Lunch and Learn with VCU-ACE

www.vcuautismcenter.org
Housekeeping

- For educational and quality control, we will be recording this zoom session.
- By participating, you are consenting to being recorded.
- Before this session is shared, we will edit to remove identifying information to protect your privacy.
- The Q&A section will be removed and only be shared as an anonymous transcript.
How are Structure and Routines Different?

- **Structure** is the framework of our day
- **Routines** are tasks that need to be carried out or completed
- **Consistent** structure and routines help set expectations for the day
- **Schedules** can be used to maintain structure and routine
Structure:
Overall Daily Schedule

Routine:
Tasks incorporated into the structure of the daily schedule

<table>
<thead>
<tr>
<th>Picture</th>
<th>Activity</th>
<th>Check When Complete</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>Wake up at 7:30 am</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Eat breakfast</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Get dressed and brush teeth</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Playtime or errands</td>
<td></td>
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<tr>
<td></td>
<td>Eat lunch</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Story time and nap</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Playtime</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Eat dinner</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Take a bath and brush teeth</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Story time and in bed by 8 pm</td>
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</tbody>
</table>
Why are Structure and Routines Important?

- During uncertain times, structure and routines can help in a variety of ways:
  - Reduce anxiety
  - Provide a sense of self-control
  - Develop good habits
  - Create a predictable pattern of the day
10 Tips to Create and Maintain Structure at Home

1. Choose Tasks Wisely
2. Provide Choices
3. Break into Manageable Pieces
4. Use Technology
5. Use Concise Language
6. Add a Visual
7. Incorporate Self-Monitoring
8. Encourage and Reward
9. Organize!
10. Plan for Independence
Tip #1: Choose Tasks Wisely

- Select tasks that are:
  - meaningful for the individual and family
  - part of the child’s skill repertoire
  - allowing the child to work towards independence

- Include components the student enjoys!
Tip #2: Provide Choices

- Use the Premack Principle- “First, Then”
  - Save the best for last!

- Don’t offer too many choices, as this could be overwhelming.

- Format the choices to fit your child’s needs
  - verbal, visual, objects, etc.
Tip #2: Provide Choices
Tip #2: Provide Choices

- When giving choices make sure:
  - It is an appropriate time to do so
  - All choices are available
  - Match choices to preferences
Tip #3: Break into Manageable Pieces

- Break down the skill into smaller steps
  - Task Analysis

- Use a visual to guide the child through the routine
  - With a visual, the child and family can track progress
Tip #3: Break into Manageable Pieces
Tip #4: Use Technology

- **Time Timer**
  - Visual time management
  - Rating: ★★★★☆ 2.7K

- **Visual Schedules Lite**
  - Your schedules on visual tool
  - Rating: ★★★☆☆ 2

- **Kids ToDo List**
  - Useful Picture Card Scheduler
  - Rating: ★★★★☆ 50
Tip #5: Use Concise Language

- Select words carefully
- Avoid unnecessary words
- Pair new vocabulary with mastered vocabulary

https://www.youtube.com/watch?v=ss2hULhXf04
Tip #6: Complete a quick interest inventory to select everyday tasks

<table>
<thead>
<tr>
<th>Activity</th>
<th>Like</th>
<th>Dislike</th>
</tr>
</thead>
<tbody>
<tr>
<td>Operate a bulldozer</td>
<td></td>
<td></td>
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<tr>
<td>Do a science experiment</td>
<td></td>
<td></td>
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<tr>
<td>Paint a portrait</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Teach kids to read</td>
<td></td>
<td></td>
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<tr>
<td>Lead a team</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Check math for errors</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Transport goods/people</td>
<td></td>
<td></td>
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<tr>
<td>Research new medicines</td>
<td></td>
<td></td>
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<tr>
<td>Write a song</td>
<td></td>
<td></td>
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<tr>
<td>Help a family find a home</td>
<td></td>
<td></td>
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<tr>
<td>Make meals to your liking</td>
<td></td>
<td></td>
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<tr>
<td>Use graphs to show data</td>
<td></td>
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<tr>
<td>Build something new</td>
<td></td>
<td></td>
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<tr>
<td>Build a robot</td>
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<td></td>
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<tr>
<td>Perform on stage</td>
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</tr>
</tbody>
</table>

Career Interest Inventory -- Pictorial Version
Realistic: The Doer
Investigative: The Thinker
Artistic: The Creator
Tip #6: Match a Visual to the Task

https://lessonpix.com/materials/1829365/Washing+Dishes

https://www.youtube.com/watch?v=4S6cYd8URAQ
Tip #7: Incorporate self-monitoring

<table>
<thead>
<tr>
<th>Task</th>
<th>To Be Done</th>
<th>Done</th>
</tr>
</thead>
<tbody>
<tr>
<td>Shower/hygiene</td>
<td></td>
<td>✔</td>
</tr>
<tr>
<td>Breakfast</td>
<td></td>
<td>✔</td>
</tr>
<tr>
<td>Read newspaper (30 mins)</td>
<td>✔</td>
<td></td>
</tr>
<tr>
<td>School work</td>
<td>✔</td>
<td></td>
</tr>
<tr>
<td>Yoga (11:30)</td>
<td>✔</td>
<td></td>
</tr>
<tr>
<td>News at noon (30 mins)</td>
<td>✔</td>
<td></td>
</tr>
<tr>
<td>Eat Lunch</td>
<td>✔</td>
<td></td>
</tr>
<tr>
<td>Walk dog</td>
<td>✔</td>
<td></td>
</tr>
</tbody>
</table>
Tip #8: Encourage and Reward

• Have fun when teaching or supporting new and already established routines!

• Give these a try:
  - Positively “coach” and encourage
  - Reward at the end of the task
Tip #9: Organize!

- Make sure materials are easily accessible
- Make sure routines are predictable
- Create designated “work” areas:
  - Structured work system
  - Use items from home (cereal boxes, plastic containers, shoe boxes, etc.)
Tip #9: Organize
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Social Story Creator and Library App
Tip #10: Plan for Independence

- **Goal: Independence**
  - As the child learns, decrease your assistance
- **Avoid over-prompting!**
  - Especially verbal prompts
  - Don’t want a child to rely on your help (prompt dependency)
There is a difference between structure and routine

Determine the daily structure that best matches your family

Incorporate ONE new routine at a time

Focus on functional and fun activities
Resources

• VCU ACE COVID-19 Resources
  – http://vcuautismcenter.org/te/covid19.cfm

• Resources for Parents
  – https://vcuautismcenter.org/resources/families.cfm

• Free Visuals
  – www.do2learn.com
How did we do?
# Upcoming Topics

<table>
<thead>
<tr>
<th>Date:</th>
<th>Topic:</th>
<th>Presenters:</th>
</tr>
</thead>
<tbody>
<tr>
<td>May 28, 2020 Noon to 1:00pm</td>
<td>Promoting self-determination through goal setting at home</td>
<td>Teresa Cogar and Josh Taylor</td>
</tr>
</tbody>
</table>

To register go to: [https://vcuautismcenter.org/te/lunchandlearn.cfm](https://vcuautismcenter.org/te/lunchandlearn.cfm)
For questions or more information

Please visit:

www.vcuautismcenter.org

Or

e-mail: autismcenter@vcu.edu