# Caregiver Responsive Routines Planning Form

# The part of our day (i.e., routine or activity) that I want to focus on is...

### Describe the steps taken to complete this part of our day:

First:	
Finally:	
Overall how does this part of the day fee	al to you:

#### Overall, how does this part of the day feel to you:

 $\Box$  Good, but I want to make small changes

□ I need help reworking this routine

## What would you like to change about this part of the day?

#### Checklist:

- $\Box\,$  Does the routine look the way I want it to?
- $\Box$  Is this part of the day important for me and my child?
- $\Box$  Which of my child's basic needs are met through this routine?
  - ► Rest
  - ► Hygiene
  - ► Food
  - Social Interaction
- $\Box$  Does this routine feel safe for me and my child?
- $\Box$  Are there opportunities for my toddler to make choices within the routine?
- $\Box$  Is it predictable? (Do we do it the same way?)
- □ Do I feel confident in my ability to follow each step to complete this part of the day?
- □ Does my child participate in the routine in a way that supports our family's goals?
- $\Box$  Are there opportunities for my child to learn new skills?

#### What I want my child to learn during the routine (check 1):

- $\Box$  To engage in back and forth interaction
- $\hfill\square$  Learn how to do parts of the routine on their own

 $\Box$  To stay calm:

- Transitioning to the routine
- During the routine
- Transitioning from the routine

Other: \_\_\_\_\_

Notes:

#### **Family Routine Definition**

Any regular (e.g., daily, weekly) activity that families complete. Common examples of family routines are bed time, washing hands before meals, or getting dressed in the morning.

#### What this routine looks like now:

Skill I want my child to learn	How I prompt/cue my child	How my child responds (Describe what you see e.g., child's actions, words, sounds, etc.)	How I respond to my child's behavior
<b>EXAMPLE:</b> To use a sign to let me know he is finished eating.	I ask: "Are you all done?"	He throws his spoon or food on the floor.	I pick it up.

#### What I want this routine to look like:

Skill I want my child to learn	How I prompt/cue my child	How my child responds (Describe what you see e.g., child's actions, words, sounds, etc.)	How I respond to my child's behavior
<b>EXAMPLE:</b> To use a sign to let me know he is finished eating.	I will ask: Are you all done while modeling the sign. Pause to see if he imitates, and then prompt him to sign" all done."	Imitate signing "all done"	I will take the food away. If he throws the food, I will take the food away, and prompt him to sign "all done" as I label "all done."





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