

Setting up Common Routines

TECEC - 3/21/16

Todd T. Kellogg, LMFT, BCBA

PositiveFamilyBehavior.com

What do we mean by, “Routines?”

Learning Chocolate

Review Match up 1 Match up 2 Match up 3 Fill in Dictation Help

take classes

have lunch

go home

do my homework

have dinner

watch TV

take a shower

put on my pajamas

go to bed

sleep

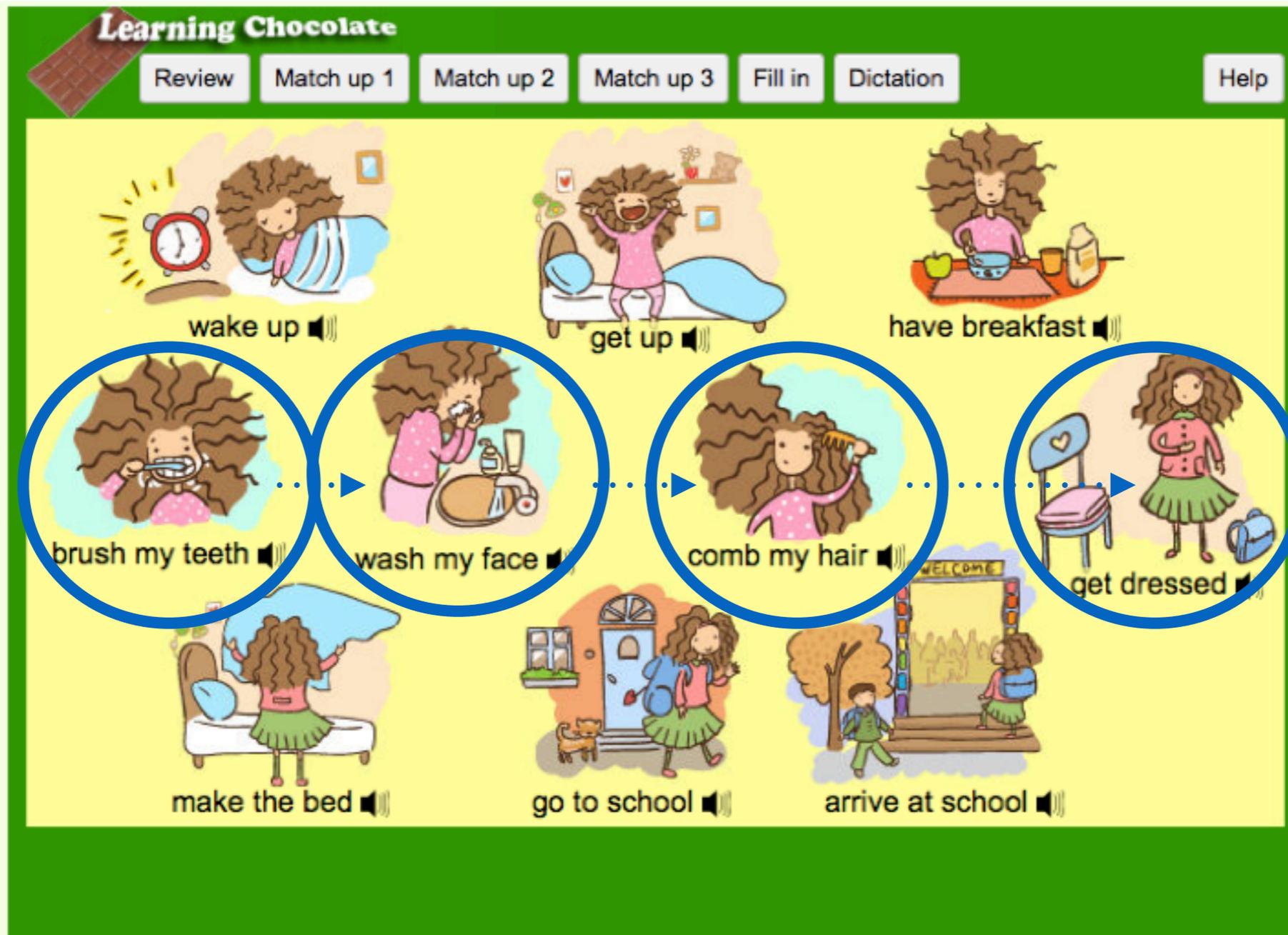
Not so much this kind of overall, day-long routine.

What do we mean by, “Routines?”



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

What do we mean by, “Routines?”



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

routine

[roo-teen]

Spell

Syllables

[Synonyms](#)

[Examples](#)

[Word Origin](#)

[See more synonyms on Thesaurus.com](#)

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](#)

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.

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?

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

rewarding
preferred

How do we learn Routines?

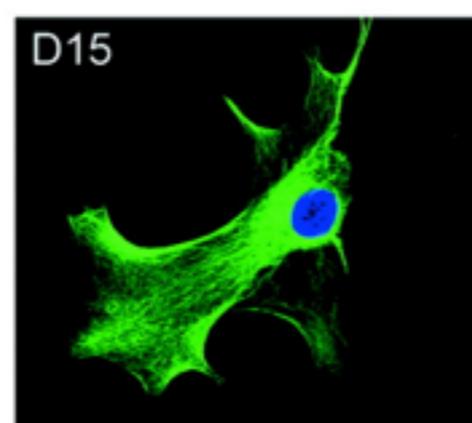
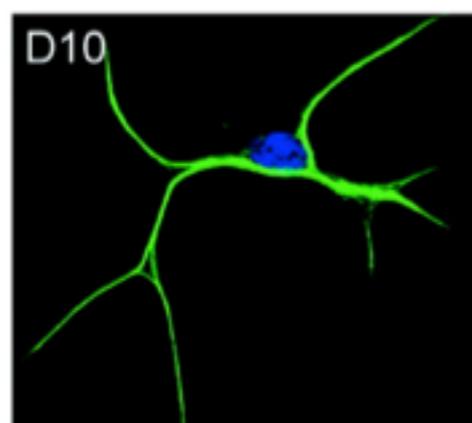
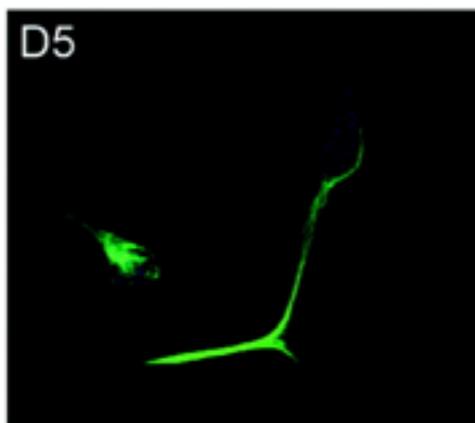
With consistent practice

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?

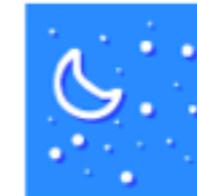
With consistent practice



Morning Routine in Cleaning myself and <i>Looking Good</i>		
1	Wash Face with wash cloth and soap	A simple cartoon drawing of a person's face with a red circle around it, indicating the area being washed.
2	Wash hands with soap & rinse hands off	A cartoon illustration of two hands being washed under water flowing from a faucet.
3	Brush teeth	Four small diagrams showing different brushing techniques for the four quadrants of the mouth: 1. Upper left teeth (30 seconds), 2. Upper right teeth (30 seconds), 3. Lower left teeth (30 seconds), and 4. Lower right teeth (30 seconds).
4	Splash on aftershave or cologne	A simple illustration of a green bottle with a white cap, representing aftershave or cologne.
5	Put on deodorant and anti-persperant <i>under</i> both arms	A cartoon drawing of a person's torso with their arms raised, showing red circles on the armpits where deodorant is applied.
6	Brush hair	A cartoon drawing of a person's head with a comb being used to brush their hair, with arrows indicating the direction of the brush strokes.

How do we learn a Routine?

With consistent practice



Evening Routine in Cleaning myself and <i>Looking Good</i>	
1 Shower	Reza
2 Brush hair	
3 Put on Pajamas or Clean clothes	
4 Brush Teeth (after dinner)	

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
- 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 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



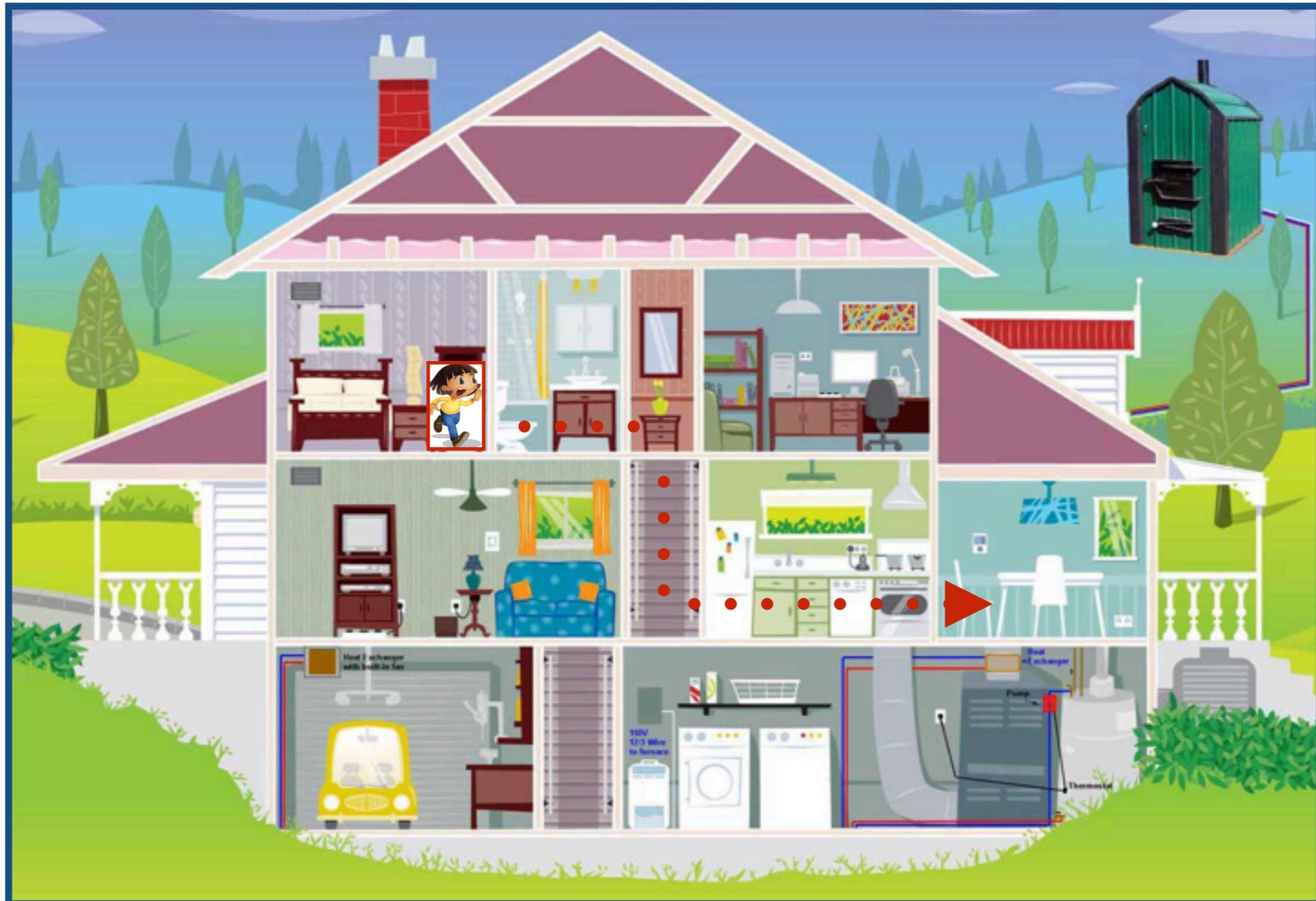
How do we learn Routines?

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?

Within the same environment



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

Learning Chocolate

Review Match up 1 Match up 2 Match up 3 Fill in Dictation Help

wake up

get up

have breakfast

brush my teeth

wash my face

comb my hair

get dressed

make the bed

go to school

arrive at school

How do we learn a Routine?

And when we are rewarded

The screenshot shows the 'Learning Chocolate' software interface. At the top, there is a title bar with a chocolate bar icon and the text 'Learning Chocolate'. Below the title bar are several buttons: 'Review', 'Match up 1', 'Match up 2', 'Match up 3', 'Fill in', 'Dictation', and 'Help'. The main area displays a grid of 12 illustrations of a girl performing daily activities, each with a red letter 'D' and a speaker icon. The activities and their labels are: 'wake up', 'get up', 'have breakfast', 'brush my teeth', 'wash my face', 'comb my hair', 'get dressed', 'make the bed', 'go to school', and 'arrive at school'. A large blue 'R' is positioned below the 'make the bed' illustration, and a large blue 'R+R?' is positioned to the right of the 'have breakfast' illustration. A black 'X' is drawn over the 'make the bed' illustration.

How do we learn Routines?

With consistent **practice**

Within the same **environment**

And when we are **rewarded**

How do we learn a Routine?

Ppractice

Environment

Rewarded

Word that begin with PER:

Period

Persist

Perform

Perfection

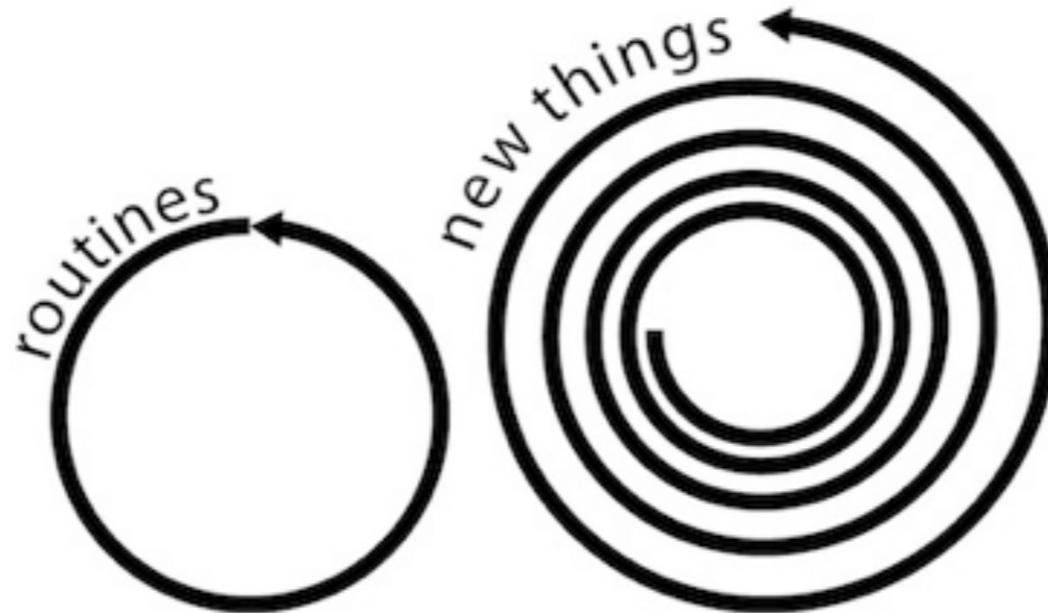
Permanent

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

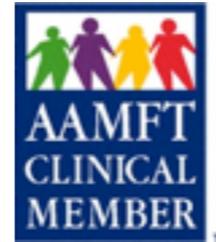
One last thought with Routines...



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

Thank You

Todd T. Kellogg, LMFT, BCBA
Licensed Marriage and Family Therapist
Board Certified Behavior Analyst



PositiveFamilyBehavior, LLC

Individual and Family Behavior Therapy Involving Special Needs

196 Danbury Road

Wilton, CT 06897

Phone: (203) 880-4609 / Cell: (203) 543-2043

toddkellogg@positivefamilybehavior.com

www.PositiveFamilyBehavior.com



rubato

apps2achieve.com

An iPad and iPhone app

Real-time, time management to help children learn about Time Awareness, Time Management, and Delay of Gratification!