



## **Suggested Steps for Getting Started in Routines Based Intervention**

### ***Plan for Success***

- Start small.
  - ~ Identify a family who is comfortable with change and willing to try new things.
  - ~ Have them pick one routine, and embed the child's current outcomes.
- OR**
- ~ Identify a new outcome appropriate for a family-preferred routine or activity.
- ~ Observe careprovider's typical sequence and strategies for the routine.

### ***Share Information with Careproviders***

- Watch "Family-guided Activity Based Intervention for Infants and Toddlers" video with family.
- Talk about the skills the child is working on in an activity with the careprovider.
- Provide written illustrations

### ***Practice Together***

- Share ideas.
- Identify expectations.

### ***Problem solve - - "What could go wrong?"***

- Jot a few notes as points to remember.
- Plan next visit

### ***Evaluate***

- Discuss what went well.
- Identify concerns.
- Explore possible solutions for any problems that arose.
- Practice and revise plan, as needed.

### ***Celebrate***