



# 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: \_\_\_\_\_  
Next: \_\_\_\_\_  
Next: \_\_\_\_\_  
Next: \_\_\_\_\_  
Next: \_\_\_\_\_  
Finally: \_\_\_\_\_

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

- 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:

- Does the routine look the way I want it to?
- Is this part of the day important for me and my child?
- Which of my child's basic needs are met through this routine?
  - ▶ Rest
  - ▶ Hygiene
  - ▶ Food
  - ▶ Social Interaction
- Does this routine feel safe for me and my child?
- Are there opportunities for my toddler to make choices within the routine?
- 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?
- Are there opportunities for my child to learn new skills?

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

- To engage in back and forth interaction
- Learn how to do parts of the routine on their own
- To stay calm:
  - ▶ Transitioning to the routine
  - ▶ During the routine
  - ▶ Transitioning from the routine

**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.

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

Notes: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

**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
<i>EXAMPLE: To use a sign to let me know he is finished eating.</i>	<i>I ask: "Are you all done?"</i>	<i>He throws his spoon or food on the floor.</i>	<i>I pick it up.</i>

**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
<i>EXAMPLE: To use a sign to let me know he is finished eating.</i>	<i>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."</i>	<i>Imitate signing "all done"</i>	<i>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."</i>



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