learning path, and I usually supervise him to make sure he is not skipping through things or just doing games. I will usually sit on the floor with my daughter and we will play together and I will watch him do this for one hour. He has a super fun time.

From 11 AM till 12 PM it is our feeding time, my personal favorite. He wanted to do his comic book today, he enjoys making captain underpants comics. A secret is if you go to the dollar store you can buy tons of stuff for super cheap and just have stuff to do all summer long like paint and sketchbooks and Gout and tons of stuff. I'm not going to lie, I also like to partake in the font and color as well.

Now it is lunchtime from 12 until 1230. I was making some rice and dumplings from Trader Joe's. Look so good. There is a baby version. From 12:30 PM until 1 PM we do chores. It is not the kids favorite thing but I try to make it fun. We do whatever needs to get done in the house that day, which today was cleaning down the dining table and doing some laundry. From 1 PM until 230 is quiet time and independent play. It is not always easy to get your kid to play by themselves because they say the they are bored but I think boredom is a good time to get creative. We went for a drive to kill some time because I was tired.

When we got home he did some coloring because that is something he really likes to do, and then played with his sister for a while. She likes to watch him go back and forth and play with her little toys. From 2:30 PM until 4:30 PM we do educational games, usually on our iPad. We have a whole section for education. I let him kind of do what he wants and play by himself. I do stay nearby just to make sure he doesn't try to sneak in the other games. I will do whatever and this time I need to get done around the house or the baby.

Now it is time for my stepson's favorite time of the day, non-educational day. He has a lot of fun at this time, and I usually leave him by himself and I will go and try and put my daughter down for a nap, which he usually fights but I succeeded. And I will take a little break with my husband, we are watching a little YouTube. Ok, good break in time to make dinner. I am making some roasted chicken, sorry to the vegetarians out there, I have a lot of meat out there. I did some laundry, good for me. From 5 PM until 6 PM we eat our dinner and take a bath, I didn't get a video of the back, but here is our dinner. It was yummy. From 6 PM until 7:30 PM, we do TV time. I like to keep the shows educational still, and I like to see the kids wind down, but that doesn't always happen. They are still hyper. 7:30 PM till 8 PM we do books and bedtime. And we do a bedtime routine which is usually brushing her teeth and reading a few books and, oh my gosh, we made it through the day. Thank goodness! That's about it.

That wraps it up, if you guys have any questions, any thoughts about the video, I'd love to hear them in the comments below. Thanks for watching our full at-home quarantine schedule.

AMANDA WHITE:

So I liked the schedule that this mother went through because it is realistic to real life, to kind of what you may do at home with your own children. And she had… She showed from the beginning until the end of the day, and her schedule, if you notice, on the refrigerator, it was just written out. There were no pictures involved with that, it was just written out. But she had a schedule posted, and in a good location where everyone could see it, and that gave them a guideline for what to do for the day.

Alright. So we talked about what routine is, and why we use routine, now we will talk about the how. We know that routines are good, but how do we establish a good solid routine and home with our kids? That mom gave us a good start on an example of a way to establish some good routines.

And here, you can see, we are going to be talking about our visual schedules and like I was saying, the mother had a schedule posted on the refrigerator. Her schedule is not a visual schedule, it was written out. But here we do encourage using visual schedules. We are working with children ages three – five, and because of that they are not reading. We do suggest that parents use pictures. You can use a variety of pictures.

You can see on the schedule that I have, brush teeth and get dressed. These are just pictures that I have pulled off Google. You can use any pictures in your picture schedule. We do believe that using visual schedules helps us make connections in the brain. Of course, as adults, we use visual schedules and rely on them every day.

Visual schedules like a stop sign, or a bathroom sign. We use visual cues as adults, and these are some different signs that we use every day.

As we move through this presentation we will talk more about rules and routines at home, as we have been talking, and how we can use those, incorporate those visual schedules.

For children, we have… We can start with a morning routine and a bedtime routine. These are couple of schedules that I just pulled off of Google. I am going to show you… You can actually just put in… When you go to Google, you can just type in, "Visual schedules for home" and it will bring up a bunch of different visual schedules.

And of course, at the top, you will click on images so that you can see all the images, because initially, when you put it in, you will see some different websites. You are going to click on images, and you will see… There we go, you will see different schedules and you can click on most of these. Some of them are free, some of them take you to other websites, but you can always… This can give you good ideas for the kinds of schedules you can use at home.

At the end of the presentation, I do have two websites that you can go to that offer free visual schedules.

You can pick a schedule and you can posted, for example, if you are going to have a morning schedule, you can post it on the refrigerator where your child sees it when they get up, or posted on the back of their bedroom door. For a bedtime routine, in our house, we have our bedtime routine posted on the wall in our children's bedroom. And we have a morning routine posted at their addresses. We have twins, and we have… They each have a dresser and we have their morning routine posted on their addresses so they can see in the morning that they are going to wake up, they are going to get dressed, and they have their clothes separated out in each drawer of the dresser is labeled, so we actually have labels for pants and shirts, so they know by following their schedule that they are going to pick out their shirt and then their parents and they're going to get dressed, they are going to brush their teeth and then have breakfast.

In the beginning, when we first introduce the schedule, we had to walk them through each step, and we had to keep going back to the schedule and point to the schedule and say, "Ok, you put on your shirt and pants, now you need to put on your shoes and socks." Pretty soon they were able to learn the schedule on their own and we no longer have to walk them through that, we can just say, "look at your schedule. What is next?" And they can look at their schedule and see what is next.

You can also use real-life pictures in your schedules. This is another example of a schedule. This one does take place in the classroom, as you can see, central time, cleanup. But you could easily use this at home as well. You could take pictures of your child during searching -- certain things and then you can use that in your schedule as well.

In addition to using pictures from Google or real life pictures, you can also use apps. Of course, there is an app for just about everything out there including visual schedules. I found two good apps, I have all our resources listed at the end of this presentation as well. And there are two apps that I found, fun routine visual schedules, and that was for android, and I found visual daily schedules for Apple. There were quite a few other apps for schedules as well, but these were two that I actually had a chance to play around with and kind of see what they had available and they both seemed like fairly decent apps.

You could also use an app on your phone or the iPad for various schedules that you may have throughout the day.

We were talking about rules and routines. We have covered a lot about routines, but now we are going to switch gears a little bit too rules. And of course, we know the value of having rules in the aspects of life for adults and children alike. But when I was looking through some different websites and looking at the importance of rules and creating rules in the house, I found on the CDC website, they actually listed out a few things.

The CDC says that it is important to keep these things in mind when creating rules and routines. It is important to identify the routines and rules first. But then after you have identified the rules or routines you want your child to follow, it is important to explain the rules and routines. I will add to that, in addition to explaining, especially for ages three – five it is very important to model. Even as they get older, they still need that modeling, so even though you may explain you also need to model as well.

It is important to follow the routines and the rules that you have put into place. And it is important to use consequences, the CDC says. So it is important to follow the rules and routines, you will not be perfect every time, you will… It is easy to get off track when that happens, just get back on track again. You do have to allow for some grace there when you are implementing those rules and routines that you placed forward.

PBS.org says that it is important to make sure you engage your child in making the schedule. So if you include your child in that schedule, then they take ownership of that. So that is important to do as well.

Posterior daily schedule, we have talked about that a few times and we had examples of that, just like the stay-at-home mom who had her schedule posted on the fridge. It is important to post the schedule where they can see it.

And if you fall out of your schedule, do not worry about it. I just spoke about that. You make those adjustments if you need to, and you just get back on track again.

It is important to point out to your child that that is why you have the schedule in place, as a guideline, and that sometimes we do deviate from that schedule a little bit, and that is ok. But then we just get back on track.

When you are engaging your child in creating the poster, they also need to be able to work with the schedule as well. As PBS.org said, it is important to post it and let your child interact with the schedule, maybe move the pieces or make sure it is within reach, so they can point. Of course, that depends on the age of your child, you can see this child looks like he is about three. It is within reach, where he can point, I know we have a two-year-old, we cannot leave things in reach for him because he will pull pieces often through them or wreck them.

So depending on the age of your child, you may have to have it someplace like the refrigerator where he can take it down a point to it as you are going to the next part in the schedule, if your child is one that may throw it, or depending on the age and maturity of your child.

It is important to remember to be consistent. You want your schedule to be predictable, you want to follow through and of course, we want to engage and post that schedule as well.

These are a few of the resources that I found for picture schedules. There is a lot of them out there. This one right here, we are going to go to that for you and show you some of the ones that they have available. They have free printable picture schedule cards that you can just print out, and they have all different kinds, you can see a morning routine and nighttime routine, and then they provide you with some other things, daily visual schedules, free printable… But this one has the five benefits of visual schedules, so they have some articles in here as well. But this is a good resource for you.

Here is another one, this one is on teachers, there's a lot available there and a lot on Pinterest as well. You can just type in those visual schedules and there is a lot provided, and most of them are free. Like this one is free, and you can download that as well.

So those are a few resources, again, you can type it into Google search, you can type into Pinterest, and find some of those schedules available to you. So I had mentioned at the very beginning of this that I am with child find, I am going to go to the website here and we will provide this for you so that you can find some additional resources there as well.

Here is our website for child find, and this does explain the child find process, if you are looking to get your child screened, and of course, as I stated earlier, we screened children ages three – five. And this lays out the process there for you. We do have a link here to refer your child if you feel like you need that testing.

Here is our resource link and this is what I wanted to show you today. You can click on that resource link, and we have our part let's broken down into three different groupings, ages and stages, home activities and community resources. You can click on these and find some different… If you click on… So, for example, ages and stages. This one is community resources, but you can find some different community resources here.

Let's go back to one of the other ones. This one has some different home activities. And this has the community resources there. You can look through some of these postings here, and find some additional resources if you were looking for these.

And here are the resources that are used in the PowerPoint today. And I can copy these and put them into the chat box here. Were there any questions, or comments regarding any of the items that I shared? Of course, this is just a brief overview of what rules and routines are and how we can implement those at home.

SPEAKER:

Amanda, there are no questions in the chat box at this time.

AMANDA WHITE:

Ok, thank you so much. Ok, well thank you so much for joining. This is a little bit under an hour, there, but I am going to put these resources in the chat box for you and those are then available to you.

SPEAKER:

And if you could take a moment and answer the poll, that will be fabulous.

SPEAKER:

Alright, thank you everybody for coming. We also have another webinar coming up in January after the holidays for PreK. That is a positive approach to challenging behaviors on January 26. I will go ahead and place the registration link and information in the chat box as well. Thank you, Amanda, that was a wonderful presentation, and thank you everybody for coming.

Live captioning by Ai-Media.