

Creating a Schedule

Consistency and structure are very important for children and adolescents, especially when a trauma has occurred. Typically, when a trauma occurs, the person is left feeling out of control. Creating a schedule is a helpful way to increase structure and predictability. Work with your child to create a schedule for daily activities and discuss alternatives to handling changes in routine.

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6 AM-8 AM							
8 AM-10 AM							
10 AM-12 PM							
12 PM-2 PM							
2 PM-4 PM							
4 PM-6 PM							
6 PM-8 PM							
8 PM-10 PM							