

Building Healthy Routines

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Daily Living Routines

- Children that acquire independence early in life have more potential to thrive in both domestic and vocational settings. (Pierce & Schreibman, 1994)
- Gains in daily living skills predict decreases in parental stress. Parents with children who were more self-sufficient had decreased stress. (Green & Carter, 2014)
- Children with developmental disabilities will gain daily living skills over time, but do so at a slower rate than typically developing peers. (Green & Carter, 2014)

Agenda

- Creating and Following New Routines
- Using Schedules and Checklists
- Self-Monitoring Systems

CREATING AND FOLLOWING NEW ROUTINES



Routines Can Help

- Households that have structure and routines tend to have fewer challenges with:
 - Transitions between activities
 - Compliance
 - Children being able to entertain themselves
 - Keeping the household clean and tidy
 - Sibling rivalry/arguments
 - Power struggles

Benefits of Routines

- Routines help to create
 - Predictability
 - Regularity
 - Security
 - Responsibility
 - Cooperation



USING SCHEDULES AND CHECKLISTS

How to Set Up Routines at Home

1. Identify activities
2. Identify timeblocks
3. Create a visual schedule
4. Explain and teach the schedule to your child



Identifying Activities

- What is most important to your child and family?
 - a. Academic
 - b. Self-Help, chores
 - c. Outdoor time
 - d. Family activities
 - e. Individual activities
 - f. Preferred activities/free time

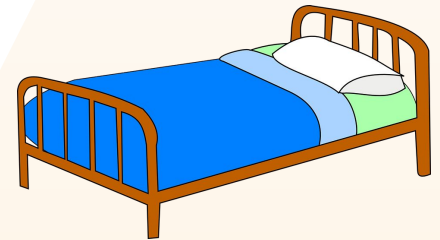
Brainstorm Routines



- ✓ Set the table
- ✓ Pack snack
- ✓ Make the bed
- ✓ Wash hands
- ✓ Brush teeth
- ✓ Bedtime
- ✓ Bathing/Showering
- ✓ Leaving the house
- ✓ Putting on sunscreen
- ✓ Lunch time



And the list goes on ...



Identify Timeblocks That Work for You and Your Child

- How long can your child attend to an activity without supervision?
- How long are they typically expected to remain on-task at school?
- Are the timeblocks for each activity realistic?



Identify Motivators

- What is in it for the child?
 - Tangible reinforcer for completing task (e.g., access to a toy)
 - Preferred activity to follow non-preferred activity
 - E.g., first complete reading, math, and spelling, then get screen time



Create a Visual Schedule

- What format works best for your child?
 - Picture
 - Written
 - Object
- Should be displayed in central area that is easily accessible

Explain and Teach the Schedule to Your Child

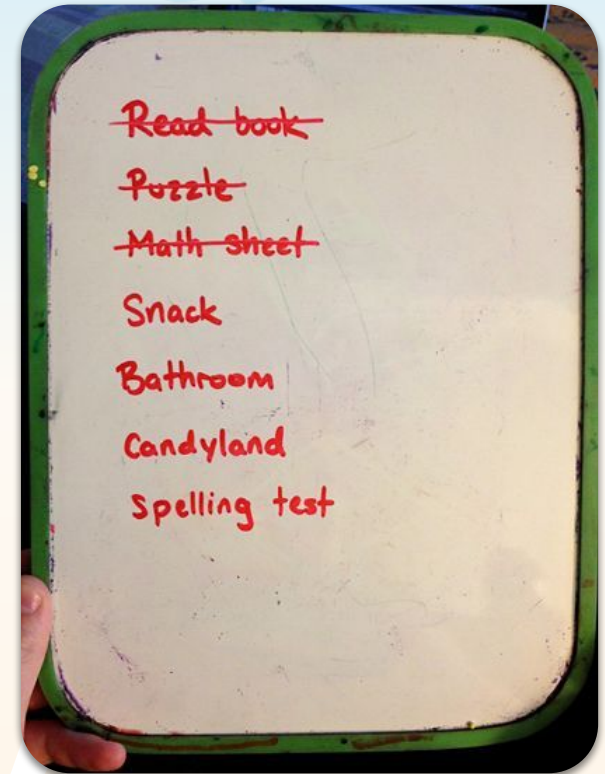
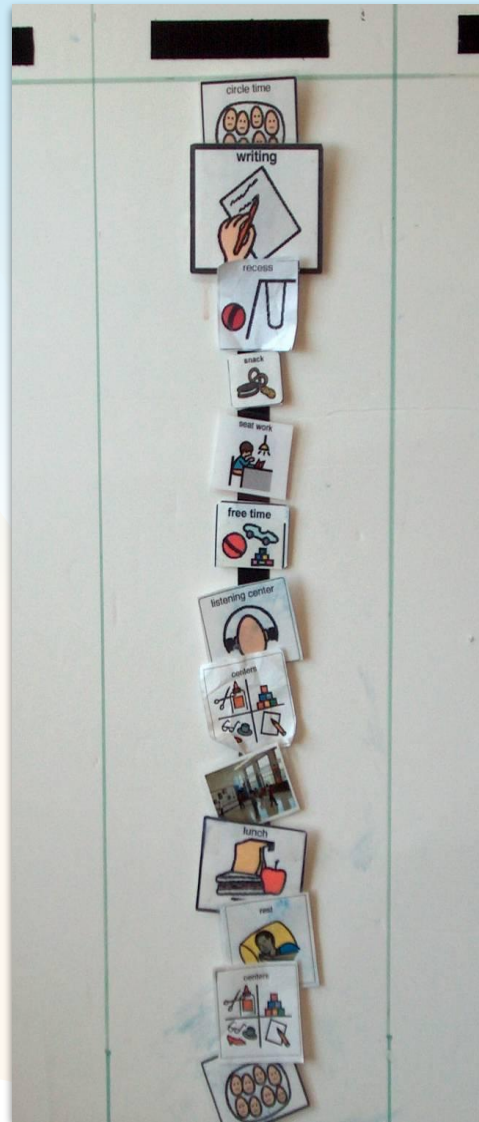
- Don't expect them to follow it independently right away!
- Explain each step/activity/rules
- Prompt/reinforce completion
- Teach self-monitoring
 - child should cross out or check off the task once it is complete
- Reinforce following the schedule!



Give it a Try!

Freddie's morning plan

- Get dressed
- Have breakfast
- Brush teeth
- Comb hair
- Put on shoes and coat
- Pack lunch in school bag
- Check homework is packed
- Go to school!



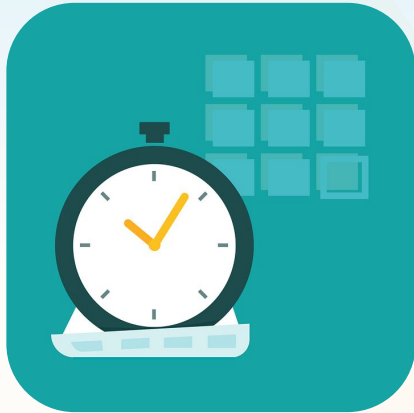
Self-Monitoring Tools

Benefits of Self-Monitoring Tools

- ✓ Builds independence and accountability for own behavior
- ✓ Increases participation in designing own behavior management programs
- ✓ Promotes generalization of skills



Components of a Self-Monitoring System



- Identify target behavior to monitor
- Determine how often behavior will be monitored
- Gain buy-in from the child to implement plan

What Does a Self Monitoring Tool Look Like?

My Own Self-Monitoring Checklist

Create your own self-management checklist. Cut and paste 4 skills you want to monitor.

<input type="checkbox"/>	
<input type="checkbox"/>	
<input type="checkbox"/>	
<input type="checkbox"/>	

Hands to self. Follow directions.	Look forward. Work quietly.
Quiet voice. Inside voice.	Keep my pencil still. Keep my hands in my work station.
Stay in my seat. Keep my feet on the ground.	Focus on my work. Answer questions.
Do my work. Use my words.	Participate in class. Slow down and complete my work.

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Benefits of Behavior Contracts



- ✓ Provide clearly defined rules and consequences for behaviors
- ✓ Increases accountability to engage in appropriate behavior
- ✓ Allow parents, teachers and child to work towards mutual goal

Components of a Behavior Contract

- What are you working for?
- What do you AGREE to do?
- What are the privileges earned?
- What are the consequences for not following contract?
- Signatures



What Does a Behavior Contract Look Like?

Behavior Contract

Goal: _____ agrees to give 100% effort in

When this goal is reached, he or she will earn _____

Signatures
Student _____ Date _____
Teacher/Parent _____ Date _____

Consequence _____

Questions & Answers





Thank you for attending.
We want to hear from you!

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24

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