Prerequisites

Make sure the learner has already mastered completing each of the tasks that will be included in the routine, such as brushing teeth and vacuuming the floor.

Procedure

1. Materials: Identify what tasks the learner will be required to complete in the morning versus in the evening. Use the Morning & Evening Routine Checklist (next page) to create a routine task list that will allow the learner to self-monitor as (s)he completes tasks and the parents to track agreement or disagreement.

2. Baseline: Determine how much time the learner will be given to complete the task/routine. Consider working with the learner on duration such that (s)he feels a sense of control over his/her own time, which might also reflect his/her (awareness of) the competency to complete the tasks. Base the initial amount of time allotted for each task on the length of time the learner takes to do each task during the baseline.

3. Cuing task initiation. Determine what will cue the learner to begin the routine. This could be an alarm clock, phone alarm, timer or instruction.

4. Prompts: Determine what will keep the learner on task with completing the routine. Initially, the parent or interventionist will need to provide shadowing and/or devices to ensure the learner remains on task.

5. Chaining: Determine whether the learner will be taught to complete the routine using forward, backward, or total task chaining.

6. Reinforcement: If using total task chaining, determine whether the learner will be provided access to a tangible reinforce or token/point contingent upon each task in the routine or contingent upon completion of the entire routine.

Morning/Afternoon/Evening Routine Checklist

Name: _____   Week of: _____

Morning Routine Alarm: ___ AM		Mon.		Tue.		Wed.		Thu.		Fri.		Sat.		Sun.	
Time	Task	L	P	L	P	L	P	L	P	L	P	L	P	L	P
Afternoon Routine		L	P	L	P	L	P	L	P	L	P	L	P	L	P
Evening Routine		L	P	L	P	L	P	L	P	L	P	L	P	L	P
_____ Earned																

L = Learner / P = Parent

Total =

Learning places a checkmark in the box once completed. Parent fills out the "P" boxes with one of the following: initials, N/A, or X

Parent initials = Parent agrees   N/A = Parent didn't require   X = Learner didn't do it