

Child's Name: _____ Date: _____

Family Routine Categories

Play Routines		Caregiver Routines	
<p>Play with Objects/ Constructive Play</p> <p><i>Pushing trucks, stacking blocks, rolling balls, shaking rattles, pushing buttons on pop up toys</i></p>	<p>Pretend Play</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>Transition, Care, and Safety</p> <p><i>Rocking to sleep, breathing treatments, massage, lotion, snuggle time, transitions</i></p>	<p>Dressing Related</p> <p><i>Putting on or taking off shoes, pants, shirts, pj's, hats, mittens, boots, swimsuit</i></p>
<p>Physical Play</p> <p><i>Running, swinging, climbing steps on the slide, crawling, rolling between people or to toys, riding in wagon</i></p>	<p>Social Games</p> <p><i>Face-to-face social exchanges (e.g., Hide & Seek, Peek-a-Boo, Pat-a-Cake, 1-2-3 jump, Gonna get you, tickle)</i></p>	<p>Hygiene Related</p> <p><i>Diapering, bathing, handwashing, hair care, tooth brushing, toileting</i></p>	<p>Food Related</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>
Learning Activities		Community and Family Routines	
<p>Literacy and Books</p> <p><i>Reading books, cereal box, milk carton, magnetic letters on the fridge, family photo albums</i></p>	<p>Music, Songs, and Rhymes</p> <p><i>Dancing, listening to music, playing instruments, singing family songs, reciting nursery rhymes (e.g., Itsy Bitsy Spider, I'm a Little Tea Pot, Ring-Around-the Rosie, Row Row Row Your Boat)</i></p>	<p>Family Chores</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>Community and Family Errands</p> <p><i>Dropping siblings off at school, grocery shopping, going to the doctor's office, going to the mall</i></p>
<p>Technology Supported</p> <p><i>Playing games on tablet/computer/phone, looking at pictures on social media with caregiver, using a communication device</i></p>	<p>Writing and Drawing</p> <p><i>Scribbling, coloring, finger painting, painting with brushes, craft projects, Play-Doh, glue and glitter projects</i></p>	<p>Socialization Activities</p> <p><i>Story hour at library, religious services, play groups, visiting friends with children, Tot-Time at gym or rec center, Mommy & Me, holiday or community gatherings (e.g., parties, dinners)</i></p>	<p>Family Recreation</p> <p><i>Sibling's sporting events, family picnic, walking in the neighborhood, camping trip, going out for pizza, movie night, visiting the library with the family, fair, community events</i></p>