

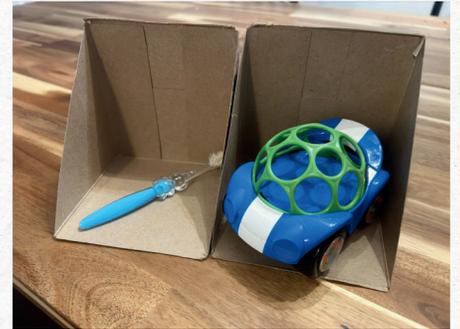
# Setting Routines: First/Then Boxes

## Why this Helps

Children feel more comfortable when they know what's happening next. A simple First/Then box helps introduce daily routines, reduce stress during transitions, and build sequencing skills.

## How it Works

1. Set up two boxes or spaces
2. Label them "FIRST" and "THEN"
3. Add real objects
  - FIRST box: Object for the first activity (e.g., toothbrush = brushing teeth).
  - THEN box: Object for what comes next (e.g., car = playtime).
4. Use clear language
5. Say: "First, we will brush your teeth, then we will play with cars."
6. Do the FIRST activity right away.
7. Take your child to brush their teeth.
8. Add an "ALL DONE" box.
9. After an activity, place its object in the "ALL DONE" container.
10. Example: After brushing teeth, put the toothbrush in the "ALL DONE" bin to mark it as finished.
11. Move to the next activity.
12. Return to the boxes and say: "Now it's time for cars!"



## Keep Building the Routine

Once your child understands First/Then, add another step:

"First, we will brush our teeth, then we will play with blocks, and next we will have a snack."

### This supports:

- Sequencing and order of activities
- Transition skills
- Confidence and independence

## Tips for Success

- Use real objects, not pictures, for a clear understanding.
- Keep words consistent ("first...", then...").
- Keep it positive ("Then we will play!").
- Celebrate follow-through: "All done! Now it's time for blocks!"

## Try it Today

- Create two small boxes or baskets labeled FIRST and THEN.
- Add an ALL DONE container.
- Start with two short activities.