

ISSUE 2 | OCTOBER 2021

# Workbook

HOW TO CREATE CALM WITH THE HARMONIOUS  
FAMILY LIFE TOP TOOLS, SCHEDULES &  
ROUTINES

## Avoid the Drama

Create simple schedules to  
anticipate whats next

## Get your Ducks In a Row

Align your family and get on the  
same platform

## Stop getting lost

Stay the course with daily routines

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Set a schedule your child understands with pictures, text, or both with the main routines to remember what's next.

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Create routines to support your child and minimize the drama. By keeping the routines the same, your child knows what to expect.

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### DAILY CALANDAR

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### TRAVELLING

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### USER GUIDE

How you start to create your own personalized schedules.

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### WORK WITH US

[www.theharmoniousfamilylife.com](http://www.theharmoniousfamilylife.com)



# The Harmonious Family Life

Hi, my name is Ulrika Bilby and my mission is to help transform families, to help them navigate through the ups and downs of family life, and especially with challenging kids.

The Harmonious Family life was born out of me trying to understand my son when he was 3 years old. I started to create routines and schedules for us to communicate and to reduce the chaos.

It worked, and it kept working as he got older and has helped me in more ways than I can imagine! Today I am serving busy mums, supporting them to speak life into their world, to land their communication with their kids with additional needs, and to find strategies to take care of themselves along the way!



*Love what you do  
what you do!*

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## CONTACT

[www.theharmoniousfamilylife.com](http://www.theharmoniousfamilylife.com)

 [the\\_harmonious\\_family](https://www.instagram.com/the_harmonious_family)



## How to use this workbook

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This workbook is to guide you through the exercises in this workshop on how to create routines and schedules to minimize chaos and land your communication with your family. Please print these out and write on them as instructed throughout the presentation, alternative complete directly in PDF format or write on a separate paper if easier. Continue to finesse these elements after the workshop. Test them on your children. Is there one or a few that work better and suit you and your family more?

Remember... There is no right or wrong, you know your child the best and what support is needed the most. Is there a particular situation that is the major challenge or a particular time in the day your child struggles with more. Trust yourself, you know the answer, and if not, maybe your child can help you. Good luck. Please share the results. I'd love to see what you come up with!

Ulrika Bilby  
**The Harmonious Family**



# Structure

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Ask the most successful people and a lot of them will say they have created their own routines and habits to live a successful and healthy life.

Morning routines is something you get to use to generate clarity and energy.

Having a structure does not have to be ridged. The beauty of creating your own is that you get to choose how you want it. We are all unique and each child and family will create their own framework. Within that framework, we can be free. Free from wondering what is next, free up time from making decisions on what to eat or when to have a shower, and we can free our children from some of the worry, frustration, and conflict that can get created in a family with children, especially living with additional needs.

*Set the foundation &  
create habits that last a  
lifetime.*

You can help your child to stay in the present moment by getting focused on what's in the schedule without wondering and worrying about what is next.

Set a schedule your child understands with pictures, text, or both with your main routines. No art degree is needed. Just pen and paper. It gets to be easy!



# Morning routine

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Imagine a morning with no conflict. A morning with peace and harmony.

You would think that your child would know what to do each morning since it is pretty much the same each day; you get up, eat breakfast and get ready for school.

Although it might sound simple there are so many small steps that it's easy to forget. Brushing your teeth for example. It is easy to get distracted on the way to the bathroom by a toy, something in your room, or just to look out the window.

A timer could help with the time and a routine could help with the steps!

Fill in your child's morning routine steps on this page.

MY MORNING ROUTINE



# Evening routine

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If morning is easy for your child, maybe the evening is a greater challenge.

To create a routine that works for your child, you might need to look at the age and also the natural rhythm. It is helpful to turn off all technical devices 2 hours before bedtime to help the body to relax. Try to keep the same evening routine and hours. The body will adjust and get ready for bed automatically.

A timer could help with the time and a routine could help with the steps!

Fill in your child's evening routine steps on this page.

MY EVENING ROUTINE

# Daily Calendar

## CREATE A DAILY CALENDAR

*"My mind gets clear when I understand what's next and what to do." Sofia age 11*

Thursday

A daily calendar is a good idea to get clear on what is happening this particular day. It will prepare the child and you for the day.

What are my routines on for example Thursdays? What time do I start and finish school? Is there an activity? Do I wash my hair on Thursdays?

Remember to add things that might only be only happening today, something out of my normal routine, like going to the dentist, or go shopping for new shoes.

### MORNING

6 AM

8 AM

10.00

NOON

2 PM

4 PM

6 PM

8 PM

### EVENING

# Travelling

## PREPARE FOR NEW SITUATIONS

*"I like when you create a structure in advance so I know what will happen" Gabriel age 14*

Stop.  
Take a breath.  
Be present

Okay, so this might be the one I actually think is the most challenging, and also the one I use most frequently. Preparing for new situations! It can be a situation I could have anticipated or it could be just totally ad hoc.

What I learned is that I get to land myself and create space for my child and also for me. Give us grace in the frustrating situation, take a deep breath and take out the time that is needed to solve the situation. My best tool is a quick **\*Traffic Stop Meditation;** Realign, Breath, and Fill my Cup before helping my child.

My best friend is a simple pen and any piece of paper. My kids don't care if my drawings are ugly, or even if they look like a car or a house. What is important is me talking through the process with words, text, and pictures. Even though they can read, it is something with the picture that helps them process better.

So are you preparing for a trip, or doing something new? Practice and use this space here.

# HOW TO START

The beauty is that you don't need an art degree. All you need is a pen and a piece of paper!

Sure, if you want to spice it up a bit you can laminate them, create small images with velcro for your child to move from "to get done" to "done", but you don't need to. Simple post-it notes or the back of an envelope works fine too. Once you get a routine yourself and know what routines you need to work on in your family you can move onto more advanced material or even get on the computer and print out pictures.

Even after 12 years, post-it notes are still my favorite and I use the most simple drawings.



*Use what you  
have!  
I'll guide you  
through it!*

ULRIKA BILBY

# IDEAS

## MATERIAL

White and colored paper

Post-it notes

Magnetic board

Black board

## PICTURES

Make your own

Magazines

Online pictures (Pinterest, Canva, Google)

## FORMAT

Simple drawing

Write with crayon on a blackboard

Laminate pictures and put velcro on the schedule and on your picture

Put up your pictures on a magnetic board



*Remember -  
done is better  
than perfect.*

ULRIKA BILBY

# JOURNALING

Journaling is not something that is for everyone. But let me just tell you, it does not have to be hard, take a long time, or be complicated.

Your journal does not necessarily have to be in the text either. You can journal can be in bullet points or in photographs.

Why you might wonder. The simple answer is to see the progress! For years I posted my son's journey and his progress on Instagram. In the beginning, it was just to tell the story of what we were up to, then it was for me to remember, and then it turned out to be my son's diary, to go back and see what he had achieved and what he concurred. When things get tough, he can look back at moments in the past and remember that he can do hard things and he can do them well. He can say to his anxiety and claustrophobia that they are not welcome back, and continue to live his life as a teenage boy and explore life and know his fears can be conquered again!

So I want to encourage you to write down the steps. Journal, write down bullets in your diary, or in your notes on your phone. Or you might want to do what I did, take photos. Pictures really do say more than a thousand words sometimes!



Gabriel flying again for the first time in 5 years



*Write it down  
and see how far  
you have come!*

ULRIKA BILBY

A young girl with long, wavy red hair and brown-rimmed glasses is sitting cross-legged on a wooden floor. She is wearing a light blue t-shirt and white tights with brown shoes. She is holding a large, dark-colored book open and looking down at it with a focused expression. The background is a bright window with a white frame, and a pair of scissors is hanging from the window frame. The overall scene is brightly lit and conveys a sense of quiet concentration and learning.

“

**A CLEAR  
MIND IS  
A CALM  
MIND**

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**WORK WITH US**

[www.theharmoniousfamilylife.com](http://www.theharmoniousfamilylife.com)

by TheRiverBranch