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, 4th 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

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