CHILD CARE ANSWERS

Tips for Using a Checklist

We use checklists to help children know expected behaviors and routines. They are a great tool for any young child; however, they are especially helpful for children who struggle with anxiety and behaviors during transitions.

How to Use:

1. Print checklist.
2. Laminate or put in a page protector.
3. Say something like, "We are going to follow our check list today. First, we have a snack."
4. Optional: Use a timer to transition from snack.
5. Take a dry erase marker and put an "X" when task finished.

It takes time for a child to develop a new routine, and it will not always go smoothly. With practice, they will find a rhythm in a routine.

Personalize

Advice to give to families: checklists work best when they reflect your family's routine. Personalize, as needed, to best support your child at home. For younger children (preschool to first grade), do only three to four tasks at a time.

Add Pictures

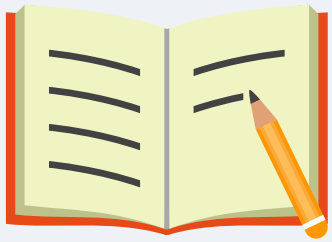
You can have the child draw the pictures of each activity or you can take pictures of the child doing each activity. Print and use your own pictures to help build excitement and understanding.

GET MORE RESOURCES!

Our website includes dozens of resources to help you in your journey as a child care professional.

AFTER SCHOOL CHECKLIST

Eat snack ☐



Do homework ☐

Play ☐

AFTER SCHOOL CHECKLIST

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