



My Child's Routines

Caregiving	Family/Community
Diapering/Toileting	Mealtimes
Morning	Leaving Home (e.g., going to school/daycare)
Bedtime and Sleep	Errands/Regular Activities
Bath time	Family Chores
Play	Play Literacy
Play Materials	Reading/Drawing
Outside Play	Songs/Rhymes
Community/Family Play	TV/Video

*Adopted from the University of Florida's Family Guided Routines Based Intervention Open Access Model

