

# H The Helping Hillie

*A Newsletter Providing Applied Behavior Analysis Tips and Resources*

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“The key is not to prioritize what’s on your schedule, but to schedule your priorities.”

- Stephen Covey

## *Schedules and Maintaining Routines*



**Schedules:** Making a daily schedule is super important and something all of our students utilize each day at school. A schedule helps set the expectation of what needs to be done each day. When you know, or can predict, what you are supposed to do throughout the day it makes it easier to put yourself in the right mindset to begin your work.

Your schedule can include time periods, or not! Your schedule can include pictures/icons, or not!

Your schedule can have choices for each activity listed, or not!

Remember, it’s okay to be a bit flexible with your schedule. You can swap out family time for free time one day, if that works better for you. You can also alternate chores with breaks after every chore or do 2-3 chores in a row before taking a break. Again, develop a schedule that works best for you and your child. Don’t forget to include some fun activities! Art projects, creating a dance routine, playing a board game, pretend play, and playing with sensory toys are all great activities to incorporate during your day.

Whatever you decide, each weekday should follow the same general structure. For example, your day could look like this:

Daily Schedule	
Activity	Time
• Wake up	7:30 a.m.
• Hygiene	7:45 a.m.
• Breakfast	8:15 a.m.
• School	8:45 a.m.
• Break	3:00 p.m.
• Homework	3:30 p.m.
• Free time	5:00 p.m.
• Dinner	6:00 p.m.
• Chores	6:30 p.m.
• Family time	7:00 p.m.
• Hygiene	8:00 p.m.
• Bedtime	8:30 p.m.

**Maintaining Routines:** Many individuals cope best when daily routines are only minimally interrupted or altered. Routines provide increased comfort and are of even more importance during times of stress and uncertainty. Routines are one of the best tools for combatting anxiety and worry. Even with the ever changing COVID-19 restrictions, there are some daily routines that do not need to be changed. For example:

- Sleep/wake times and routines
- Hygiene routines
- Household chores routines
- Meal times and routines
- Entertainment routines

To help support a schedule and maintain routines, you can write your schedule on a piece of paper or white board each day, or you can get extra fancy and print it out. It all depends on what works best for your family and child.

**Schedule resources:**

- [Video #1](#)
- [Video #2](#)
- [Video #3](#)

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### Now for the fun part...Monthly Raffle!

Email your child's BCBA providing an example of how you have implemented a schedule, the Premack Principle, and/or Behavioral Momentum.

Those who submitted an example will be entered into a raffle, with the winner receiving a \$25.00 gift certificate to the Hillies Shop located at 4 Summer Street, Haverhill, MA. Additionally, the winner will be given a "Shout out" (upon approval) in next month's newsletter.

All email entries must be submitted by March 25, 2022. The winner will be contacted by their child's BCBA.

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If you have any questions and/or would like additional information pertaining to any of the information within this month's newsletter, please reach out to your child's BCBA.

**BCBA:** Stephen Langlais, M. Ed, BCBA, LABA

**Email:** [Stephen.Langlais@haverhill-ps.org](mailto:Stephen.Langlais@haverhill-ps.org)

**Schools:**

- ★ Consentino Middle School
- ★ Haverhill High School
- ★ Hunking Middle and Elementary School
- ★ Silver Hill Elementary School

**BCBA:** Jessica Lee, MS, BCBA, LABA

**Email:** [Jessica.Lee@haverhill-ps.org](mailto:Jessica.Lee@haverhill-ps.org)

**Schools:**

- ★ Bradford Elementary School
- ★ Golden Hill Elementary School
- ★ Nettle Middle School

**BCBA:** Melissa McCarthy, MS, BCBA, LABA

**Email:** [Melissa.McCarthy@haverhill-ps.org](mailto:Melissa.McCarthy@haverhill-ps.org)

**Schools:**

- ★ Pentucket Elementary School
- ★ Walnut Elementary School
- ★ Whittier Middle School