



# Creating Routines, Rituals & Traditions

## Building Relationships

- personal habits: hygiene, eating, sleeping, room care
- morning prep: before work, school, weekends
- afternoons: homework, snacks, naps, TV/electronics/games/playtime
- evenings: meals, bedtimes, what to wear the next day
- weekends: meals, chores, homework, friends, shopping
- around the house: meals, chores, family message center, designated areas
- community: volunteer, church/faith-based activities, recycle, giving back to the community
- calendars: post schedule of events for all family members
- celebrations: holidays, birthdays, graduations, Mother's/Father's Day, weddings, first day of school
- special occasions: movie night, game night, tea & cookies, cooking, baking
- personal or public: celebrations, 4<sup>th</sup> of July, New Year's Day
- plan trips: day trip, weekend, vacations
- allow for "quiet" time: listen to soft music, read, do a puzzle
- family meetings: weekly to discuss concerns, calendars & celebrations

