



Lunch and Learn with VCU-ACE

[www.vcuautismcenter.org](http://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



## Lunch and Learn:

# Creating and Maintaining Structure in the Home



**VCU**

Noel Woolard Ed.D., BCBA, and Lauren Vetere, M.Ed., BCBA

# 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



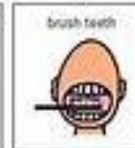


# Structure: Overall Daily Schedule

**Routine:**  
Tasks incorporated  
into the structure of  
the daily schedule

## My Daily Schedule

Picture	Activity	Check When Complete
	Wake up at 7:30 am	<input type="checkbox"/>
	Eat breakfast	<input type="checkbox"/>
	Get dressed and brush teeth	<input type="checkbox"/>
	Playtime or errands	<input type="checkbox"/>
	Eat lunch	<input type="checkbox"/>
	Story time and nap	<input type="checkbox"/>
	Playtime	<input type="checkbox"/>
	Eat dinner	<input type="checkbox"/>
	Take a bath and brush teeth	<input type="checkbox"/>
	Story time and in bed by 8 pm	<input type="checkbox"/>

# Schedules

Brushing Teeth				
1	2	3	4	5
wet toothbrush	toothpaste on brush	brush teeth	spit in sink	rinse toothbrush
				
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>



**1** Place the brush at a 45° angle to the front teeth surface. Bristles must contact both lines of tooth and gum.



**2** Move the brush in a small, jiggling, circular motion.



**3** Clean the inside surfaces of the back teeth by moving the brush in a small back and forth motion.



**4** Clean the inside surfaces of the front upper teeth by tilting the brush vertically using small up and down strokes.



**5** Clean the inside surfaces of the front lower teeth by tilting the brush vertically using small up and down strokes.



**6** Move the brush in a back and forth motion to clean the biting surfaces.

*How to Use Proper Brushing Technique*

# 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



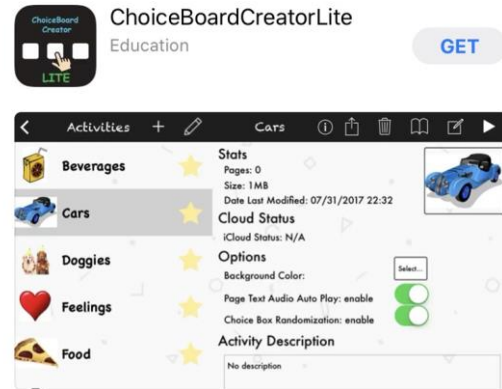
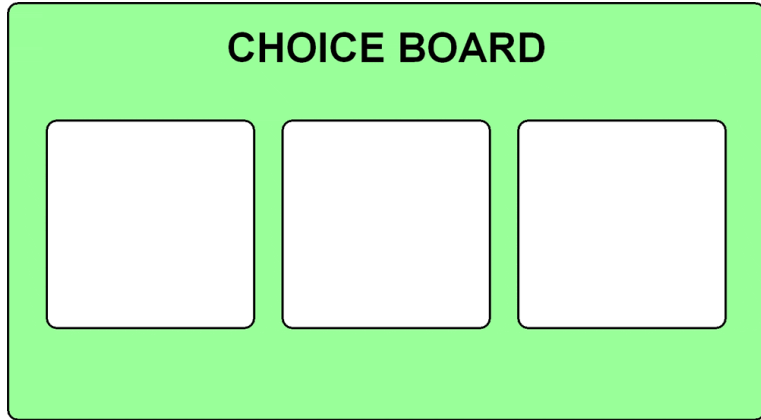
# Tip #1: Choose Tasks Wisely

- 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

## Handwashing Routine Task Analysis

Turn on water	
Put hands in water	
Put 2 pumps of soap on hands	
Rub hands in water	
Turn off water	
Dry hands	



# Tip #4: Use Technology

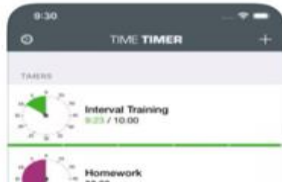


**Time Timer**

Visual time management

★★★★★ 2.7K

[OPEN](#)

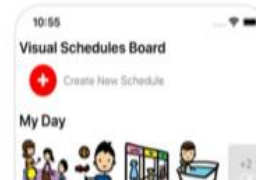


**Visual Schedules Lite**

Your schedules on visual tool

★★★★☆ 2

[OPEN](#)



**Kids ToDo List**

Useful Picture Card Scheduler

★★★★☆ 50

[OPEN](#)



# 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

Activity	Circle one	
Operate a bulldozer.	Like	Dislike
Do a science experiment.	Like	Dislike
Paint a portrait.	Like	Dislike
Teach kids to read.	Like	Dislike
Lead a team.	Like	Dislike
Check math for errors.	Like	Dislike
Transport goods/people.	Like	Dislike
Research new products.	Like	Dislike
Write a song.	Like	Dislike
Help somebody find a home.	Like	Dislike
Provide advice to your peers.	Like	Dislike
Use graphs to show data.	Like	Dislike
Build something new.	Like	Dislike
Build a robot.	Like	Dislike
Perform on stage.	Like	Dislike



# Tip #6: Match a Visual to the Task

Washing Dishes

-  Plug drain
-  Turn on warm water
-  Add soap
-  Put dirty dishes into sink
-  Wash Dish
-  Rinse Dish
-  Put dish on drying rack
-  Dry Dishes
-  Put dry dishes in cupboard

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# Tip #7: Incorporate self-monitoring

Task	To Be Done	Done
Shower/hygiene		✓
Breakfast		✓
Read newspaper (30 mins)	✓	
School work	✓	
Yoga (11:30)	✓	
News at noon (30 mins)	✓	
Eat Lunch	✓	
Walk dog	✓	

# 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



# Tip #9: Organize



# Tip #9: Organize



# Tip #9: Organize



***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)

# Wrap Up

- 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](http://www.do2learn.com)

LiveChat





**How did we do?**



**VCU**

# Upcoming Topics

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

To register go to: <https://vcuautismcenter.org/te/lunchandlearn.cfm>

# For questions or more information

Please visit:

[www.vcuautismcenter.org](http://www.vcuautismcenter.org)

Or

e-mail: [autismcenter@vcu.edu](mailto:autismcenter@vcu.edu)