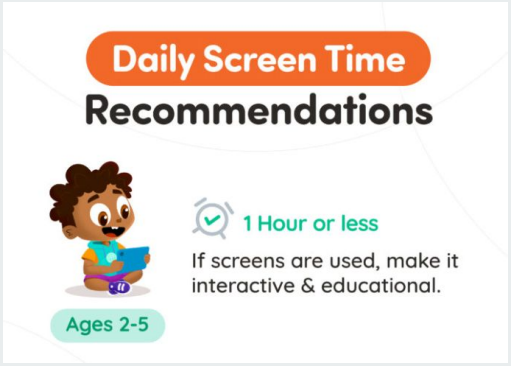


Establishing Routines & Managing Screen Time



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Agenda

- Benefits of routine/ schedule
  - Improving behavior, confidence, and school readiness.
- Reducing challenging behaviors with routine schedule
  - Helps have more successful mornings and bedtimes
- Where to begin, how to implement and follow through
  - Tips and tricks on how to make a schedule for your preschooler
- Practical strategies for fostering independence through everyday activities at home.
- Understand how to set age-appropriate limits on screen time while encouraging meaningful play and family interaction.

What is the difference between a schedule and a routine?

A *schedule* shows the big picture and includes main activities that happen throughout the day.

Routines are the steps needed to complete each part of the schedule.





Why Routines Are Important

01 Structure & Predictability

Routines create a sense of security and predictability, leading to children feeling more comfortable and confident in their environment.

02 Independence

Following routines helps children learn self-management skills and develop true independence over daily tasks.

03 Social-Emotional

Routines promote essential social skills, cooperation, and a strong sense of belonging within a community.

04 Cognitive Growth

Predictable structure helps children process, learn, and retain new information much more effectively.

05 Smoother Transitions

Routines make switching between activities easier, significantly reducing stress and frustration for children and adults alike.

Help Us Have a Good Day!

Positive Strategies for Families

Give me **choices**

Do you want your breakfast in the orange bowl or the green bowl?



Remind me of the rules

Remember, we keep ourselves safe, so go up the steps, down the slide.



Help me know when something is going to **end/change**

Five more minutes until dinner.



Catch me **being good**

Wow, thanks for trying something new. I hope you feel proud when you try new things!



Tell me exactly **what to do**

First we get into the bathtub and then we do bubbles.



Show me what is going to happen



More family resources at

ChallengingBehavior.org/Implementation/Family.html

National Center for Pyramid Model INNOVATIONS

UNIVERSITY OF SOUTH FLORIDA

IDEAs that Work

Office of Special Education Programs, U.S. Department of Education

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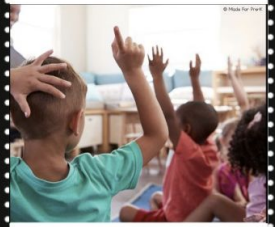
Routines as a positive behavior strategy

- Daily routines can help your family life run more smoothly. They also help families enjoy more time together.
- Routines help children feel safe, develop life skills and build healthy habits.
- Routines help parents feel organized, reduce stress and find time for enjoyable activities.
- Good routines are well planned, regular and predictable.






Arrival



Morning
Group Meeting






Choice Time



Small Group



Lunch



Rest Time



Gross Motor




Indoor
Gross Motor





Limited Choice Time/
Snack Time



Small Group



Read-Aloud

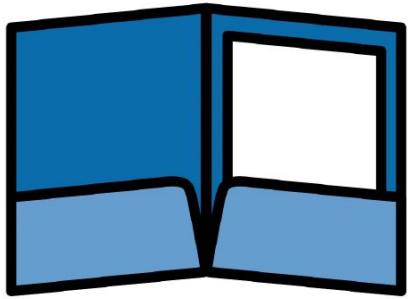


Large Group
Round-up

Morning Routine



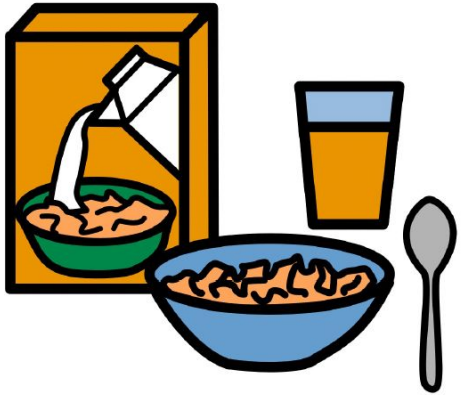
hang-up bookbag



folder in basket



wash hands



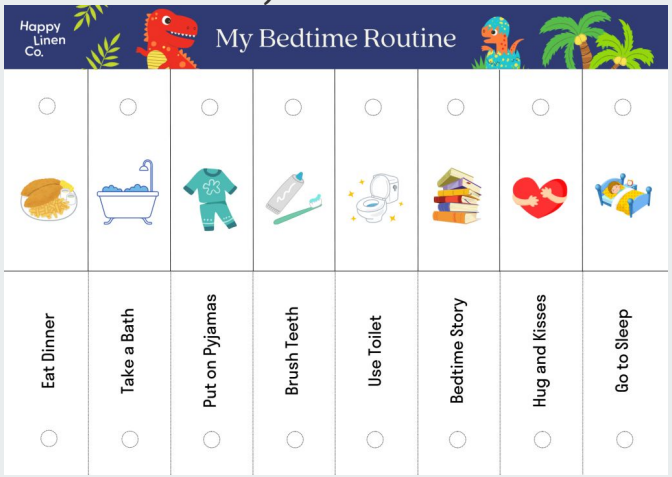
eat breakfast



sign-in

Your guide to more successful mornings and bedtimes…

- *When children practice the same thing every day, the tasks become more easily achievable.*
- *Sticking with the same routine before going to sleep will help your child know bedtime is approaching. This gives a sense control and can lead to increased independence.*
  - *Eventually, children will begin doing things on their own, maybe taking the initiative to pick out a story for you to read, or brushing their own teeth.*
  - *Pick one thing at a time to focus on. (don't expect them to be able to learn to do everything at once)*









STAY CONSISTENT! Keep the same rules and expectations from day to day

TIMERS! Visual timers (like sand or colors) are best for preschoolers since they may not be able to read the numbers

VISUALS!! Make it interactive using things like check boxes or velcro when a task has been completed.

CALENDARS! A helpful way for children to understand the larger picture like what days we go to school and when we stay home, or how many days until a holiday or vacation.

Review routine before it starts…ask you child, "We're going to get ready for bed so what do we need to do?

How to Get Started



Building Success

Establishing clear daily routines gives children confidence, predictability, and essential life skills. Start small and progress together!

1. Keep It Simple

Think about what you do every day.

Break down scheduled tasks into simple, step-by-step routines (e.g., morning routine).

2. Include Your Child

Involve them whenever possible.

Let them complete parts independently or with minor help—building confidence & adaptive skills!

3. Review Daily

Check schedule each morning & day.

Regular reviews remind your child what task comes next and set clear expectations.

4. Stay Consistent

Maintain steady daily routines.

Keep schedules as similar as possible each day to foster security and comfort.

5. Be Flexible & Communicate

Life happens and plans change.

Give your child advance warning if things are going to be different so they know what to expect ahead of time.



Tips and Tricks!

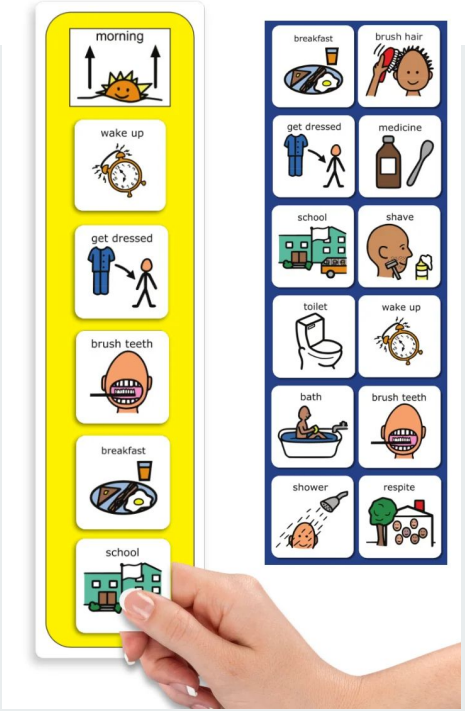
Checklist

Visuals

Calendar



Make it fun! Make it interactive! Make them feel successful!
Let them know they are doing a great job when you see them completing tasks.
Offer a choice whenever possible. This helps give the child some more control.



RAISING RAIDERS

Time is a necessary part of the routine

You may need to build more time into your schedule! Learning and practicing takes time!

- *Helps things run smoother*
- *Builds up to efficiency and mastery over time*
- *You may want to consider building in an extra twenty minutes or so in the morning. Over time, as it becomes more fluent, the extra time should decrease.*

Small steps like this help encourage a child's independence.

Work on them mastering one thing at a time. (Don't have them doing too much on there own in the beginning). That will stress everyone out!

Examples

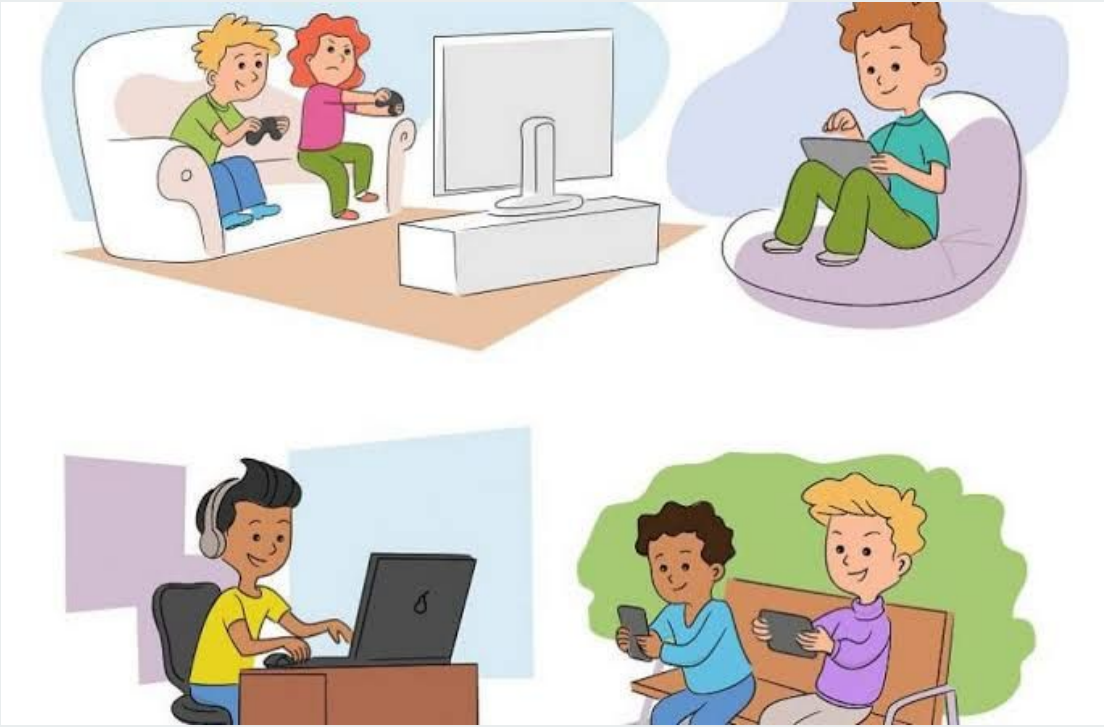
Naptime Routine: *Make lunch, eat lunch, play a little, read a book and then naptime.*

Bedtime Routine: *After playtime they have a bath, brush their teeth, then you sing songs with them, read them a book, give them kisses, turn out the lights.*

Morning Routine: Wake up, watch a show, make breakfast, potty, eat breakfast, getting dressed, put shoes and coat on, and out the door.

After school: Have a snack. Watch TV. Play with toys while parent makes dinner. Sit at table for dinner. Play a little more. Clean up.

Let's talk about screen time...



Focus Areas for Healthy Screen Time

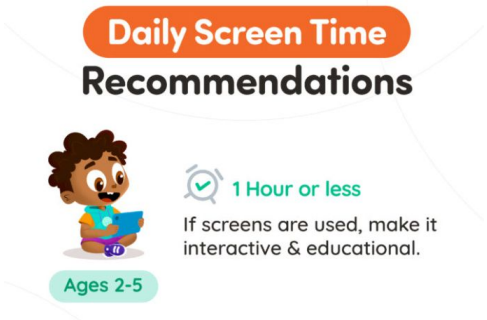
Time Limits & Quality

Stick to the 1-Hour Rule

Limit total high-quality screen time appropriately for preschool age.

Choose High-Quality Media

Select educational and age-appropriate content such as **PBS Kids**.



Boundaries & Routines

- **Create Screen-Free Zones:** Keep devices away from the dinner table, car, and family spaces.
- **Protect Sleep:** Turn off screens at least 1 hour before bedtime and keep them out of bedrooms.
- **Avoid Emotional Crutches:** Avoid using devices solely to soothe meltdowns.
- **Use Visual Timers:** Parents on Reddit recommend timers and 10m/5m advance warnings to ease transitions.

Parents as role models

Model Healthy Habits

Put away your own phone during family time and meals so your child sees balanced device use.



Stock Up on Offline Activities

Keep outdoor toys, books, puzzles, craft kits, and chalk readily available to replace screen time with active play.



WHAT HAPPENS WHEN KIDS ARE NOT ON SCREENS?

THEY PLAY!

- Use imagination
- Create, color and do art
- Think and ask questions
- Help out at home
- Pay attention to the world around them
- Build
- Walk, jump, swing, run





TAKEAWAYS

01. POSITIVE BEHAVIOR

Routines can encourage positive behavior because they help children learn what's expected of them.

02. PLAN AHEAD

Routines help you plan for times when children might behave in challenging ways.

03. INVOLVE CHILDREN

Talking about and including children in helping create routines can help them understand and follow rules.

04. BUILD CONSISTENCY

The more you do it, the easier it gets. Practice helps establish long-term success.

05. ALLOW ENOUGH TIME

Allow enough time so you are not rushing and skipping essential steps.

Age Appropriate Apps for Prek

GENERAL

- Khan Academy Kids
- PBS Kids Games
- Duck Duck Moose Apps
- Nickjr.com
- Noggin
- Ricky Zoom: Welcome to Wheelford

ART

- Bimi Boo Kids
- Kids Doodle
- Crayola Create and Play

READING

- Duolingo ABC
- Starfall ABCs

SCIENCE

- Thinkrolls
- LEGO DUPLO World

LIBRARY (free with participating local public library card)

- ABCmouse Early Learning Academy
- TumbleBookLibrary

Resources

1. PBS Kids for Parents
   https://www.pbs.org/parents/routines
2. Headstart.gov
   https://headstart.gov/about-us/article/importance-schedules-routines
3. Hands on as we Grow
   https://handsonaswegrow.com/routines-important-kids/
4. National Center for Pyramid MI
5. Raising Children.net.au
   https://raisingchildren.net.au/preschoolers/behaviour/behaviour-management-tips-tools/routines

NCPMI National Center for Pyramid Model Innovations

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We will be sending home a Backpack Series:

How to Help Your Child Have a Successful Morning