



# CONSISTENCY IS

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# Welcome!



I am here because I love sharing my passion for Autism with others.

You can find me at [pettigrewmer@fssd.org](mailto:pettigrewmer@fssd.org)

# Overview

## Description

Do you have consistency and routines in your everyday life? Does it seem to help your kids? If you are a fly by the seat of your pants type, is there an area that you can begin to incorporate more consistency and routine? Consistency and routine are two important aspects to helping our children feel safe and know what to expect. Children want consistency and routine, when they know what to expect, it will cut down on the worry, the questions, and the behaviors that stem from not knowing what will happen next.

## Objectives

1. Participants will explain the importance of consistency in guiding children.
2. Participants will identify specific barriers to providing consistency and routine in everyday life.
3. Participants will identify specific ways to overcome challenges with maintaining consistency and routines.

# Consistency in Nature

## MONARCH BUTTERFLIES



Fly to Mexico every winter.

## DEER



Follow the same water source

## SALMON



Swim back to hatching ground to spawn



Consistency and routine are two important aspects to helping our children feel safe and know what to expect.

# Autism and Routine: Personal Account



LET'S RELATE IT

But isn't routine boring??





- Family member
- Friend
- Co-worker

- Teacher
- Staff Meeting
- Conferences
- Buffet Lines



# ROUTINES

What are some of your daily routines?



## BASIC SKIN-CARE STEPS

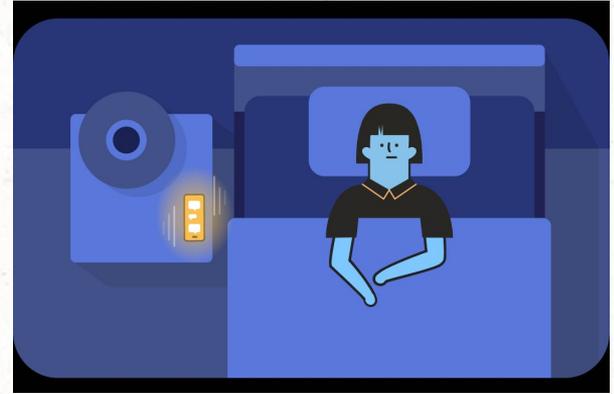
### MORNING ROUTINE



### EVENING ROUTINE

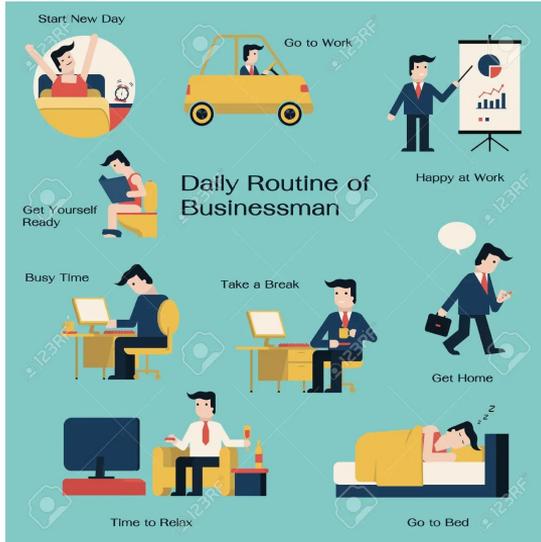


SELF



hello  
weekend  
🌿

# Routines you may not have thought of.....



What is a routine you have,  
that if you didn't have it, you wouldn't do it?



What is a routine you have,  
that if you didn't have it, it would take you longer?



# What is the difference between a habit and a routine?

## **A HABIT**

A habit is an action or behavior you've turned into an automatic response.

## **A ROUTINE**

A routine, is a string of habits you create for specific parts of the day.

# FAMILY ROUTINES

# Family routines

- ▶ Daily routines help family life run more smoothly. They also help families enjoy more time together.
- ▶ Routines help children feel safe, develop life skills and build healthy habits.
- ▶ Routines help parents feel organized, reduce stress and find time for enjoyable activities.
- ▶ Good routines are well planned, regular and predictable.

# Routines

Routines are the order in which you do things. Rather than the time, we focus on the consistency. A routine might be bathtime, brush teeth, read a book, snuggle in bed.



# SCHEDULES

Schedules determine the time at which you do something. This might look like leaving the house by 8:30 in the morning, home by 5:30, and dinner at 6:00.



# My Afternoon Routine

To Do:

 <p>Awesome!</p>	<p>Eat Snack</p> 	<p>Do Homework</p> 	<p>Play</p> 	<p>Read a Book</p> 
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Finished:



<p>Hang Up Backpack</p> 				
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# Morning Routine

 <p>Make Bed</p>	 <p>Get Dressed</p>	 <p>Eat Breakfast</p>	 <p>Wash Face</p>
 <p>Brush Teeth</p>	 <p>Go to the Bathroom</p>	 <p>Brush Hair</p>	

# Evening Routine

 <p>Put away Toys</p>	 <p>Take a Bath</p>	 <p>Put on Pajamas</p>	 <p>Comb Hair</p>
 <p>Brush Teeth</p>	 <p>Go to the Bathroom</p>	 <p>Read a Book</p>	

# SCHOOL ROUTINES

## End of the Day Routine

1. Put Supplies away.
2. Put up chairs.
3. Check floor for trash.
4. Check mailboxes for papers.
5. Get your backpack.
6. Sit on the carpet quietly.

## morning routines

-  put nametag on
-  take down chair
-  hang backpack
-  turn in homework
-  sharpen pencils
-  morning work

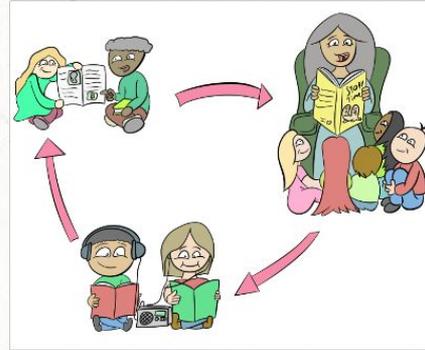
# Positive Outcomes



*Engagement in on-task behaviour*



*Planning & organizing skills*



*Transitioning between tasks more smoothly*



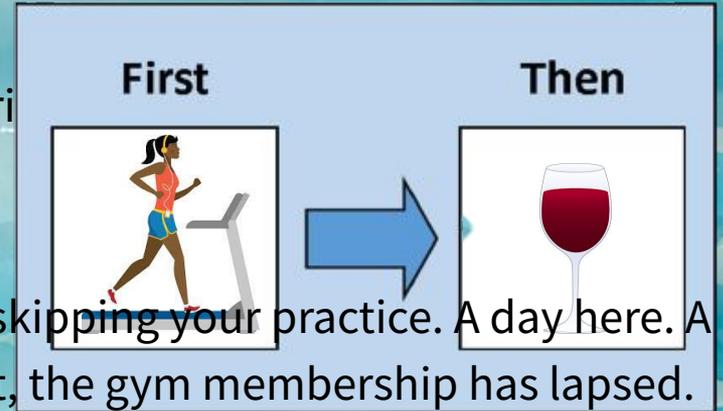
*Independence*

WHY IS CONSISTENCY  
SO HARD?



## Let's look at exercise.....

- You become fixated on some desired outcome: a healthier body
- You join the gym.
- For the first ten days or so, drive towards your goal.
- But then you gradually start skipping your practice. A day here. A day there. Before you know it, the gym membership has lapsed.
- And the cycle begins all over again.



continued...



- Our lack of consistency is the main reason why we fail to achieve our goals.
- We know that consistency is the key to success in our lives, but somehow we never seem to stick to it.
- The only thing you find that stops you from achieving something, then stop you from achieving it.
- Let's understand why and then taking the necessary steps to overcome the obstacles.



SO WHY IS  
CONSISTENCY SO  
HARD?



We are focused on the outcome  
rather than the process.



Let's



our thinking!

So let's look at exercise a different way.....

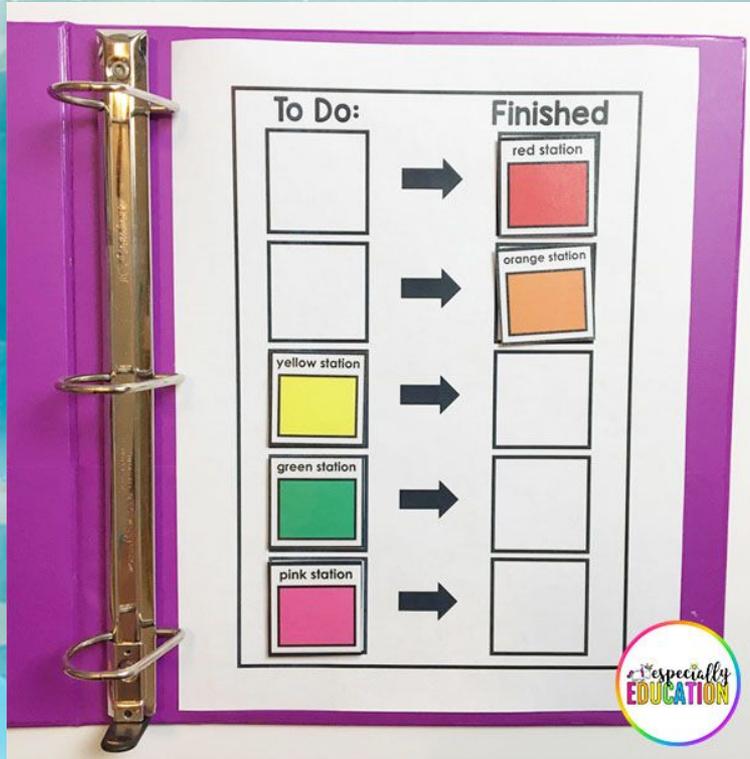


**Goal:**  
Healthier Body



**New Goal:**  
Build healthy routines and habits

So let's look at schedules a different way.....



## Goal:

Kids with autism need schedules



## New Goal:

Life long routine and habit

So let's look at bedtime a different way.....

My Bedtime Routine

	Take a bath	<input type="checkbox"/>
	Put on pj's	<input type="checkbox"/>
	Brush teeth	<input type="checkbox"/>
	Read a book	<input type="checkbox"/>
	Go to bed	<input type="checkbox"/>

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**Goal:**

Kids with autism need schedules



**New Goal:**

Life long routine and habit

It's the consistent process.....

