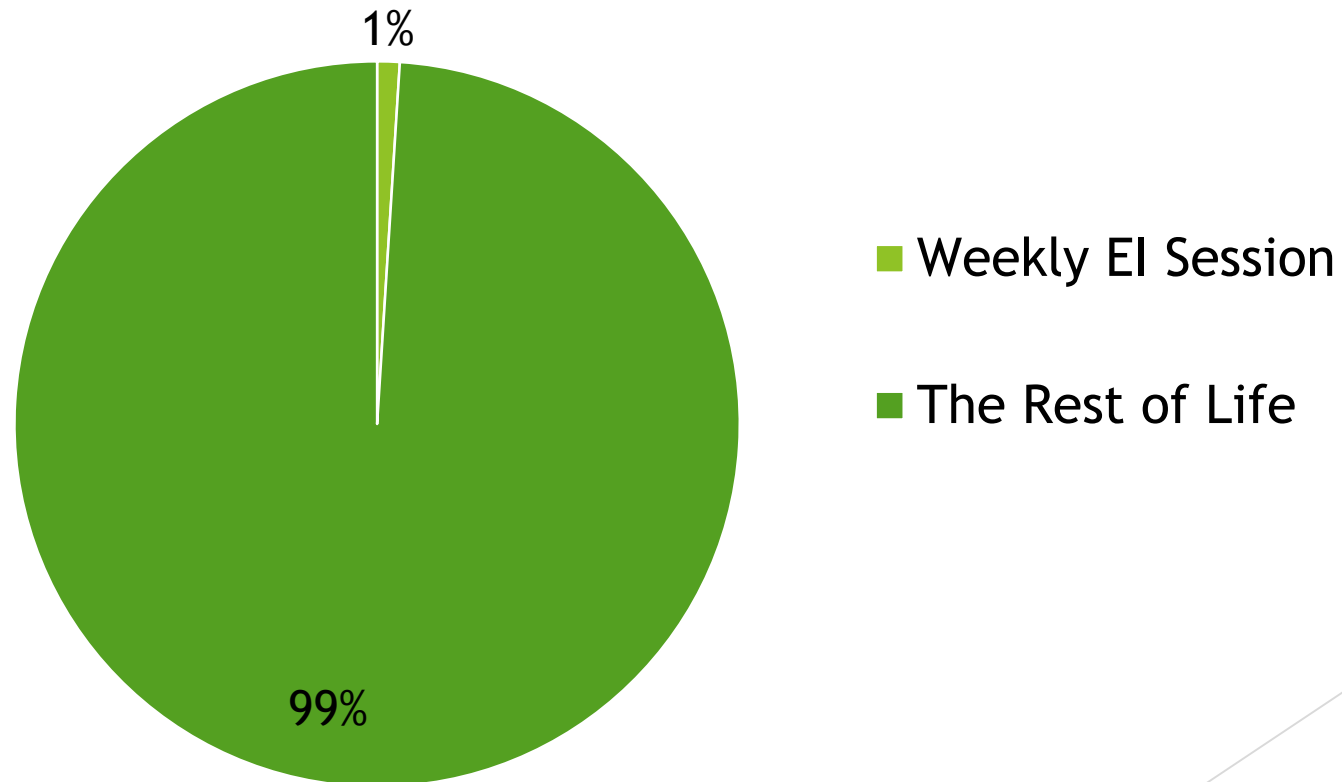


A Typical Week for Children and Families Served in Early Steps



Routines-Based Intervention

- ▶ If we don't address the family's typical life and how they spend the day with their child, *we are missing nearly ALL of the possibility for promoting developmental progress and family success*
- ▶ A 'routine' is anything the family/childcare center has a pattern of doing during everyday life

Routines-Based Intervention

- ▶ Laundry
- ▶ Getting shoes on
- ▶ Feeding/playing with the dog
- ▶ Getting a drink
- ▶ Diaper change
- ▶ Tummy time play for baby
- ▶ Playing with older sister
- ▶ Getting the mail
- ▶ Cleaning up toys
- ▶ Practicing potty
- ▶ Getting ready for nap
- ▶ Preparing a snack
- ▶ Playing peek-a-boo
- ▶ Watering the flowers
- Dancing to favorite songs
- Reading books
- Cleaning up lunch
- Playing with the neighbor kids
- Walking down the sidewalk
- Doing the child's hair
- Washing hands
- Taking a bath
- Getting ready to go pick up brother
- Playing on the swing set
- Eating together
- Getting dressed for the day
- Calling a family member
- Watching the garbage truck

Routines-Based Intervention

- ▶ Goal: Deliberate practice of 3 routines every session
 - ▶ Create a plan for the session
 - ▶ Encourage caregiver to reflect
 - ▶ Relate it back to developmental goals
 - ▶ Emphasis on the caregiver-child dyad
 - ▶ Positive feedback and then guide moving ahead or backing up