

# WRISTFLIPS™

## ROUTINE BRACELETS

### STARTER GUIDE

#### HOW TO MAKE WRISTFLIPS A SUCCESS

1

#### GETTING STARTED

Let your child know that Wristflips is a fun list to help them finish their routines and make them feel confident! Show your child how to flip their Wristflips, let them practice and get started!

2

#### PARENT INVOLVEMENT

When it is time for the routine, tell your child to put on their Wristflips and ask them to check in with you after they're all flipped. Make it fun and remind the child that they get to see a positive word when they're done. Routines will get easier with consistent use!

3

#### WEARING WRISTFLIPS

See how your child feels most comfortable using Wristflips. They can wear and flip their Wristflips, take them off after each task or carry them around and attach them to their backpack after they flip them all.

4

#### BUILDING ROUTINES

Your child can wear all of their Wristflips at once or split them up as they need them. My son wears Brush Teeth and Get Dressed in the morning, the Homework Wristflip when he gets home and Backpack at night to get his bag ready for the morning!

6

#### POSITIVE REINFORCEMENT

Praise your child when they show you that all the bracelets are flipped. Ask your child how they felt completing a routine on their own. This will reinforce the positive feeling, motivate your child to use them again and get them closer to doing tasks on their own!

5

#### THEY DID IT!

Congratulations! When your child has learned their routine and can get through the tasks without help, have them place the Wristflips in a safe spot to use for times when they are having trouble. All of us go through ups & downs and need to go back to our tool box!