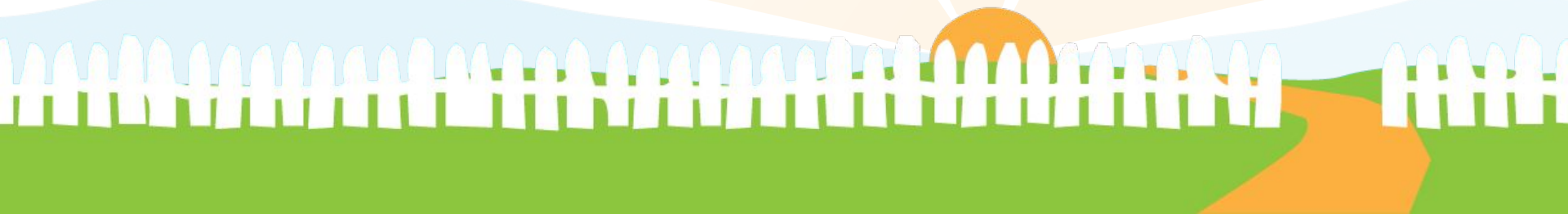


# How to Manage Expectations When Routines are Broken



# 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

# Woah! That's a Lot of Change, All at Once!

- For children
  - Loss of school structure and routine
  - Loss of time with friends/extended family members
  - Confusion surrounding COVID-19
- For parents/guardians
  - Loss of weekday routines and structure
  - Blurred work/life boundaries
  - Confusion and anxiety surrounding COVID-19
  - For many, the stress of homeschooling combined with working from home



# 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



# How to Re-establish Routines

# 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

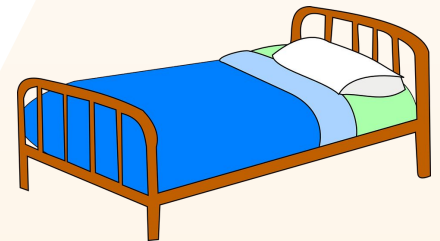
# Brainstorm Routines



- ✓ 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!

