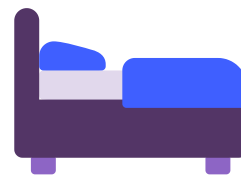
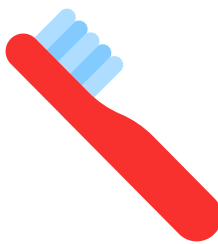


My Routines

Picture steps for everyday moments



Ages 3 and up

Mornings · Getting dressed · Heading out · Bath time · Bedtime

How to use this book

Picture steps show your child what comes next. Use the pages your child likes, and leave the rest.

Look first. Go through the pictures together before you start.

Point as you go. Point to each step while your child does it, and say the words.

Make it fit. Skip, swap or add steps. Every routine has an “our way” page for your own version.

Check it off. Each routine has a chart for one week. Check a box or add a sticker for each step. Copy the chart for more weeks.

Use first, then. Show what’s happening now and what comes next.

Keep it close. Leave the book open where the routine happens, like the bathroom or by the front door.

Go at your child’s pace. Some days one step is plenty. Notice what your child does, not what’s left.

How each routine works

Picture steps

Six steps, with a picture for each one

Check-off chart

A week of boxes to check for each step

Our way

Blank steps to draw or write your own

What's inside

Start with the routine that matters most to your family right now.

	How to use this book For grown-ups	3
	Mornings Picture steps, chart and our way	5
	Getting dressed Picture steps, chart and our way	8
	Heading out Picture steps, chart and our way	11
	Bath time Picture steps, chart and our way	14
	Bedtime Picture steps, chart and our way	17
	My day A picture plan for the whole day	20
	First, then What's happening now and what comes next	21
	Our own routines Blank pages for routines that are yours	25
	Picture bank 48 pictures to point to, copy and cut out	29
	Notes	31
	More from OTPlan at Home	32

My morning

Point to each step together. Skip or swap steps to fit your day.

1



Wake up

2



Use the toilet

3



Wash hands

4



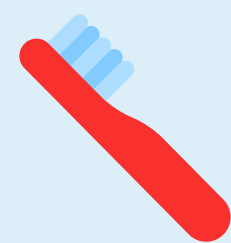
Get dressed

5



Eat breakfast

6



Brush teeth



All done!

Point to the check together when the last step is done.

Morning chart

Check a box for each step your child does, or add a sticker. Copy this page for more weeks.

Step	M	T	W	T	F	S	S
 Wake up							
 Use the toilet							
 Wash hands							
 Get dressed							
 Eat breakfast							
 Brush teeth							

What helped this week

MORNINGS

Our morning, our way

Draw or write your own steps, in the order that works for your family.

1	2	3
4	5	6

What helps our mornings

First, then

Show what's happening now and what comes next. Point to **First**, then to **Then**.

First



Shoes on



Then



Playground

First



Brush teeth

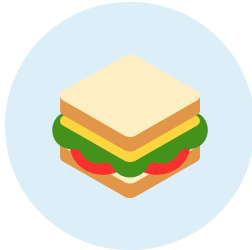


Then



Story time

First



Lunch



Then



Play

Picture bank

Point to a picture to show what's next, or copy these pages and cut the pictures out to build your own routines.

Getting ready, meals and bedtime



Draw your own