

Setting your home up for success

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Here are 2 ways to set up a home schedule

We recognize that every child is unique and that the information in this powerpoint may not work for everyone. This content is general information and is not specific to each child.



Option 1: First/Then

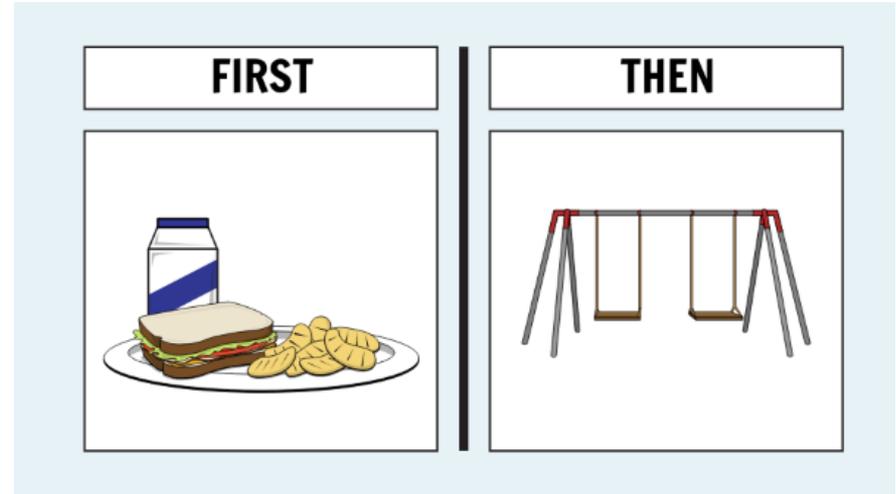
board

First - Less Preferred

Then- Preferred activity

First: Lunch

Then: Playground



First/Then Board

- This is a simple go to when you can't schedule your whole day
- Can structure specific parts of the day when you need to complete tasks
- Set up expectations, routines and rewards for your children
- Remember when using a First-Then board to always schedule a less preferred activity before a more preferred activity so your child is naturally reinforced

Option 2: Creating a Visual Schedule

To begin you can create a Morning routine, Night Routine, or Play Routine.

Choose a familiar routine, like her/his morning routine

These mini routines will help you start the process of creating structure for the whole day.



Creating a visual schedule

Step 1

Identify each step of a task/routine you would like your child to complete

Example: getting ready in the morning

1. Go to the bathroom
2. Brush teeth
3. Wash face
4. Put on clothes

Creating a visual schedule

Step 2

Use these steps to create a schedule

You can use whatever form of schedule works for you i.e. pictures, written words, video model

Example: take a picture of your child completing each step and create a visual schedule they can reference

Creating a visual schedule

Step 3

-Use a timer or alarm to signal when an activity or routine is beginning or ending

Example: set a 15 minute timer on your phone that will go off when art time is over to signal to your child that the activity has ended

-It is helpful to use the same cue for your child every time you are making a transition

Example: You may use the alarm sound on your phone. At school your child's teacher uses clapping

Creating a visual schedule

Step 4

Refer to the schedule throughout your daily routine.

Provide your child with praise and reinforcement when they follow the routine appropriately.

Example: When your child completes hand washing before dinner point to the picture and give them specific praise for completing that step

Creating a visual schedule

Step 5

Always be consistent

Complete every step/activity on the schedule every time

Example: always complete hand washing before every meal

Time to Practice!

Now that you know how to create a visual schedule you can practice using one hour of the day

Take one hour and separate 4 different activities by 15 minutes each.

Label and allot specific time for activities (keep activities to about 15 minutes)
8:00-8:15 Breakfast, 8:15-8:30 “school work” 8:30-8:45 read a book 8:45-9:00
Dance Party

The end goal is to have a visual schedule of your child’s whole day, but we do realize this may not be feasible given the circumstances

More helpful tips

- Pick a specific space in your house that is calm and private for “school time”

 - Make sure the area is not cluttered

 - Have your materials readily available

- You can also create “stations”- and have specific areas designated for certain things (e.g. the couch is the ipad station, table is the eating station, backyard is the movement station, etc.)

- Be organized so your child can follow your lead!

- *If you have more specific questions please contact your classroom team

Resources for creating a First-Then board

Printable

<https://lessonpix.com/materials/3095012/First+Then+Cards>

<http://www.victoriesnautism.com/behavior-charts-token-systems-and-schedules.html>

<https://www.teacherspayteachers.com/Browse/Search:first%20then%20visual%20schedule>

Resources for creating a visual schedule

- ASD Visual Schedule for Morning Routines:
https://www.amazon.com/Plastic-Morning-Routine-Picture-Communication/dp/B00JMB2Q0A/ref=sr_1_17?crid=3S5U6XE4OR89C&keywords=visual+schedule+for+kids+with+autism&qid=1584979578&srefix=visual+sc%2Caps%2C152&sr=8-17
- Easy Daysies Starter Kit: The Original Daily Visual Schedule: Magnetic Board
https://www.amazon.com/Easy-Daysies-Starter-Original-Schedule/dp/B00GFN3ZYO/ref=sr_1_39?crid=3S5U6XE4OR89C&keywords=visual+schedule+for+kids+with+autism&qid=1584979706&srefix=visual+sc%2Caps%2C152&sr=8-39
- ASD Visual Now Next Later Board
https://www.amazon.com/Plastic-Visual-Picture-Communication-Symbols/dp/B00JNQ96KC/ref=sr_1_9?crid=21ZE7LDM8YO0W&keywords=visual+schedule+for+kids&qid=1585073954&srefix=Visual+sched%2Caps%2C148&sr=8-9
- Visual Sand Timers
https://www.amazon.com/Hourglass-yueton-Sandglass-Management-Intensity/dp/B07D7SW134/ref=sr_1_11?keywords=Sand+Timers&qid=1585075099&sr=8-11

References

Establishing Routines at Home. (n.d.). Retrieved from

<https://www.marcus.org/autism-resources/autism-tips-and-resources/establishing-routines-at-home>

Kurtzman, S. (n.d.) How to Use a First then Board. Retrieved from <https://www.storyboardthat.com/>