

Routines Planner

DIRECTIONS:

Use the planner below to outline the routines for the day. The procedures checklist above may help you to break down each routine into a set of specific steps.

Routine:	Steps:	Supports:	Reinforce:
Name the time or activity	In as few words as possible, list each thing your child should do.	Consider which supports might be most helpful.	Consider how to keep the routine going.
Example: <i>starting the day</i>	1. <i>At 8:00am, get up and come downstairs for breakfast.</i> 2. <i>Wash hands!</i> 3. <i>Eat and check in with the family.</i> 4. <i>Clean up from breakfast.</i> 5. <i>Play games or read until Google Classroom time.</i>	<input type="checkbox"/> Visual Schedule <input checked="" type="checkbox"/> Checklist <input type="checkbox"/> Countdown timer <input checked="" type="checkbox"/> Organized materials <input type="checkbox"/> Reduced distractions <input checked="" type="checkbox"/> <i>Set alarm for 8:00am</i>	Walk through routines ahead of time Example: "You are going to be in charge of getting ready in the morning. Let's practice all the steps so you can be independent." Ask your child to set a goal
		<input type="checkbox"/> Visual Schedule <input type="checkbox"/> Checklist <input type="checkbox"/> Countdown timer <input type="checkbox"/> Organized materials <input type="checkbox"/> Reduced distractions <input type="checkbox"/> _____	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
		<input type="checkbox"/> Visual Schedule <input type="checkbox"/> Checklist <input type="checkbox"/> Countdown timer <input type="checkbox"/> Organized materials <input type="checkbox"/> Reduced distractions <input type="checkbox"/> _____	Example: "I see you are really focusing on getting everything done for school before asking for screen time - nice job!" Reward with increasing independence
		<input type="checkbox"/> Visual Schedule <input type="checkbox"/> Checklist <input type="checkbox"/> Countdown timer <input type="checkbox"/> Organized materials <input type="checkbox"/> Reduced distractions <input type="checkbox"/> _____	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!).