

Child's Name: \_\_\_\_\_ Date: \_\_\_\_\_

## Family Routine Categories

Play Routines		Caregiver Routines	
<p><b>Play with Objects/ Constructive Play</b></p> <p><i>Pushing trucks, stacking blocks, rolling balls, shaking rattles, pushing buttons on pop up toys</i></p>	<p><b>Pretend Play</b></p> <p><i>Driving stuffed animals to the park, pretending to be an animal or an action figure, feeding babies or cooking meals for them, tea party, dress up</i></p>	<p><b>Transition, Care, and Safety</b></p> <p><i>Rocking to sleep, breathing treatments, massage, lotion, snuggle time, transitions</i></p>	<p><b>Dressing Related</b></p> <p><i>Putting on or taking off shoes, pants, shirts, pj's, hats, mittens, boots, swimsuit</i></p>
<p><b>Physical Play</b></p> <p><i>Running, swinging, climbing steps on the slide, crawling, rolling between people or to toys, riding in wagon</i></p>	<p><b>Social Games</b></p> <p><i>Face-to-face social exchanges – Hide &amp; Seek, Peek-a-Boo, Pat-a-Cake, 1-2-3 jump, Gonna get you, Tickle</i></p>	<p><b>Hygiene Related</b></p> <p><i>Diapering, bathing, handwashing, hair care, tooth brushing, toileting</i></p>	<p><b>Food Related</b></p> <p><i>Making a sandwich or snack, drinking from a cup or bottle, nursing, spoon feeding, choosing a snack, setting the table, helping prepare food</i></p>
Education Activities		Community and Family Routines	
<p><b>Literacy and Books</b></p> <p><i>Reading books, cereal box, milk carton, magnetic letters on the fridge, family photo albums</i></p>	<p><b>Music, Songs, and Rhymes</b></p> <p><i>Dancing, listening to music, playing instruments, singing family songs, reciting nursery rhymes – Itsy Bitsy Spider, I'm a Little Tea Pot, Ring-Around-the Rosie, Row Row Row Your Boat</i></p>	<p><b>Family Chores</b></p> <p><i>Doing dishes, vacuuming, gardening, feeding pets, cleaning, raking leaves, putting away toys, taking out trash, dusting, making bed, laundry</i></p>	<p><b>Community and Family Errands</b></p> <p><i>Dropping siblings off at school, grocery shopping, going to the doctor's office, going to the mall</i></p>
<p><b>Technology</b></p> <p><i>Playing games on tablet/computer/phone, looking at pictures on social media, watching videos on TV or YouTube</i></p>	<p><b>Writing and Drawing</b></p> <p><i>Scribbling, coloring, finger painting, painting with brushes, craft projects, Play-Doh, glue and glitter projects</i></p>	<p><b>Socialization Activities</b></p> <p><i>Library - story hour, going to church, play groups, visiting friends with children, Tot-Time at gym or rec center, Mommy &amp; Me</i></p>	<p><b>Family Recreation</b></p> <p><i>Going to sibling's sporting events, going on a picnic, walking in the neighborhood, camping with family, going out for pizza, movie night, library with the family, fair, community events</i></p>