

Routines Planner (In Person)

DIRECTIONS:

Consider which activities or parts of the day can be most challenging for your child – these can be shorter routines (like how to pack up their backpack in the morning) or longer routines (like what happens between school and dinner time). It might be helpful to allow your child to feel like they “own” their routines by having them help you to complete the steps and select the supports; they could even create their own personal checklist to use daily or decorate a schedule to hang on the wall.

Routine:	Steps:	Supports:	Reinforce:
Name the time or activity Example: <i>Getting ready to leave for school</i>	In as few words as possible, list each thing your child should do. 1. <i>At 7:30am, get backpack and put it on the kitchen chair</i> 2. <i>Get lunch from the refrigerator and put it in backpack</i> 3. <i>Check homework and reading log are signed and in backpack</i> 4. <i>Put on shoes and coat</i> 5. <i>Put on backpack</i>	Consider which supports might be most helpful. <input type="checkbox"/> Schedule <input checked="" type="checkbox"/> Checklist <input checked="" type="checkbox"/> Countdown timer <input type="checkbox"/> Organized materials <input type="checkbox"/> Reduced distractions <input checked="" type="checkbox"/> <u><i>Set alarm for 7:30</i></u>	Consider how to keep the routine going. Walk through routines ahead of time Example: “You are going to be in charge of getting ready for school! Let’s practice all the steps so you can be independent.” Ask your child to set a goal Example: “My goal is to do the routine every day this week with only one reminder every day.” Point out the use of skills in the moment Example: “I see you are really focusing on getting everything you need for school and not getting distracted by your video game – nice job!” Reward with increasing independence Example: Gradually give fewer reminders, allow your child to take on more independence like being in charge of deciding breakfast or getting to help a sibling (or you!).
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