



# Family Routine Guide Snapshots

**Problem:** Your child does not want to have quiet time.



**Directions:** Choose one strategy from each column to try (2 strategies total).

### Before

*How can I prevent challenging behavior?*

- **Establish a bedtime routine** that includes quiet time. Be sure the routine includes a preferred activity right after quiet time.
- **Set a goal** based on time. - *“Let’s have 5 minutes (set a timer) of quiet time, then we will (preferred activity).”*
- **Provide a choice** of quiet activities (picture books, puzzles) that include your child’s specific interests.
- **Make a quiet time activity with your child.**
- **Create a quiet time space** that is comfortable and located away from loud areas.
- **Praise your child when he or she has a successful quiet time!** Tell your child he or she can have extra time with (preferred activity).

### During

*What can I do when challenging behavior occurs?*

- **Make sure your child is not distracted by others or activities going on during quiet time.**
- **Review the bedtime routine using first/then language.** - *“First we will finish quiet time, then we will (preferred activity).”*
- **Remind your child of the goal.** Show your child the timer. - *“Look! Time is almost up. Only one more minute of quiet time, then (preferred activity).”*
- **Validate your child’s feelings and provide support.** – *“I know having quiet time is hard. It’s hard for me too, but it makes feel better! Let me show you what I do during quiet time.”*

If challenging behavior continues after trying one of the above strategies, **\*provide a clear direction** (e.g., quiet voice) **and ignore\*** challenging behavior. **\*if challenging behavior is dangerous, do not ignore.**

Adapted for Team Tennessee/Pyramid Model State Partnership by Vorhaus, E. (2012) Nashville, Tennessee: Tennessee Voices for Children from: Lentini, R., Vaughn, B. J., Fox, L., & Kwang-Sun Blair (2009). Creating teaching tools for young children with challenging behavior (3rd edition). Tampa, Florida: University of South Florida.



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