

Ideas for Family Routines

Family Routines

Meal times

Family talks

Picking up siblings from school

Getting the mail

Car rides/bus rides

Caring for pets/animal

Taking car/bus/train rides

Child routines

Morning Wake-up

Brushing teeth

Toileting/going to bathroom

Changing Diapers

Washing hands/face

Drinking/cup using

Dressing/undressing

School routine/schedule (virtual and face to face)

Play and Leisure Activities

Bath time

Bedtime/naptime

Bedtime stories

Lullabies and songs

Hellos and Goodbyes

Community activities

Doing errands/ food shopping

Visiting neighbors

Animal farms/petting zoos

Neighborhood walks

Helping with community clean-up

Post office

Farmer's Markets

Neighborhood Store or Mini Mart

Children's museums/science centers

Household chores

Cooking/preparing meal

Setting and clearing the table

Restocking kitchen supplies

Cleaning up room

Doing yard work

Folding laundry

Put clothes away

Sorting socks

Paying bills with parent

Helping at laundromat

Picking up toys

Watering flowers/plants

Vacuuming

Wiping surfaces

Loading and unloading the dishwasher

Outdoor activities

Hiking

Nature trail walks

Camping

Boating

Beach Picnic

Rafting/tubing

Community gardens

Fishing

Gardening activities

Swimming

Ice skating/sledding

Planting trees/flowers

Growing vegetable garden

Riding bikes or wagons

Parks/nature reserves

Socialization activities

Having friends over to play

Organizations/groups

Playing turn-taking vocal games

Children's clubs (4h, girl scouts)

Playing lap games (e.g., peek-a-boo)

Ideas for Family Routines

Having friends over to play

Playing with other children/siblings

Cuddling with child

Literacy activities

Reading/looking at books

Telling child stories

Adult/child play times

Library/bookmobiles

Storytellers

Looking at/reading cereal boxes

Listening to books on tape

Playing with magnetic letters

Playing on the computer/typewriter or braille

Family activities

Playing board games

Family celebrations

Cuddling with child

Bird watching

Physical play

Playing ball games

Playing card or board games

Play and Leisure activities

Playing independently

Choosing preferred activity

Watching TV/videos

Art activities/drawing

Listening to music

Playing dress-up

Playing house/school

Playing in a sandbox/sand table

Playing with trucks/cars/boats

Using crayons, markers, paints, etc.

Using play dough, silly putty, etc.

Playing video games

Playing with action figures, dolls, Puppets, etc.

Playing on the computer or iPad

Playing with push/pull toys

Playing with responsive toys

Playing with shape sorters/puzzles

Physical Activity

Walking up/down stairs

Independent travel (to and from locations)

Navigating in wheelchair

Body scooter

Running

Baseball

Basketball

Soccer/football

Riding a bike

Trampoline or Jumping

Using playground equipment

Ball throwing

Ball catching

Ball kicking