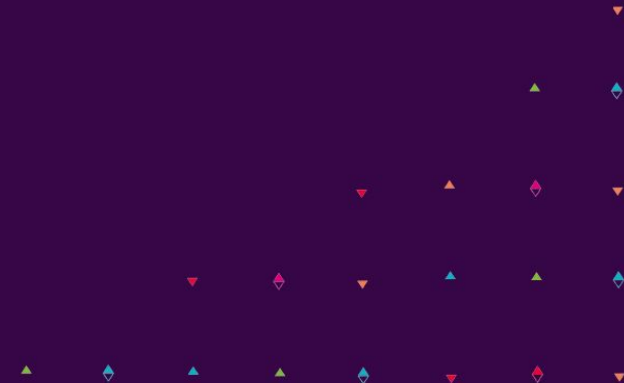




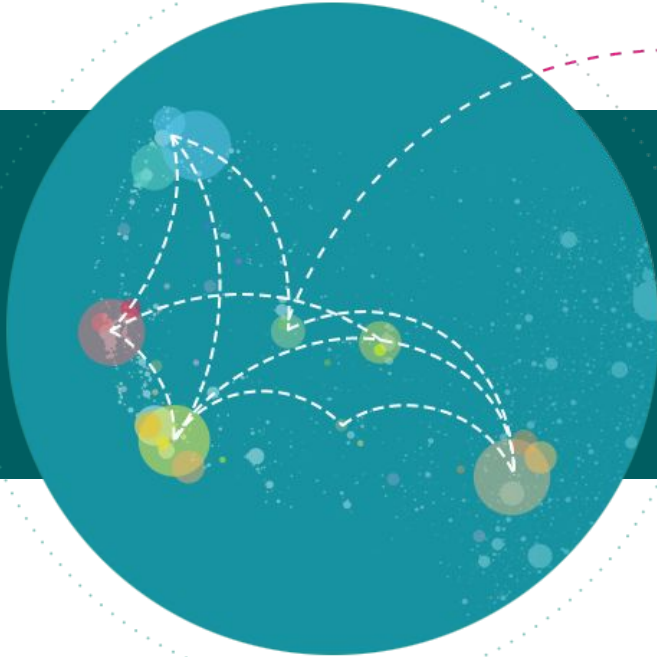
Building Routines



Kyo: Who We Are and What We Do

- - - Team of 800+ professionals in behavioral health
 - Behavior Analysts
 - Program Supervisors
 - Behavior Therapists
 - Admin
 - Services we provide
 - ABA Therapy: In-home, center and telehealth
 - Parent Training
 - Behavior Consultation
 - School and Community Shadow Support

Where We Serve



Currently serving major metro areas
in 10+ states across the U.S.

View the full list of locations we serve:
[kyocare.com/locations](https://www.kyocare.com/locations)

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

- 1 Creating and Following Routines
- 2 Using Schedules and Checklists
- 3 Self-monitoring Systems

Creating and Following Routines

Routines to the Rescue!

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*



Using Schedules and Checklists

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



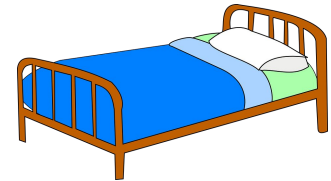
Identifying Activities

- What is most important to your child and family?
 - *Academic*
 - *Self-Help, chores*
 - *Outdoor time*
 - *Family activities*
 - *Individual activities*
 - *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

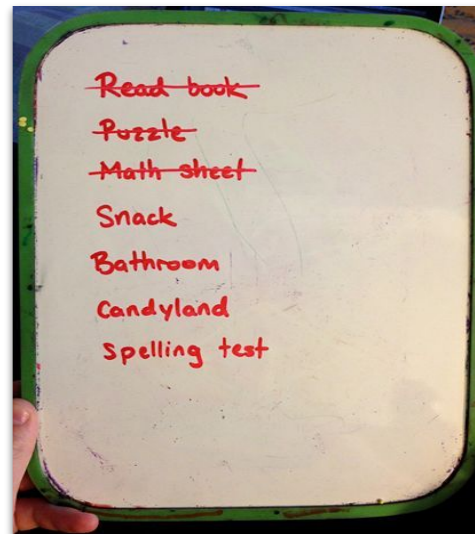
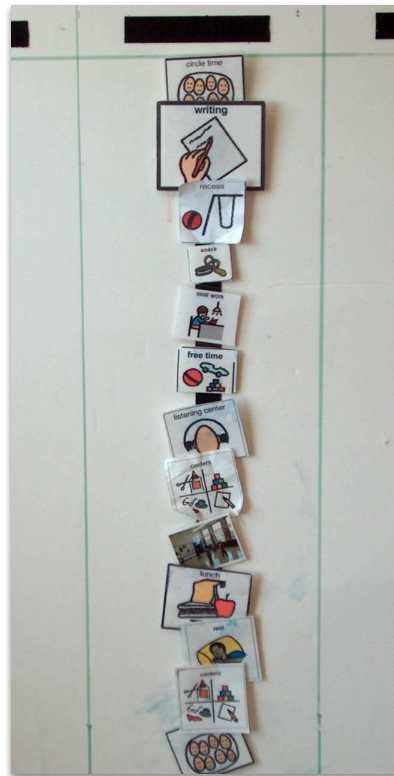
- Don't expect them to follow it independently right away!
- Explain each step/activity/rules
- Prompt/reinforce completion
- Teach self-monitoring
 - *child should cross out or check off the task once it is complete*
- Reinforce following the schedule!



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!



Self-Monitoring Tools

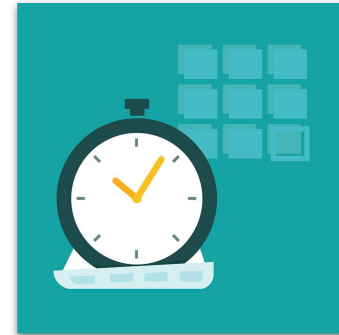
Benefits of Self-Monitoring Tools

- Builds independence and accountability for own behavior
- Increases participation in designing own behavior management programs
- Promotes generalization of skills



Components of a Self-Monitoring System

- Identify target behavior to monitor
- Determine how often behavior will be monitored
- Gain buy-in from the child to implement plan



What Does a Self Monitoring Tool Look Like?





My Own Self-Monitoring Checklist





Create your own self-management checklist. Cut and paste 4 skills you want to monitor.

<input type="checkbox"/>	
<input type="checkbox"/>	
<input type="checkbox"/>	
<input type="checkbox"/>	

<p style="text-align: center;">Hands to self.</p> <p style="text-align: center;">Follow directions.</p> <p style="text-align: center;">Quiet voice.</p> <p style="text-align: center;">Inside voice.</p> <p style="text-align: center;">Stay in my seat.</p> <p style="text-align: center;">Keep my feet on the ground.</p> <p style="text-align: center;">Do my work.</p> <p style="text-align: center;">Use my words.</p>	<p style="text-align: center;">Look forward.</p> <p style="text-align: center;">Work quietly.</p> <p style="text-align: center;">Keep my pencil still.</p> <p style="text-align: center;">Keep my hands in my work station.</p> <p style="text-align: center;">Focus on my work.</p> <p style="text-align: center;">Answer questions.</p> <p style="text-align: center;">Participate in class.</p> <p style="text-align: center;">Slow down and complete my work.</p>
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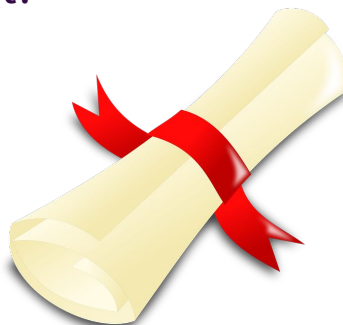
Benefits of Behavior Contracts



- Provide clearly defined rules and consequences for behaviors
- Increases accountability to engage in appropriate behavior
- Allow parents, teachers and child to work towards mutual goal

Components of a Behavior Contract

- What are you working for?
- What do you AGREE to do?
- What are the privileges earned?
- What are the consequences for not following contract?
- Signatures



What Does a Behavior Contract Look Like?



Behavior Contract

Goal: _____ agrees to give 100% effort in

When this goal is reached, he or she will earn _____

Signatures

Student _____ Date _____

Teacher/Parent _____ Date _____

Consequence _____

Questions & Answers



Schedule an
ABA Therapy Enrollment Appointment at:
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