



Establishing Predictability in an Unpredictable Time: How Schedules Can Help

Angie Moran, BCBA, LBA

By now, I'm sure you've likely heard, read and experienced firsthand how important routines and schedules can be for all of us, especially families with individuals with autism or other related challenges. That's because schedules often help adults and kids better predict what will happen next or what still needs to be done. At Touchstone, we understand that trying to follow a strict schedule at home each day may be nearly impossible, and want to offer some feasible alternatives. For those of you who are successfully implementing a schedule or at least giving one a try during this time at home, kudos to you!

Check out the suggestions below based on levels of verbal behavior. Remember that because kids are constantly developing, it's common for there to be some overlap in how levels of verbal behavior are described. **Ask your BCBA what level of verbal behavior your children are and reference this blog to know which type of schedule(s) may work best for your family!**

First/Then, First/Then/Next, Visual Activity Schedules – Include sections for visuals of what is going to happen now/first and then what will happen after. These schedules usually have a picture of a learning or performance task first (and/or next), followed by a picture of a preferred reinforcer to show the child that he or she will access the wanted item AFTER they complete the assigned activity or task.

To Do/Finished, Task Lists – These can be interactive for any level. Some have visuals that a child can move to the other side of the board as they complete the tasks, some can use the same technique but with words for child with reader skills and a third folds one side over the other to reveal some praise (smiley face or phrase) as they finish the activity.

THIS MONTH'S FAMILY MEETINGS

All sites – Wednesdays with Dr. Laura 5/13, 20, 27
10:00am

Houma/Thib/New Orleans 5/20 Group Meetings at
9:00am & 3:00pm

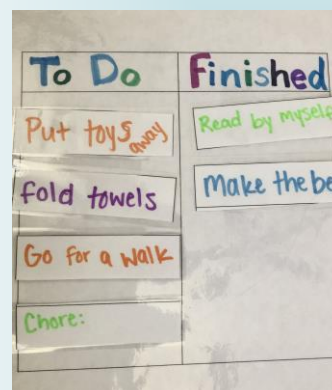
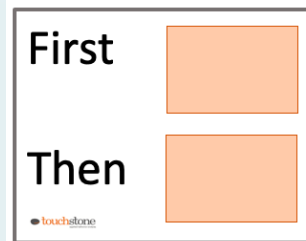
Baton Rouge 5/28 Group Meeting at **2:00pm**

Hammond 5/21 Group Meetings at **2:00pm & 5:30pm**

Lafayette 5/12 & 5/26 Group Meeting **9:30am**

All group meetings are currently being held online. You will receive an email with a link to join the meetings.

Join Us! If you are unable to attend your monthly meetings, please contact Angie Lanoux at: alanoux@tc-aba.com to set up individual meetings.



A couple examples of activity schedules that can help children know what to expect

Please feel free to share what's working well for you and your family at info@tc-aba.com and we will suggest it to other families as well! If you'd like more help on creating an adapted schedule for your child or family, talk to your BCBA or let Angie Lanoux know at alanoux@tc-aba.com and we can get you set up for a 1:1 session. Line technicians are also available make materials, so now is a great time to reach out and let us help!