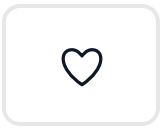
After-School Routine

The snack and rest time come before homework, because school is tiring.

1		Have a snack	☐
2		Quiet / rest time	☐
3		Homework	☐
4		Playtime	☐
5		One chore	☐
6		Dinner	☐

Leave playtime on the schedule every day so your child can see when it is coming. On days with no homework or chore, cover that step with a cut-out card for something else.

Alpaca Health matches families with a Board Certified Behavior Analyst (BCBA) for ABA therapy and handles the insurance paperwork.

Start your intake at secure.alpacahealth.io/signup →

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