

Using positive behavior  
supports for . . .

# Morning Routines

*Think about your morning routine with your kiddos . . .*

What is the overall mood?

Whose frustration levels get elevated first- yours or your child's?

Where exactly does the breakdown begin?

How can you make the whole thing a more positive experience?

Enter the science of behavior!

Let positive behavior supports help to get you out the door on time  
with less arguing and nagging and more smiles all around!



# To-do list for: PARENTS

## *Steps for parents to take to make mornings smoother:*

- Set your alarm.
- Get up EARLIER than your kids.
- Have yourself taken care of & ready to go BEFORE starting your child's morning routine.
- Create a system for choosing and laying out clothes the night before or the week before.
- Stick with the clothes organizing system!
- Choose & plan breakfast the night before.
- Set the tone- voice tone, kind words, attitude.
- Find a way to make things fun: race, music, game, etc.
- Give a reward (positive reinforcement) for desired behaviors!

Getting up EARLIER does NOT sound like fun!

But it's worth it to get your whole family started off on the right foot for the day.

Planning everything in advance sounds tedious- but it eliminates opportunities for arguments or long wait times as your child decides what they want for breakfast/ what to wear.

Putting on a perky face is HARD for so many of us in the mornings. But remember that you are modeling how you want your children to act and speak. They will follow your lead!

# Ideas for organization systems

If the clothes, shoes, backpacks are all in the correct spot- save time searching for missing items or arguing over what to wear today! These are just a few ideas to get your brainstorm juices flowing. Make a system that works for your family & **STICK TO IT!** Check out more ideas on our [Pinterest board here](#).



[Doityourselfsamples.com](http://Doityourselfsamples.com)



[Systems for Sensory Kids](#)



[Sweet Bella Roos](#)



[icanteachmychild.com](http://icanteachmychild.com)



[The Idea Room](#)

Arranging the physical environment is an easy way to help set your child up for success! Check out more ideas on our [Pinterest board here](#).

# To-do list for: KIDS

Choose 1-3 target behaviors to REWARD your child for doing independently.

These are some ideas. You can change and create your own target behaviors

Choose the target behaviors you NEED most right now in your household.

Prioritize, master those, then you can select new ones.

- Get out of bed the first time your alarm goes off/ parent wakes you.
- Get dressed on your own.
- Go to the bathroom, brush teeth before coming to the kitchen.
- Eat all your food at breakfast within \_\_\_\_ minutes.
- Put your shoes on before walking out the door.
- Follow directions with only one extra reminder.
- Use kind words/ voice.

## Script for parents:

“When you do \_\_\_\_\_, you can earn something.

What would you like to earn?

Does the size of that reward match the size of the effort to do these things?

How many days should it take to earn this reward?

## Script for kids:

I will do \_\_\_\_\_ to earn \_\_\_\_\_.

Mom/Dad will give \_\_\_\_\_ reminders.

If I fall short, I can try again tomorrow, but no reward.



# Using positive behavior supports for ...

# Routines

## Task Analysis

Using visuals in order can cut down on nagging and arguing, while increasing independence. Win-win!

This is more than a list- all the steps in order should lead to a specific outcome- and some reinforcement!

### How to do it

1. Make a list of the steps in the routine.
2. Break it down as simply as possible.
3. Teach each step.
4. Practice until your child gets it right.
5. Have them follow the list.
6. Provide reinforcement/ a reward for doing it on their own!

Make it work for you!

Make it visual!

Create a visual schedule of the steps.

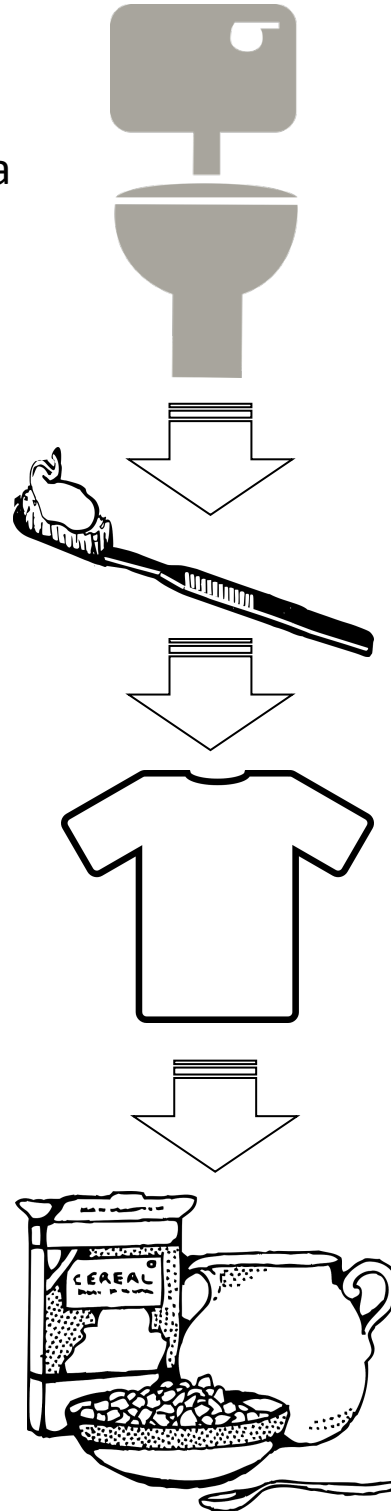
Google images or clipart are more than enough!

Give a good reward for following the list/ schedule!

Make it functional, not fancy!

### Break it down.

- Only have your child do one step at a time on their own.
- Keep practicing the other steps together.
- Add each step in order as your child is able to do it.
- Your child doesn't need to be able to do the whole thing when you start. Provide reinforcement for the steps they can do now and work to teach them the other steps!



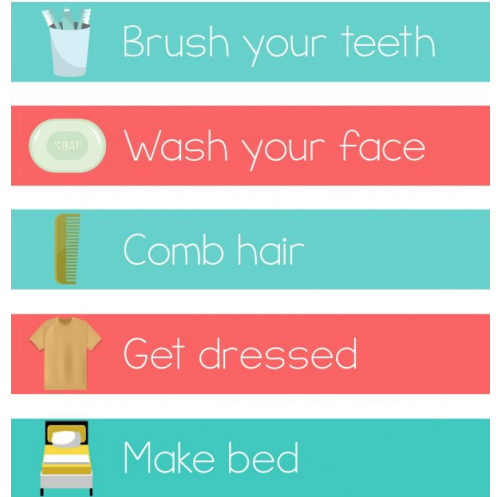
# Visual Schedule Samples

These are a few different examples that are FREE!  
Find more on our curated [Pinterest board here!](#)



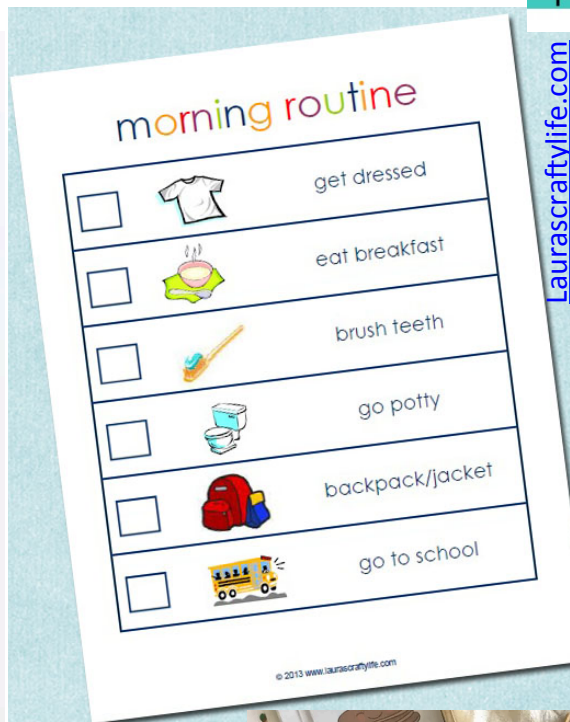
[The Almost Perfectionist Blog](#)

## Morning Routine



[Naturalbeachliving.com](#)

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	Potty	
	Make Bed	
	Breakfast	
	Brush Teeth	
	Get Dressed	
	Brush Hair	

FROM ABC'S TO ACT'S

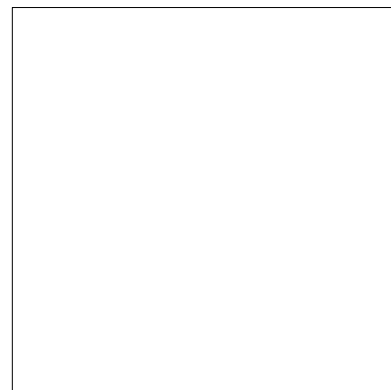
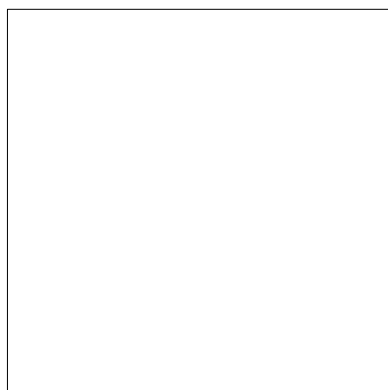
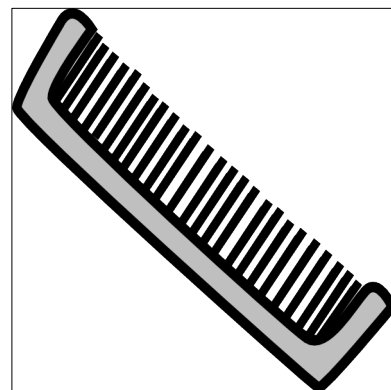
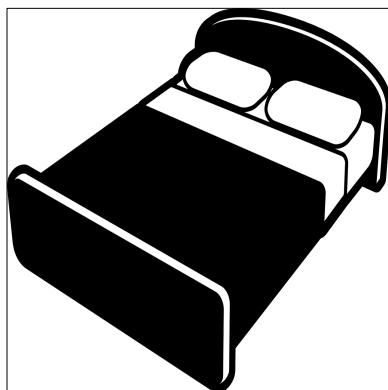
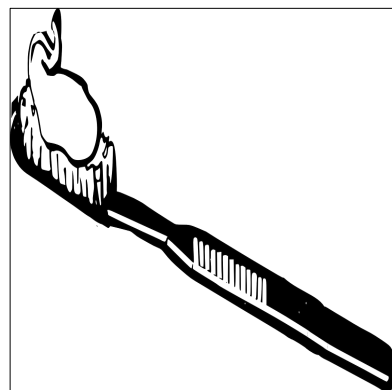
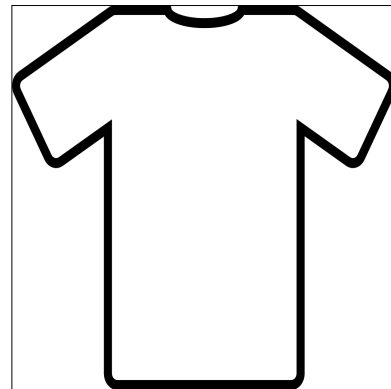
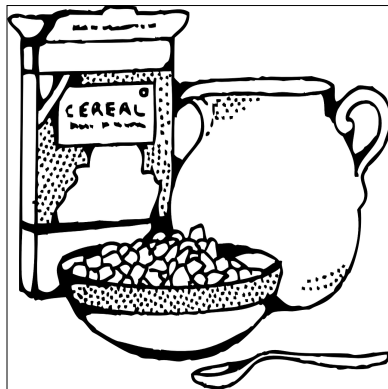
[Fromabcstoacts.com](#)



[Themamaworkshop.com](#)

# Make your own Visual Schedule

Cut out the squares you need to create your own morning schedule board. You can use the next page as a template or create your own. Don't forget to REWARD for doing steps independently!



# My Morning Plan

Blank dotted box for planning.

Yesterday I did \_\_\_\_\_ jobs on my own and finished in \_\_\_\_\_ minutes!

Today I will beat that time!

Blank dotted box for planning.

Finish in \_\_\_\_\_ minutes and get a reward!  
My reward is:

Blank dotted box for planning.

Blank dotted box for planning.

Blank dotted box for planning.

Blank dotted box for planning.





# Using positive behavior supports for ...

# Mornings

## Pairing

- ✧ Pair two things together: something your child does NOT like + pair it with something your child REALLY likes. Over time, the reinforcing properties can transfer onto the disliked food/ mealtime routine.
- ✧ This means: you can make those morning battles fade away by pairing non-preferred items and routines with something you know is reinforcing to your child.
- ✧ Over time, the disliked thing won't be such a big deal anymore.
- ✧ Always put the two things together. You don't get the preferred item without the non-preferred paired with it. Be consistent.
- ✧ Fade out the paired item gradually.

Make mornings more fun!!



Use pump up jams/ music!  
Race to get shoes on!  
Make routines into a game!  
Try to beat your fastest time!

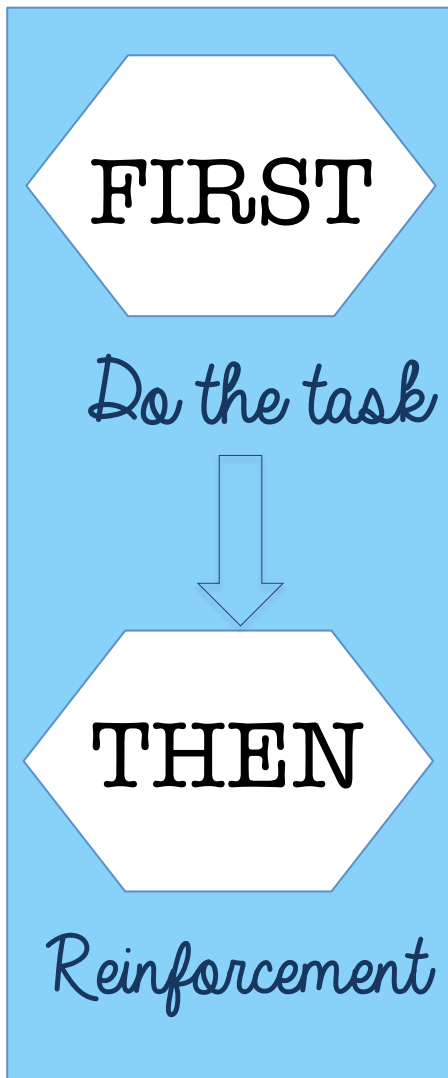


### How-to ideas

- ❖ Recite silly poems, listen to happy music, etc during morning routines.
- ❖ Use music! Play pump up music when it's time to get backpacks and get out the door. Only listen to that certain music when everyone is getting ready to go. Pair the music (LIKE) with getting out the door on time nicely (DISLIKE).

# Using positive behavior supports for ... MORNINGS

## The Premack Principle



- FIRST brush your teeth and go to the bathroom, THEN you can pick a song to listen to.
- FIRST put your shoes on, THEN I will listen to your funny joke.
- FIRST eat your breakfast, THEN you can read until it's time to go.
- FIRST do the 3 things we are working on by yourself, THEN you can earn your chosen reward.
- FIRST get dressed, THEN big hugs from parents.
- FIRST get in the car, THEN car ride dance party time.

1. The FIRST needs to be clear and concise. What CAN your child do right now?
2. The THEN needs to be good! Make it worth it for your kiddo to want to do the FIRST.
3. You MUST follow through.
  1. Only give the THEN when it is earned.
  2. Always give the THEN when it is earned.

# Using positive behavior supports for ... MORNINGS

## Token Economy

Token economy = reward system or chart

Give your child a token for doing specific behaviors. When they get a set amount of tokens, they can trade them in for something they really want/ an activity/ a privilege, etc.

Tokens can be stickers on a sticker chart, marbles in a marble jar, points on a points sheet, you name it!

### Steps to success

1. Clearly define the target behaviors. What CAN your child do to earn rewards in the morning? Be clear, concise, to the point. Pick the top priority things so the list is short (no more than 3).
2. Give the token for doing these behaviors. Do this as soon after the behaviors as possible. Maybe something on the way out the door. Have the physical reward chart/ jar/ etc placed in an easy to reach spot.
3. Have some good backup reinforcers- the things your kids can 'buy' with their tokens!



My Morning Reward Chart				
★	★	★		

### Tips:

- Start small so your child can quickly get enough tokens to buy a reward from you.
- If the price is too high, it'll take too long and not seem worth it to your child.
- Let your kid(s) help pick the system and the backup rewards.
- The reward can be every afternoon, in the car, etc.

# Using positive behavior supports for ... MORNINGS

## Behavior Skills Training

Behavior Skills Training is a teaching technique that has a huge research base, but it's actually super simple.

Follow these four steps. Easy peasy.

### 4 Steps to BST

1. Teach
2. Model
3. Rehearse
4. Feedback

1. Teach: Just tell them what to do. Clear, concise, to the point.
2. Model: Demonstrate what your child can do at bedtime. Be the kid.
3. Rehearse: Take turns being the mom or the kid. All of you act out all parts until you all get them right.
4. Feedback: Give specific feedback when doing this at bedtime. Praise, praise, praise!

- ❖ Don't try to sit down and teach and practice morning routine skills in the morning. Choose another time of day to review this and role play with your kiddos.
- ❖ Make it fun! During modeling, your kids can be you. During rehearsal, the kids need to practice being the kids. Make it silly and fun- just be sure that they are rehearsing those correct bedtime behaviors!
- ❖ During feedback- tell them exactly what you are happy to see! Use behavior specific praise. "I love how you brushed your teeth with only one reminder!"



What's the reward?

Make it worth their while! What's the reward for following through in the morning? What do they get for doing the target behaviors? Let your kiddos help choose and make it good enough!



# Using positive behavior supports for ... MORNINGS

## Keys to Success

If you are struggling with morning routines → welcome to the club.  
Using these evidence-based strategies can help alleviate some of that!

- ✓ Choose one strategy and be consistent with it!
  - ✓ You do not need to do all of these presented here at the same time!!  
Just pick one and stick with it.
- ✓ Be consistent. Whatever method you choose- be CONSISTENT!
  - ✓ Follow through. This means don't give an instruction or a demand you don't intend to see through. This also means don't offer a reward you aren't ready to give right away.
- ✓ Make the reward (the reinforcer) match the amount of effort your child has to put forth. If mornings are really super difficult right now, a small reward likely won't be enough. If you are attempting to make a BIG change in behavior, offer a BIG reward.
- ✓ Rewards can be activities, privileges, and other free things. Be creative.
- ✓ Involve your children in the planning and preparation of the new system.
- ✓ Let your kids pick their own rewards. Be ready to change out rewards as necessary.
- ✓ Any time you say these strategies aren't working- increase the reinforcement! Make it worth your kids' effort. Give better, bigger, more immediate rewards!
- ✓ Review the target behaviors regularly. What CAN your child do instead of the problems you've been having lately?
- ✓ Make mornings more FUN for your kids!
- ✓ Model desired morning behaviors for your child. 'Fake it til you make it' with that upbeat attitude! 😊
- ✓ **Consistency is key!!**

Positive behavior supports are intended to increase desired behaviors and teach your children.

If you have a child with severe behavior problems that are impacting your daily life, please find a Board Certified Behavior Analyst to create an individualized Behavior Intervention Plan for you. Contact the Behavior Analyst Certification Board.

You can find more information at [www.bacb.com](http://www.bacb.com).

## *Legit Research References*

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