

3 TOP TIPS ON ROUTINES

1.

Provide routine and structure – this is particularly reassuring for people with dyspraxia / Developmental Coordination Disorder (DCD) or autism, who often experience 'anticipatory anxiety', worrying about activities / situations that they might find difficult. Feeling confident that they know what's going to happen and that they have the motor / organisational skills to be successful is crucial.



2.

Provide visual cues to support routines. This is important as children with SpLD may not be able to hold information in their head, so it helps to see it 'written down' (often better to use pictures rather than words). It also helps children to process / cope with changes in plans if they can 'see' the change (rather than having just to hear and 'imagine' it).



3.

Make rules and rituals clear and precise, e.g. no eating in the room or all phones are switched to silent in specific certain situations.

