



## BUILDING INDEPENDENT MORNING ROUTINES DAILY LIVING SKILLS

Morning routines can feel chaotic — but with simple ABA strategies, independence can grow over time.

TIPS

Use visual schedules  
Keep routines consistent  
Break tasks into small steps  
Offer choices (shirt A or B)  
Use positive reinforcement

Rushing Last minute  
Adding new tasks unexpectedly  
Giving too many instructions  
Allowing access to reinforcers before completing tasks

AVOID

### Teach the Routine

- ✓ Practice when calm (not only in the morning)
- ✓ Role-play “getting dressed” or “backpack check”
- ✓ Reinforce tiny progress
- ✓ Fade prompts slowly

### 🌟 Outcomes

- 💪 More independence
- 😊 Less stress for parents
- 😊 Confident, successful mornings

### Today...

- 👗 Practice **getting dressed** before bedtime (5-8 minutes)
- 📅 Make a “morning checklist” together (3–5 steps)
- 🎭 **Role-play** the routine as a playful “morning game”
- ⭐ Praise every step they complete independently

Teaching the skills **before** the morning rush builds success!

### Need support implementing routines?

I accept **Step Up for Students** scholarships and insurance-based services!

- 🧩 ABA Therapy
- 📖 After-School Special Education
- ✏️ Tutoring
- ☀️ Specialized Summer Camp

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