

PROCESS FOR ESTABLISHING ROUTINES

- Include the child in discussions whenever possible.
- Identify situations that occur on a frequent basis.

What do I want him to do instead of what he's doing?

- Determine 1 to 5 things (depending on child's age) that need to be accomplished as part of that routine. Decide what tasks must be included.
- Separate the desirable from the truly essential. Ignore the unessential—you can expand the routine once your child has fully mastered the essential tasks.
- Prioritize the important tasks
- Discuss and decide on number of reminders needed.
- Determine time frame for completing steps.

How can I put expectations and progress in a visual format?

- Develop documentation (chart, checklist).

What would make it worth his while?

- Decide on reinforcer for successful completion of routine within specified time.
- Review steps of routine, tools (checklists, timers) and rewards with child.