

Routine

Children aged 6 to 12

Sense of security and autonomy

The routine allows the child to:

-  Know what to expect;
-  Take care of themselves,
-  Feel in control of what they need to do and in what order;
-  Make choices, for example, the order in which tasks are completed;
-  Increase their sense of competence by accomplishing tasks with decreasing levels of help;
-  Develop social skills.

Basic rules



It's never too late to establish a routine



Be consistent



Keep things simple



Be flexible



Lead by example



Involve your child



Make routines fun and interesting



Helpful for when they start school or daycare

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Accompagnement
TDA/H & SGT

For more tips and advice on how to support someone with ADHD, feel free to contact us!

418-294-4410 |



| www.synapse-360.com |

Sources :

1.Naître et grandir; L'importance d'une routine chez l'enfant