

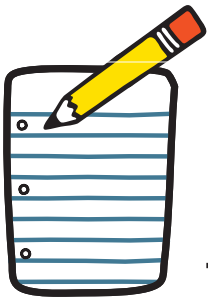


# WHILE YOU WAIT

Resources to help you while you're waiting for mental health services for your child

## Behavior Tracker

When is it happening (date/time)?	What happened right before?	Describe the behavior	How long did it last?	What did you do in response?



# Daily Schedule

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## Weekday Routines

Time	Task
<b>Morning Routine</b>	
<b>Afternoon Routine</b>	
<b>Evening Routine</b>	

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### Tips:

- Consistency is key!
  - Add visuals to the schedule.
  - Post it somewhere in the home where your child can see it.
  - Review expectations every morning.
  - Allow your child to pick the activities during play time. It gives them a sense of control over the situation.
  - Be flexible! Things will change and that's okay!
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