



Behavior Bits



Volume 1: Consistency is Key!

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The Benefits of a Schedule and Routine

Are you having trouble establishing a new "normal" in this unprecedented time? That's okay, we are too! As we settle into this new time, setting a consistent daily schedule and routine helps add predictability into the student's day. Students thrive on clear expectations and knowing what they are expected to do and when they will do it. Schedules can look like a list of to-do items on the refrigerator, a sequence of pictures resembling daily activities, or writing down what will be done first, next, and last.

Tips to Establish a Schedule/ Routine:

- Involve your student
 - Ex. Let your student pick if they will clean their room or read first
- Pair each activity with a visual
 - Print pictures or have your student draw them!
- Incorporate telling time
- Include frequent breaks
- Utilize a timer
- Allow students to mark off when a task is completed

Buzz! Time is Up!

Timers are a great way to help with:

1. Sticking to a routine and a visual schedule
2. Transitioning from a preferred activity (watching TV) to a non preferred activity (putting clothes away)
3. Staying on task by showing "how much longer" (reading for 10 minutes)
4. By helping caregivers and visitors stick to the child's and family's routine.

Using a timer is also a great way to stop power-struggles with your child. It allows them to know when one activity will end and another will begin.

Timer Tips: When using a timer start with a time period you know your child can do. For example, if your child can sit and read a book for 10 minutes, start with 10 minutes on the timer and *gradually increase* the time to the desired goal time.



No More Power Struggles!

We are all out of our normal routine, students and adults alike! Due to the unknown, students might start to test limits more than usual. This doesn't have to be a bad thing! Just because a student is refusing to comply or saying "no," does not mean you have to get caught in a cycle of power struggles. Here are some ideas to help avoid power struggles all together:

- Use visuals
- Give choices
- Offer help
- Use positive reinforcement
 - "First do three math problems, then you can take a break."
- Do not engage in the back and forth argument

It is important to remember that you are not expected to recreate school in the home setting during this time. To help alleviate this worry, consider setting aside a regular time for learning each week day.



Resources:

Need Access to a Timer?

<https://www.online-stopwatch.com/classroom-timers/>

**Incorporate choice by allowing your student to choose the timer used!*

<https://toytheater.com/classroom-timer/>

**This site has tools for teaching time, too!*

Keeping a Schedule:

calendar.google.com

**If you have a middle or high school student, encourage them to utilize Google Calendar to schedule their day!*