



# Pyramid Pages

## News & Tools for Parents & Early Childhood Providers

Social-emotional learning and development is fundamental to children’s success in school and beyond, and its importance is understood now more than ever. The Pyramid Model promotes young children’s healthy social and emotional development; and provides tools, strategies, and resources for caregivers and families.

### Topic: ROUTINE



Click to Read:

[Routines and Schedules – How to Help Your Child Have a Successful Morning](#)

### News

Your morning routine serves as the foundation for your entire day.

You can create a morning routine that not only helps your day to begin more smoothly, but also teaches children important skills that are needed to become more independent and confident.

### Tools

Letting children know the routine ahead of time with a visual schedule and offering reasonable choices are two ways to promote confidence in children and cut down on challenging behavior.

For example, “First, get dressed, then breakfast. Would you like to wear your red shirt or your blue shirt today?” “Would you like to have cereal or eggs for breakfast?”

Using visuals for greeting choice can be a helpful tool.



Click to Read:

[Greeting Board](#)

### Resources

- Using a visual schedule **video:** [Visual Daily Schedule](#)
- For the entire family routine **guide:** [Positive Solutions for Families: Family Routine Guide](#)
- For more **ideas:** [Following the Child’s Lead](#)
- For more information on the CT Pyramid Partnership, email us at [CTPyramid@gmail.com](mailto:CTPyramid@gmail.com).