

Positive Solutions for Families



Session 4: The Power of Routines



What's Happening Today?

- ✓ Reflections on Previous Topics
- ✓ Setting Up Rules
- ✓ Routines
- ✓ Components of a Successful Routine
- ✓ Prevention Strategies
- ✓ Tips for Transitions





Reflections on Earlier Workshops

**Have special moments
with your child each day**

**Use positive language with
your child**

Were you a behavior
detective and find the A,
B,C of that behavior?

A – Antecedent

B – Behavior

C - Consequence



Earlier Workshop Topics

- Have a special moment or several each day
- Use positive language to modify behaviors
- Become a “Behavior Detective”
 - Look for clues on what happened Before and After to
 - Before and After a Behavior to plan an intervention





Routines:

What are they and why are they important?

- Routines are predictable and naturally occurring activities that occur in a child's day.
- Routines include caregiving, daily tasks, meals, play, community, and social activities.



Possible Family Routines

- Getting dressed/undressed
- Brushing teeth/hair
- Mealtime
- Playing outside
- Cleaning-up
- Going to school
- After school activities
- Taking a nap
- Leaving or returning home
- Riding in the car
- Going to the park
- Going shopping
- Going to a restaurant
- Going to the doctor or dentist
- Taking medication
- Taking a bath or shower
- Getting ready for bed



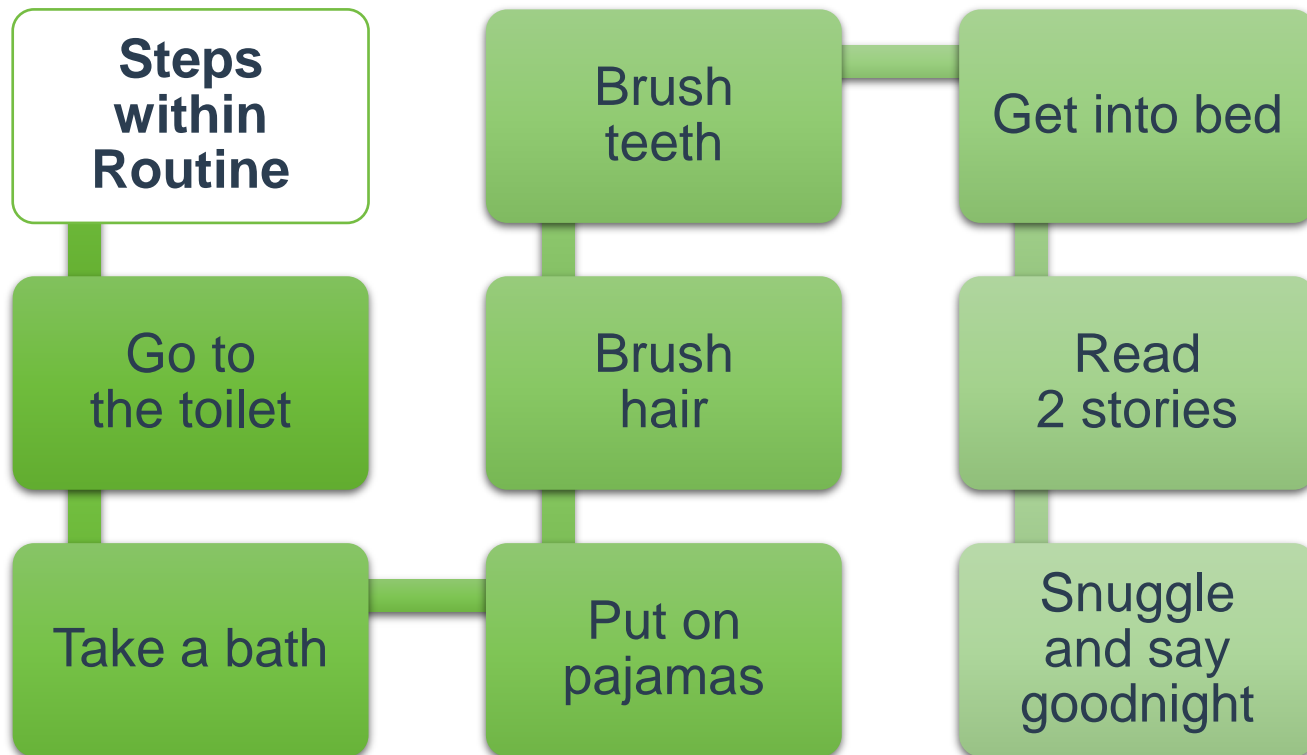
Components of a Successful Routine

- Have a clear start and finish.
- Teach your child the steps of the routine.
- Follow the steps of the routine consistently.
- When changes happen, prepare your child ahead of time.
- Use visuals.
- Provide positive feedback and encouragement.

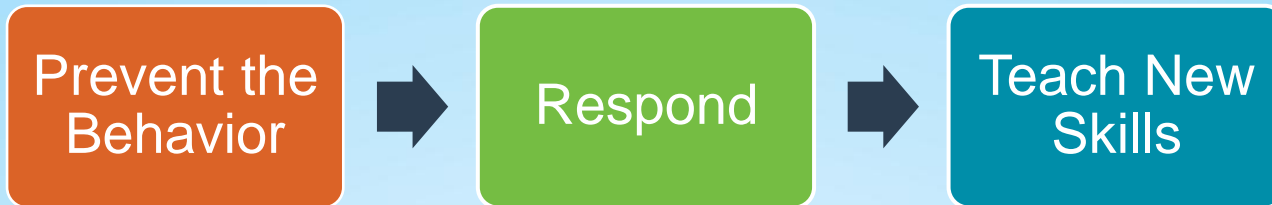


Breaking Down the Steps of a Routine

Getting Ready for Bed



Decide What Behavior Is Challenging



What can I do
to prevent
challenging
behavior?

When we prevent:
More opportunities
to teach skills!



To Support of Routines

- Visual supports
- Give choices
- Scripted Stories
- Embed preferences
- Consistency



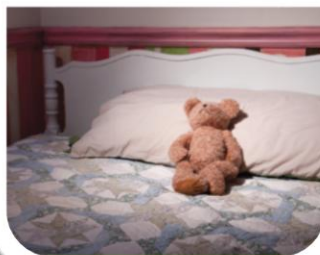
Visual Supports

Visuals: photographs, drawings, objects, written words, or lists

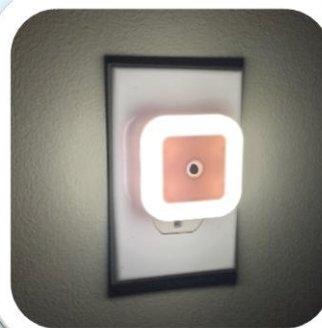
Put on Pajamas



Bed Time



Read a Book



Choice

Mealtime



Riding in the car



Bath



Tips for Offering Choice

1. Offer choice throughout day or when you anticipate challenging behavior
2. Only offer two choices
3. Options are reasonable and available
4. Offer choice verbally (words) or visually (pictures or objects)
5. Honor the child's choice immediately

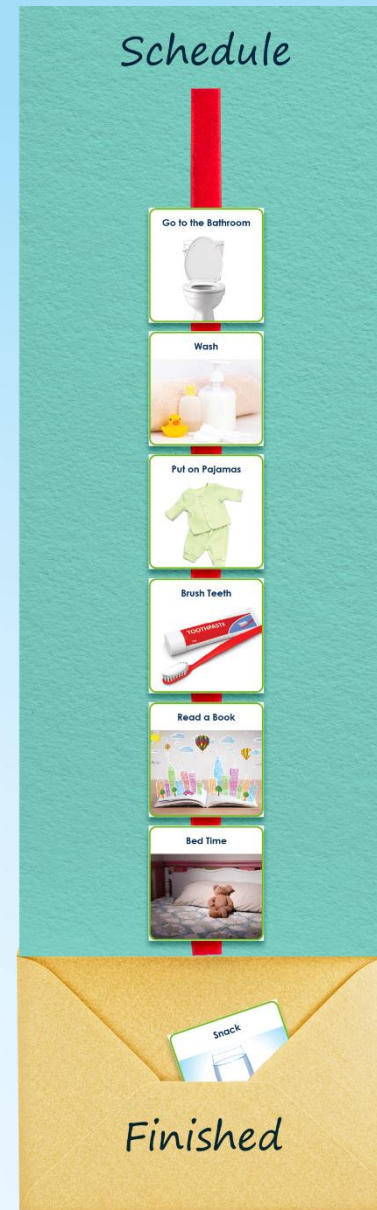


Scripted Story

- Short and descriptive
- Includes each step in the routine
- Written in first person as if child is talking:
 - “I will...”
 - “When I do....”
 - “My family will...”
- Include photos of child or related images
- Read the story often:
 - Before the routine
 - During the routine to show steps
 - After the routine



Consistency is Key



Transition as Routines

Transition Strategies

- Use a timer
- Give a verbal warning
- Use a transition object
- Use a visual cue
- Make the transition fun
- Sing a song
- Give the child a job to do



Moving From One Activity to another

- Transition Cues
- First/Then
- Lots of Praise



Timers and Warnings



Transition Cues

Visual Supports for Routines, Schedules, and Transitions



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Visual Supports for Routines, Schedules, and Transitions



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First/Then

First

Get Dressed



Then

Outdoor Play



First

Brush Teeth



Then

Read a Book



When Routines Go Well

- Acknowledge and encourage children for following a routine:
 - Use positive, specific feedback
 - Encourage all attempts during the routine



- Next Month's Topic - *Emotions*
 - Labeling emotions
 - Learning strategies for regulating emotions
- Any questions or comments?
- Best wishes for a enjoyable *Winter* vacation





Apply It and Try It Review

Things to Try at Home:

1. Focus on one **routine** or **transition**. Use visuals and try at least 3 strategies. (Handbook Activity 2).