

To Checklist or Not to Checklist

One of the things I'm commonly asked about is the use of checklists to help children who have problems with the daily routines, responsibilities, follow through, etc. While I'm not against checklists, it's important to recognize that simply putting responsibilities down on paper, does not mean that they will be accomplished. If you are going to use checklist by the way, try and keep them short and usually make the checklist bigger but not longer. Basically, use giant sized pieces of paper located in multiple rooms so they are an effective reminder.

I prefer to use a checklist as a review as a way of tracking accomplishments. So instead of using the checklist to remind yourself what to do in the morning, responsibilities that should be part of a habit or routine, use the checklist to review whether those things were accomplished. So, the checklist is associated with a form of feedback or accountability or tracking of accomplishments and not relied upon as reminders of what needs to be done.