



Home Checklist for Kindergarten Children with Autism

Kindergarten can be an exciting time for your child. They're faced with the opportunity to make new friends, learn new things, and start taking on some fun responsibilities.

Your child might have a full schedule at school, but what are their responsibilities at home? To help encourage clean, healthy, and progressive habits, Trumpet Behavioral Health has created a chart for kindergarteners on the autism spectrum. When they complete a chart task, they can check it off and celebrate their accomplishment.

The way you actually use and fill out this chart will depend on your child's abilities. They may point to, circle, or check off the activities on this chart, or you may be the one checking off their tasks. Here are five at-home activities you can encourage your kindergarten-aged children to do:



Brush away your germs.

Your kindergartener might already be told to brush their teeth every day, but adding this to their chart will make it fun for them. If they feel proud of checking this off their chart every day, it will likely encourage them to want to do it. You can also tell them how gross germs are!



Make your bed before school.

This is a chore that many kids don't like to do. But if you make it fun for them, they might start doing it more often (granted it's within their abilities). You can encourage children to make their bed every day by first showing them how to do it — and how to have fun doing it. If they don't have the skills to make their bed, that's okay! Have them try to put the pillows back in place or tuck in their stuffed animals so they have somewhere to sleep while your child is at school!



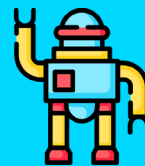
Read a book out loud before bed.

Reading books together could become your favorite evening activity. Depending on your child's abilities, this activity might help improve motor skills or even teach them new words. Whether you're reading the book to them or they're sounding out words with you, you both can enjoy this nighttime routine.



Water one plant at home.

Having your child water a plant will give them responsibility, but it'll also teach them how water can give life to a plant. Give your child a watering can — you can even put their name on it, or name the can! Purchase a plant you know should be watered every day, and then only fill the can with the amount the plant will need. Letting your little one tend to the plant can help create a daily responsibility and give them something to be proud of.



Put your toys in their place.

Whether your child likes to play with one toy at a time or they take everything out all at once, teaching them how to put their toys away will help you more than it'll help them. However, it will still help teach them how to be responsible. Designate one area in your home that your child can put their toys away in. A large basket will usually do the trick. Celebrate the little victories, even if one toy finds its way back home.