



ROUTINE AND CONSISTENCY

FASD BEHAVIOURS

- Children with FASD have *permanent* brain damage. This can cause them to have trouble learning and remembering new things, or understanding actions that have consequences.
- Even minor changes can be very difficult to cope with for children with FASD.
- Structure helps ease the stress created by constant change.
- A consistent routine can help your child learn independence and life skills.

STRATEGIES

- **Create routines:** Routines help a child know what comes next in the day. Try hard to stick to the same routines.
- **Give advance warning:** Tell your child ahead of time if a routine has to change. Giving advance notice before switching from one activity to another can help ease transitions.
- **Break tasks into small steps:** A long list of things to do can be confusing, so break things down into simple, easy to follow steps.
- **Use visual aids and verbal prompts for reminders of routines:** Your child will need many reminders of each routine.

Review your routines with schedule picture cards or a checklist.

Laminated picture cards or items on a list for each step in a task can help a child to learn and remember a routine.

For example: A visual chart in the bathroom could include pictures of flushing toilet, washing hands, brushing teeth, flossing, and brushing hair.

QUICK TIPS

- KEEP INSTRUCTIONS SHORT AND TO THE POINT. TRY THE “SIX WORDS OR LESS” RULE.
- BE PREPARED TO REPEAT YOUR INSTRUCTIONS EVERYDAY.
- BE CONSISTENT.
- ROUTINES AND SCHEDULES HELP PREDICT WHAT COMES NEXT AND BREAK ACTIVITIES IN TO SEVERAL MANAGEABLE STEPS.

