EMBEDDING GOALS INTO YOUR DAILY Routines

It's hard to believe 2021 is almost over!

As we move into November and December, parents are looking at some longer breaks with everyone home again. It's also a time where your child won't have preschool or early intervention services. For some families, it's a nice break, but for others it can be stressful. If your child loves the predictability of school (and you love them being at school), it can be a challenge. Sometimes you know your child is making some progress with services and you're wondering how to keep that momentum going during longer breaks.

During these longer breaks, we can still teach our kids new skills or keep their progress going. Using daily routines and activities is the best way to help our toddlers and preschoolers learn! We can provide opportunities during everyday activities to practice anything from communication to feeding to dressing to play.

Teaching during your daily routines and activities allows your child to practice new skills multiple times per day. We are also using activities they already enjoy and are used to. The best part of using daily routines and activities is that you don't have to set aside extra time -- you just embed it into what you're already doing!
Embedding goals into routines is a very effective way to teach our kids new skills and provide plenty of opportunities to practice. Think of all of the things you do with your child each day! Those are all opportunities to teach and practice new skills!

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Prioritize Your Goals

Embedding goals into daily activities and routines is a great way for your child to learn! Choosing 1-3 goals to start with allows you to think about what skills are most important for your child to learn and practice right now!

**Do I have time to focus on this now?**

We're always going to be busy! However, if you have a big life event coming up really soon (moving, new baby, new job), decide if you have time to address your goal right now.

If your goal for your child is big (sleeping in own bed, toilet training, eating new foods), you may need to wait until your life is more settled.

In the meantime, you can continue to work on communication goals and other goals that you do have time for right now!

**Will focusing on this goal impact my child's communication, decrease a problem behavior, and/or increase their independence?**

Choosing 1-2 goals that can have a lot of impact are great to start out with!! If your child knowing the names of his favorite shows or asking for a snack or sitting at the table during meals will have a big impact -- start with these types of goals!!

**Will addressing this goal help me have more positive interactions with my child?**

Prioritizing one goal can help you let go of some of your other stresses which allows you to have more time with your child.
Break Down Bigger Goals

Think of a skill like crawling, using a spoon to feed yourself, or making a sandwich. All of those skills have a lot of smaller parts! By breaking down larger skills, we can get some quick wins!

Goal: Eating an entire meal at the table

- Think about what your child can do now.
- Can she sit at the table for 2 minutes?
- Will he sit at the table with an iPad?
- Will she only sit at the table if her favorite foods are there?

Start: Choose a goal that is just above what your child can do right now.

- My child will sit at the table for 10 seconds.
- My child will eat 3 bites of food at the table.
- My child will sit in her high chair with a favorite toy and eat her snack.

Next: Once that first part is met, think about how to make it just a little more difficult.

- My child will sit at the table for 1 minute and take at least 1 bite of food.
- My child will eat 5 bites of food at the table two times per day.
- My child will sit in her high chair and eat a snack for 2 minutes.

Keep Going: Continue to make small adjustments to your smaller goal until the ultimate goal is met!

- Make adjustments after your child has been successful at one step for at least 3-4 days.
- Keep adjustments small.
Use Motivation

Using activities, toys, snacks, and other items your child loves is really helpful when we are teaching new skills and during practice!

What activities and snacks does your child love? What would they ask you for if they could? These make great opportunities for communication during meals, snacks, play time, bath, etc.

Use favorite snacks and activities as rewards. As long as your child is sitting at the table, she gets fruit snacks. Your child got into their car seat without fussing? They get to hold a favorite toy.

Work new skills into activities and routines that are already going well. If you want to teach following directions, start with directions involved in your child’s favorite activity. If your child loves bubbles, give the direction, "Give me the bubbles."

Keep favorite snacks, treats, and other rewards special. Use them only when you are working on a new skill. If you’re teaching your child to sign for their favorite treat, use those treats only when working on signing.
Join Us!
Free Classes for Parents!

Date For All Classes:
• Wednesday, November 17, 2021

Location:
• ZOOM
  ◦ Meeting ID: 663 934 6024
  ◦ Password: 589035

Avoiding Temper Tantrums
• 9:30am - 10:30am OR 1:00pm - 2:00pm

Preventing Problem Behaviors
• 11:00am - 12:00pm

Please RSVP by emailing or calling:
• Lisa Cvetnich at lisa.cvetnich@jordandistrict.org
• 801-567-8510

We'll see you there!