

Companion Activity Sheet: Building a Rhythm of Caring

Helping carers create safe, predictable and nurturing routines

Purpose:

This activity sheet supports carers to reflect on their current daily routines, identify areas for strengthening rhythm, and create predictable transitions and moments of connection with children in their care.

Step 1: Reflect on your current routine

Think about your typical weekday.

- What parts of the day feel smooth or predictable?

- What parts of the day often feel rushed, chaotic or emotional?

Time of Day	What Happens	What Works Well?	What Could Be Improved?
Morning			
After School			
Dinner Time			
Bedtime			

Step 2: Identify a transition to improve

Choose one tricky transition (e.g. getting ready for school, coming home, bedtime).

- What makes this moment difficult for the child?

- What small changes could make this transition feel safer or smoother?

Example:

Transition: After school

Challenge: Child becomes dysregulated after arriving home

Plan: Create a snack and quiet time routine with visual cue

Your Turn:

Transition:

Challenge:

Plan:

Step 3: Add a ritual of connection

Choose a simple, enjoyable moment to repeat consistently each day or week.

Examples:

- Cuddle and story before bed
- High five when they get in the car after school
- Hot chocolate and a board game on Sunday evenings

Your Turn:

What connection ritual would you like to add or strengthen?

Step 4: Create a visual routine (optional)

With the child (if appropriate), draw or create a simple routine chart for one part of the day.

- use symbols or pictures
- keep steps short and clear
- invite the child to decorate it or choose visuals.

Tip: This can be done with sticky notes, drawings, a magnetic board, or a printed template.

Final reflection questions

- How will your rhythm help the child feel safe and connected?
- What will you do when things don't go to plan?
- How will you acknowledge the child's efforts in following routines?

Remember: The goal isn't perfection. The goal is a consistent, responsive rhythm that says: *You're safe. You're cared for. I'll be here.*