

Positive Solutions for Families



Session 4: The Power of Routines



What's Happening Today?



- ✓ Apply It and Try It Reflections
- ✓ Affirmations
- ✓ Components of a Successful Routine
- ✓ Prevention Strategies
- ✓ Tips for Transitions





Apply It and Try It Reflection

**Why Children Do
What They Do**

Family Rules

What did you
learn by
observing your
child?

What rules did
you create?
How did your
child react?



Affirmations



Statements that
are **encouraging**
and **motivating**



Help us
feel strong



Help us feel
optimistic about
change

Make a note!

Reflect on the changes you have made
or your efforts with your child.





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
- 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



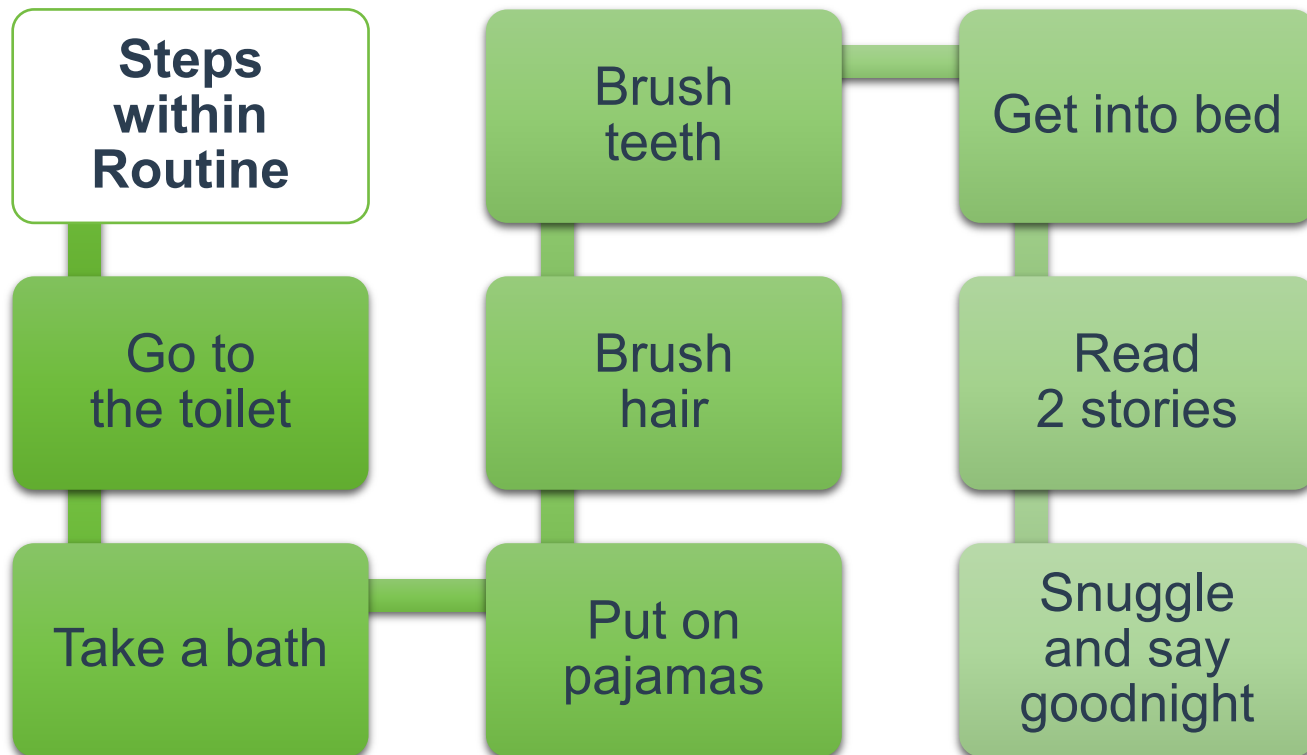
Components of a Successful Routine

- 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.

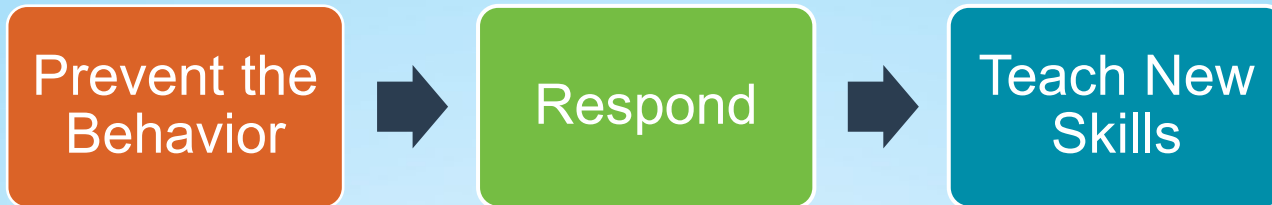


Breaking Down the Steps of a Routine

Getting Ready for Bed



Family Routine Guide: Strategies



What can I do
to prevent
challenging
behavior?

When we prevent:
More opportunities
to teach skills!



Visual Supports

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

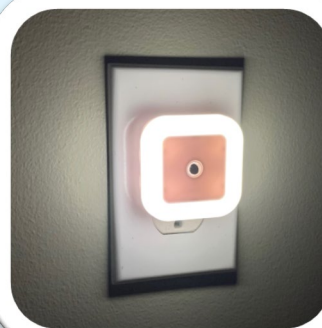
Put on Pajamas



Bed Time



Read a Book



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



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

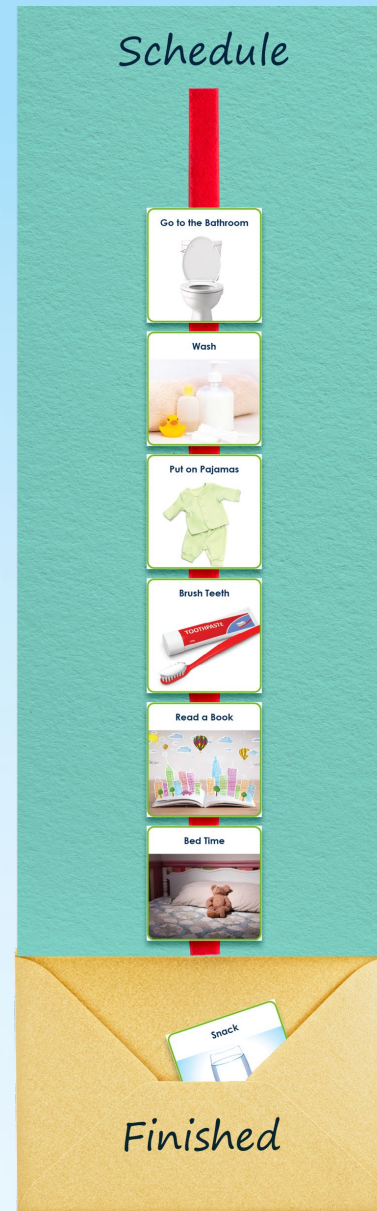


Embed Preference

- People
 - Objects
 - Locations
 - Activities
-
- What are some of the preferences and interests your child has?



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



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





Apply It and Try It

Powerful Routine: *Handbook Activity 2 and 3*

1. Go back to the routine you selected the listed steps to the routine
2. List visual you want to use
3. Using the **Family Routine Guide**, select 3 strategies to teach the routine



Activity 2 and 3





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).



Thank You

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