

How can I stop the nagging?

Task Analysis

1. Break down any routine or activity to most simple steps
2. In order
3. Make a list
4. Use pictures or words
5. Teach each step
6. Reinforce each step

Does not need
to be fancy!
FUNCTIONAL-
not fancy!

	Step 1	Step 2	Step 3	Step 4	Step 5
Morning Routine					
After school routine					
Bedtime routine					

- Search on google for: visual schedules
- Use clip art
- Draw pictures
- Don't use pictures if your kid doesn't need them!
- Point to the pictures instead of nagging verbally!

Learn more about

Task Analysis

Recommended Easy Reads:

1. <https://www.parentingwithaba.org/task-analysis>
2. <http://www.iloveaba.com/2013/09/backward-forward-chaining.html>
3. <http://www.iloveaba.com/2012/08/creating-order-in-home-daily-schedules.html>
4. <https://www.iidc.indiana.edu/pages/using-visual-schedules-a-guide-for-parents>
5. <http://do2learn.com/picturecards/VisualSchedules/index.htm>
6. <https://adayinourshoes.com/free-printable-visual-schedules-for-home-and-daily-routines/>

Legit Research References

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