

S.A.M. SCHEDULES AND MORE



Daily Schedule Instructions

- **Start simple!** Do not overbook your day for your child's sake as well as your own!
- **Show your child** where to find the schedule and how to start out his/her day. Show your child how the order goes and how to flip over each tag to show completion.
- **Walk your child** through each tag for as long as needed, but try to give more independence each day.
- **Try to slowly** add variety of extra activities in order to broaden your child's daily repertoire.
- **Ask, "What's next on your schedule?"**, if child is asking when something in particular will happen, or if you see them not doing anything.
- **As soon as possible**, include your child in parts of his/her schedule. Find choices they can make, including choosing between two activities (coloring or playdoh?) or choosing when an activity will be done ("Do you want to go for a walk before lunch or after lunch?").
- **You may still** need to set up a simple skeleton of the day each day, but allow your child to take as much ownership as possible in order to help promote independence, stability, and confidence. Your child will know what to expect out of their day, will feel accomplishment and pride as they finish tasks, which will lead to more confidence in themselves!