**Daily Routine Workshop Workbook**

**Objectives:**

* Understand the importance of daily routines
* Identify steps in daily routines to work on
* Learn strategies to help increase participation in daily routines

Activity 1  
List some routines that you and your family do in the morning, afternoon, and evening.

|  |  |  |
| --- | --- | --- |
| **Morning** | **Afternoon** | **Evening** |
|  |  |  |

Activity 2

What are some activities or items that your child likes, or finds reinforcing after completing a routine? E.g. bath time, bed time, snack time, play time.

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| --- | --- |
| Routine | Reinforcement |
| e.g. Getting in the bath | Playing with bath toys and bubbles |
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Activity 3

Let’s practice creating steps for a routine.

1. Create the steps for your routine.
2. Choose the step in that routine you want to improve. Circle that step.

|  |  |
| --- | --- |
| Step | It looks like… |
| 1 |  |
| 2 |  |
| 3 |  |
| 4 |  |
| 5 |  |
| 6 |  |
| 7 |  |
| 8 |  |
| 9 |  |
| 10 |  |
|  |  |
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1. Chose a specific goal for that step. Write your goal for that step.

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Activity 4  
How can you turn these negative goals into positive goals?

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| --- | --- |
| Negative Goal | Positive Goal |
| I want him to stop leaving all his toys on the floor. |  |
| I want him to stop throwing his snack on the floor. |  |
| I want him to stop leaving his bed when it’s time to sleep. |  |

Activity 5

Consider what prompts you will need to use to teach your child.

Most Intrusive Least Intrusive

What prompts work best for your child and for the skill being taught?

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| --- |
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|  |

When prompting your child, it is always good to have a plan to fade prompts so your child can reach independence. Usually, we set performance criteria before we start teaching to know when to reduce the prompt. *i.e., 3 correct times in a row, with no challenging behaviour.*

When will you know your child is ready to move to less prompts?

|  |
| --- |
|  |
|  |

Resources

**More information on Basic Behaviour Strategies (including reinforcement):**

<https://woodview.ca/webinars/>

**Research Articles:**

* Ibanez, L, V. et al. (2018). Enhancing Interactions during daily routines: A randomize controlled trial of a web-based tutorial for parents of young children with ASD. Autism Research, *11*, 667- 678.