Setting up Common Routines

TECEC - 3/21/16

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PositiveFamilyBehavior.com

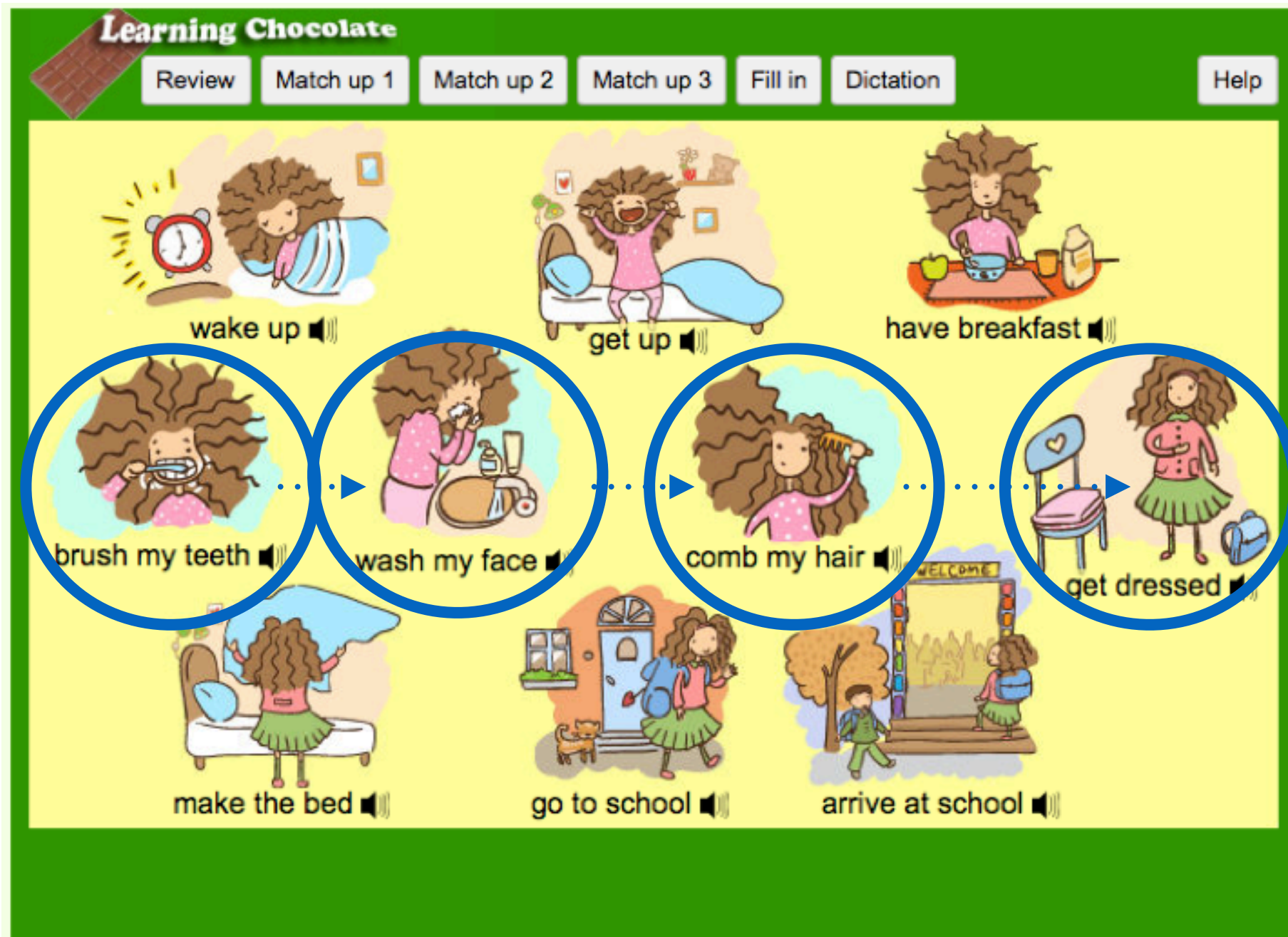# What do we mean by, "Routines?"

Not so much this kind of overall, day-long routine.

What do we mean by, "Routines?"

More like this; Routines that tend to be **daily** and with *potentially* increasing **independence**.

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
routine 🔊

noun

1.   a customary or regular course of procedure.

2.   commonplace tasks, chores, or duties as must be done regularly or at specified intervals; typical or everyday activity:
     the routine of an office.

3.   regular, unvarying, habitual, unimaginative, or rote procedure.

4.   an unvarying and constantly repeated formula, as of speech or action; convenient or predictable response:
     Don't give me that brotherly-love routine!

5.   *Computers.*
     a.   a complete set of coded instructions directing a computer to perform a series of operations.
     b.   a series of operations performed by the computer.

6.   an individual act, performance, or part of a performance, as a song or dance, given regularly by an entertainer:
     a comic routine; a dance routine.

routine 🔊

[roo-**teen**]

[Spell] [Syllables]

Synonyms   **Examples**   **Word Origin**

See more synonyms on Thesaurus.com

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Why can Routines be helpful?

Quote of the Day:

"I had a longing for ritual, something I could cling to, a routine to make me feel well and contented..."

Jack Dee

What can be Reinforcing about a Routine?

rewarding
preferred

- **Familiarity**
- **Predictability**
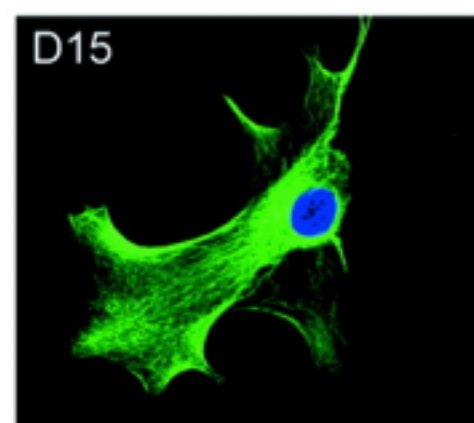- **Control**
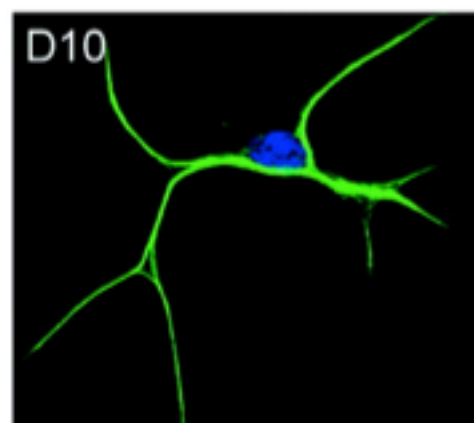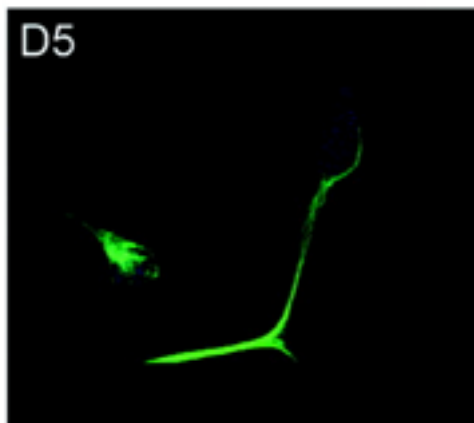- **Independence**

How do we learn Routines?

With consistent practice

Within the same environment

And when we are rewarded

How do we learn Routines?

With consistent practice

Neurons connecting over time

How do we learn a Routine?

With consistent practice

Morning Routine in **Cleaning** myself and *Looking Good*

1	Wash Face with **wash cloth** and **soap**	
2	Wash hands with **soap** & rinse hands off	
3	**Brush teeth**	
4	Splash on **aftershave** or **cologne**	
5	Put on **deodorant** and **anti-persperant** *under* both arms	
6	**Brush hair**	

How do we learn a Routine?

With consistent practice

Evening Routine in Cleaning myself and *Looking Good*

1	**Shower**	Reza
2	**Brush hair**	
3	Put on **Pajamas** or **Clean clothes**	
4	**Brush Teeth** (after dinner)	

Upper left teeth 30 seconds

Upper right teeth 30 seconds

Lower left teeth 30 seconds

Lower right teeth 30 seconds
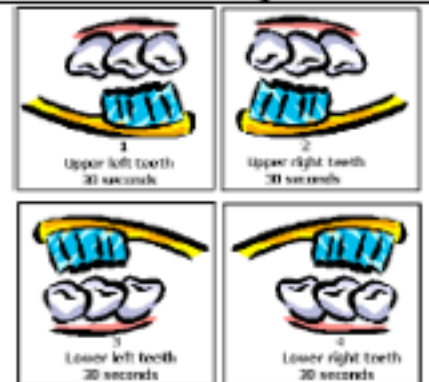
How do we learn a Routine?

With consistent practice

AM Routine in **Cleaning** myself & **Looking Good**
1 Wash Face with **wash cloth** and **soap**
2 Wash hands with **soap** & rinse hands off
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How do we learn Routines?

With consistent practice

- Actions *over* Words
- Use of Visuals are fine - but not always necessary (and should eventually be faded)
- The most important element is the use of a consistent ***sequence.***
- With routines, we ultimately learn the sequence…not the words or pictures associated with the sequence.

How do we learn Routines?

With consistent practice - we learn the sequence

How do we learn Routines?

With consistent practice - we learn the sequence

How do we learn Routines?

Within the same environment

How do we learn a Routine?

Within the same environment

Environment means everything that's in place when the routine occurs, which could include

- People
- Objects, including placement and physical layout
- Sounds (including the words used when teaching a behavior)
- Time of day
- And at times, even tactile (what we feel) and olfaction (what we smell)

How do we learn a Routine?

How do we learn a Routine?

And when we are rewarded

- An established routine can be comforting and therefore rewarding in itself
- But until the routine is established both positive and negative reinforcement may be needed
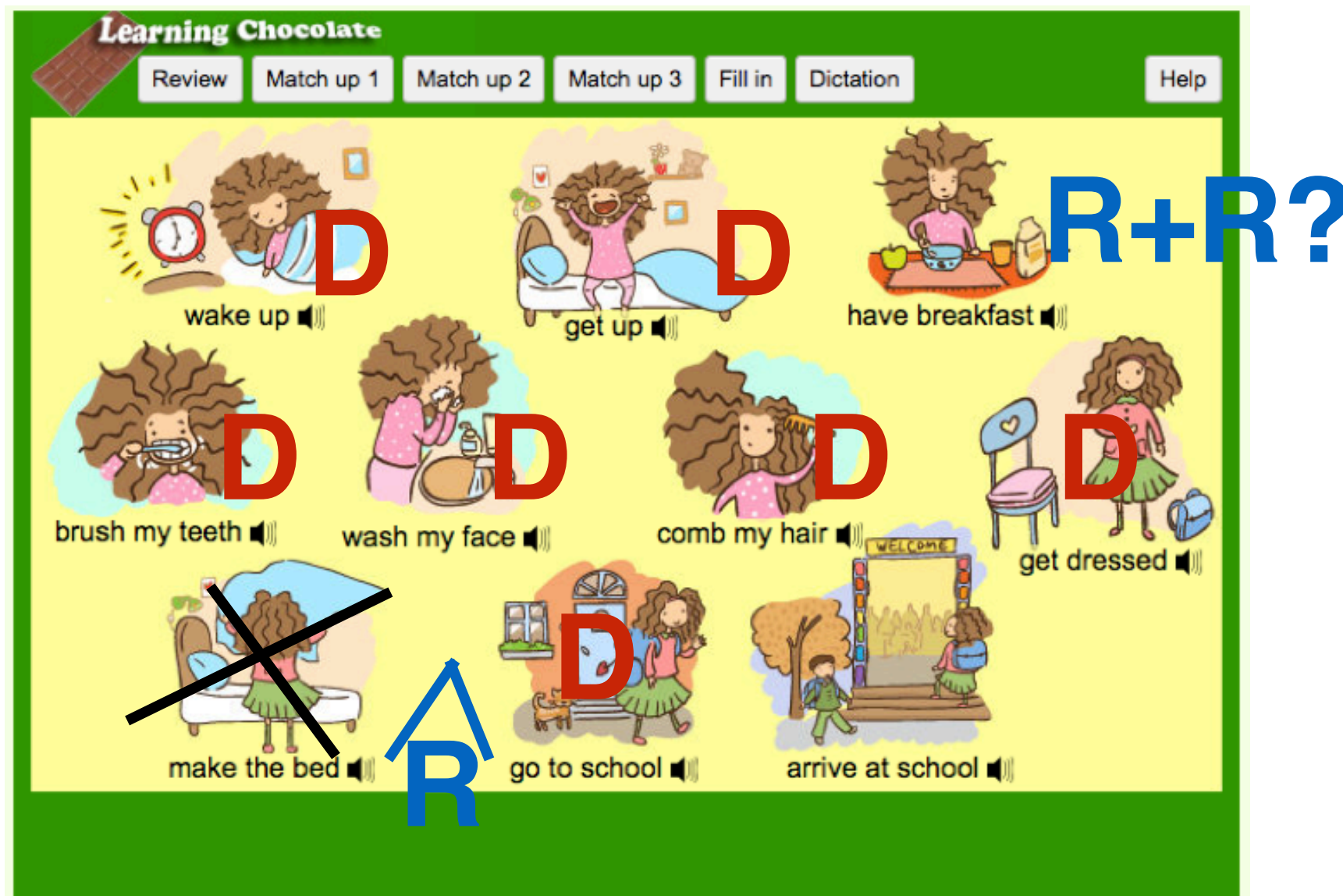- There is *No Free Lunch*

How do we learn a Routine?

And when we are rewarded

How do we learn a Routine?

And when we are rewarded

How do we learn Routines?

With consistent **practice**

Within the same **environment**

And when we are **rewarded**

How do we learn a Routine?

Practice

Environment

Rewarded

Word that begin with PER:
Period
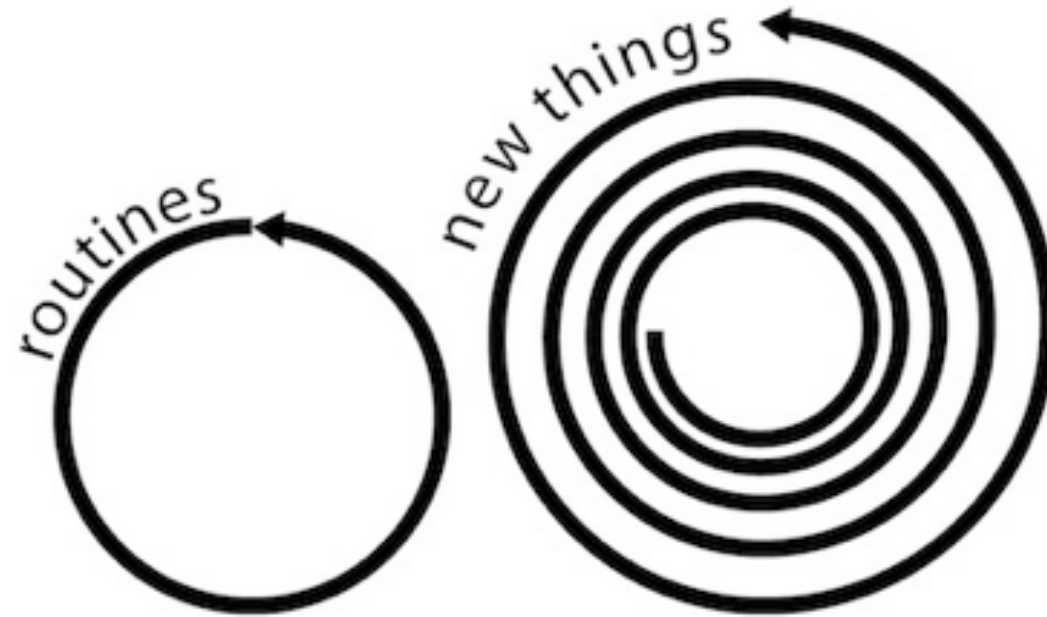Persist
Perform
Perfection
Permanent

Common Routines

- Getting ready for bed
- Bedtime / Falling asleep
- Getting up for school
- Getting ready for school
- Mealtimes
- Homework / After-school
- Preparing meals
- Hygiene related tasks
- Chores
- Playdates
- Etc.,...

Just add **PER**

One last thought with Routines…

As your child grows up, be aware that even consistent routines will need to evolve overtime to accommodate development, changing needs, etc.

Thank You

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