

# ROUTINES

Routines are a sequence of actions regularly followed; a fixed program.

They provide structure and stability, providing comfort in knowing what to expect next. Examples of routines are meal times, chore time, play time and sleep time.

Visual aids help support sequence or steps and can be used for a variety of things like what dresser drawers contain socks or what cupboard has bowls.

Keep routines simple and basic.

Try using the same simple and plain phrase each time; “Daren, time to get ready for bed.”

Teach the steps and tasks in the same order every time.

Be prepared to repeat your instructions every day.

Be patient and consistent

Give advance warning and inform when switching from one activity to another

Break tasks into small steps (a long list can be confusing).

Even minor changes in routine can be difficult to cope with for people with FASD

A consistent routine can help your loved one learn independence and life skills



## Brushing Teeth

- 1 Squeeze toothpaste onto your toothbrush.
- 2 Hold toothbrush under the tap.
- 3 Brush your teeth.
- 4 Spit the toothpaste into the sink.
- 5 Rinse your mouth and smile.



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# February Newsletter

## Structure

Definition;

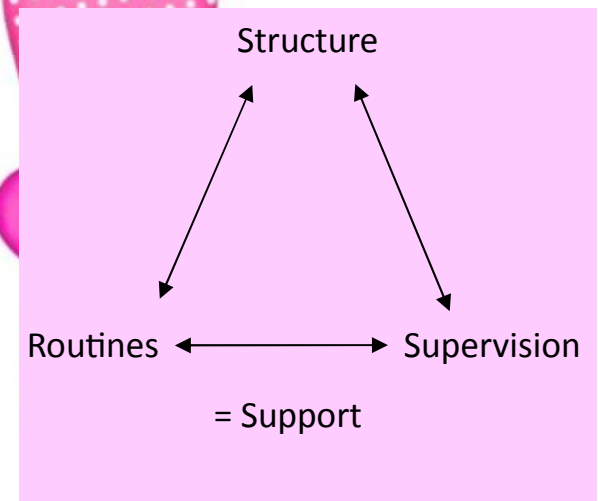
- ◆ the way that something is built, arranged, or organized
- ◆ the way that a group of people are organized
- ◆ something (such as a house, tower, bridge, etc.) that is built by putting parts together and that usually stands on its own

Structure is very important for individuals with FASD as it creates consistency and routines. Building structure at home provides predictability, concrete guidance, positive expectations, trust, and flexibility for when things change. Structured environments helps to reduce anxiety and supports difficulties in working memory. (fasdoutreach.ca)

## Supervision

Supervision and close monitoring can help individuals with FASD avoid making poor decisions which could cause negative consequences. They may have difficulties with memory, lack of impulse control and poor judgment (they seem to live in the moment).

Supervise individuals with FASD with their tasks even if you think they have mastered them, just in case they forget. Individuals with FASD can repeat tasks successfully and then forget one day. Provide gentle reminders, cue with hand gestures, pictures or simple verbal commands as reminders for everyday tasks (fasdwaterlooregion.ca).



♥ HAPPY  
Valentine's  
DAY ♥