

Web-based tutorial:

“Daily Routines and Autism: Improving Your Child’s Communication and Behavior during Everyday Routines”



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AutismParenting.net

RESEARCH ARTICLE

Enhancing Interactions during Daily Routines: A Randomized Controlled Trial of a Web-Based Tutorial for Parents of Young Children with ASD

Lisa V. Ibañez , Kenneth Kobak, Amy Swanson, Lisa Wallace, Zachary Warren, and Wendy L. Stone

Children with Autism Spectrum Disorder (ASD) often experience difficulty participating in everyday home routines, such as bed time or bath time. This randomized controlled trial examined the efficacy of an interactive, web-based parenting tutorial for improving children’s engagement in daily routines (i.e., proximal outcomes) as well improving children’s social communication and parenting efficacy and stress (i.e., broad outcomes). Parents of children with ASD between 18 and 60 months were randomly assigned to the Tutorial group (n = 52) or the Control group (n = 52). All parents completed questionnaires at baseline (T1), 1 month after T1 (T2; post-tutorial completion), and 2 months after T1 (T3). Relative to the Control group, parents in the Tutorial group reported significantly higher use of evidence-based instructional strategies and higher levels of child engagement during routines at T2 and T3. In addition, parents in the Tutorial group reported significantly lower parenting stress and higher parenting efficacy at T3, as well as higher ratings of child social communication at T2 and T3, compared to the Control group. Parents reported being highly satisfied with both the clinical content and technical aspects of the tutorial. These improvements in both proximal and broad parent-child outcomes suggest that this tutorial may be a promising and accessible way for empowering some parents and improving parent-child interactions. *Autism Res* 2018, 11: 667-678. © 2018 International Society for Autism Research, Wiley Periodicals, Inc.

Lay Summary: This web-based tutorial helped parents of children with ASD use proven strategies to improve their child’s participation in daily routines at home. Parents who used the tutorial reported less parenting stress, felt better about their parenting skills, and reported better child social interactions compared to parents who did not use the tutorial. This tutorial may be especially helpful for families who have limited access to services, as it can be completed at home.

Keywords: daily routines; randomized control trial; parent training/coaching; parenting stress; parenting efficacy; social communication

Tutorial Lead:

Lisa Wallace, M.S., CCC-SLP

Collaborators:

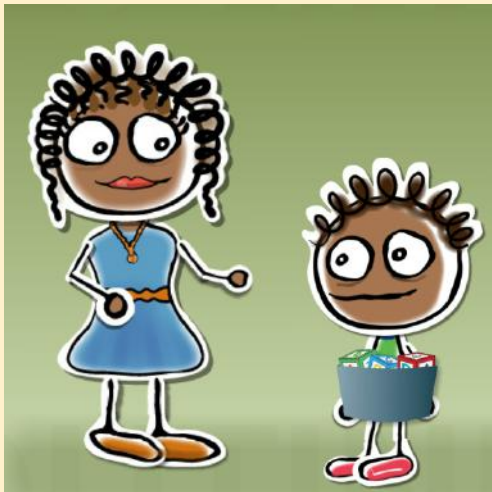
Zachary Warren, Ph.D.

Amy Swanson, M.A.

Characteristics of Family Routines

- Activities related to caretaking
- Occur on most (or all) days of the week
- Involve a consistent sequence of steps, with a clear beginning, middle, and end

Play Time Routine



Get the toys



Play with the toys



Put the toys away

Why are family routines important?

- They can increase the efficiency of everyday activities
- They can provide structure, consistency, & predictability for all family members
- They can help children with ASD understand behavioral expectations and anticipate events
- They can provide an excellent context for learning and practicing social-communication skills



Objectives of Tutorial

Daily Routines and Autism:

Helping improve your child's
communication and behavior
during everyday activities



To help families...

- Develop consistent, predictable family routines (if they don't already have them)
- Identify the challenging steps of their routines and develop goals to improve their child's level of participation, cooperation, and independence
- Use family routines as a context for teaching social-communication skills to their child

Characteristics of Tutorial



- Provides strategies based on principles of applied behavior analysis (ABA)
- Contains interactive material to promote adult learning
- Includes videos of actual families in their own homes
- Allows parents to individualize goals to meet family needs
- Focuses on four different family routines...



Bath time



Snack time



Bed time



Family play time

General Approach

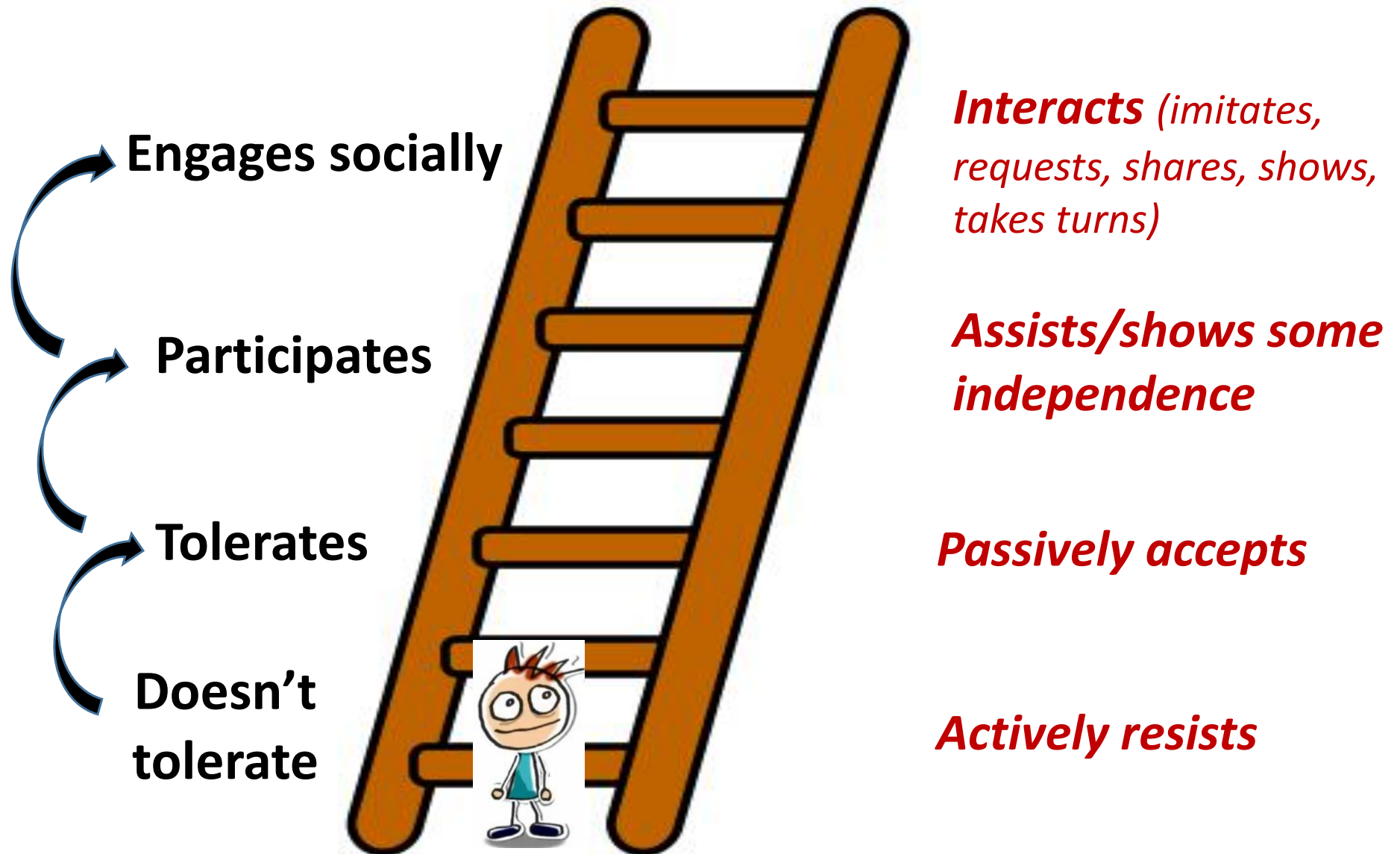
Daily Routines and Autism:

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- Parents pick a routine to work on
- Identify the sequence of steps in the routine
- Choose one step of the routine to improve
- Identify the child's current level of participation
- Use new tools and strategies to increase the child's level of participation and engagement

Levels of participation in routines

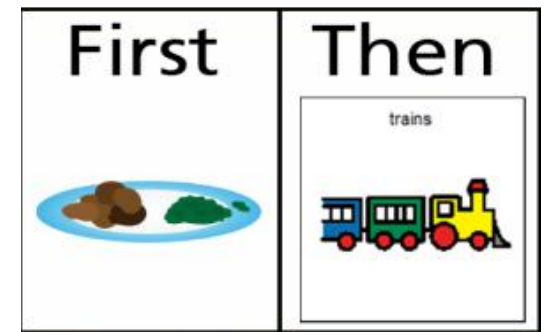


Examples of Tools & Strategies

- **Visual Supports**
- Prompting
- Reinforcement



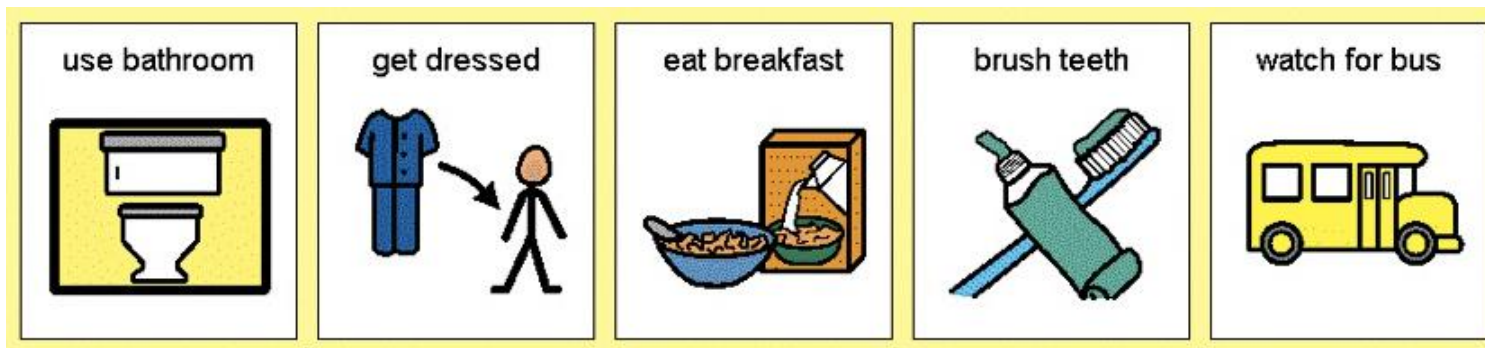
Visual Timers



First-Then Boards



Choice Boards



Visual Schedules

Examples of Tools & Strategies

- Visual Supports
- **Prompting**
- Reinforcement



Physical prompts



Visual prompts



Gestural prompts

Examples of Tools & Strategies

- Visual Supports
- Prompting
- **Reinforcement**



Favorite foods



Favorite toys










Social



Favorite activities








Overview of the Process

- Parent picks a routine
- Identifies the sequence of steps in the routine
- Identifies one step to work on
- Identifies the child's current level of participation in that step
- Identifies a goal

 <p>get undressed</p>	1. Get undressed
 <p>bathub</p>	2. Get in tub
 <p>wash hair</p>	3. Wash hair and body
 <p>play in bath</p>	4. Play in the bath
 <p>sing songs</p>	5. Sing songs
 <p>dry off</p>	6. Get out of tub
 <p>get dressed</p>	7. Get dressed

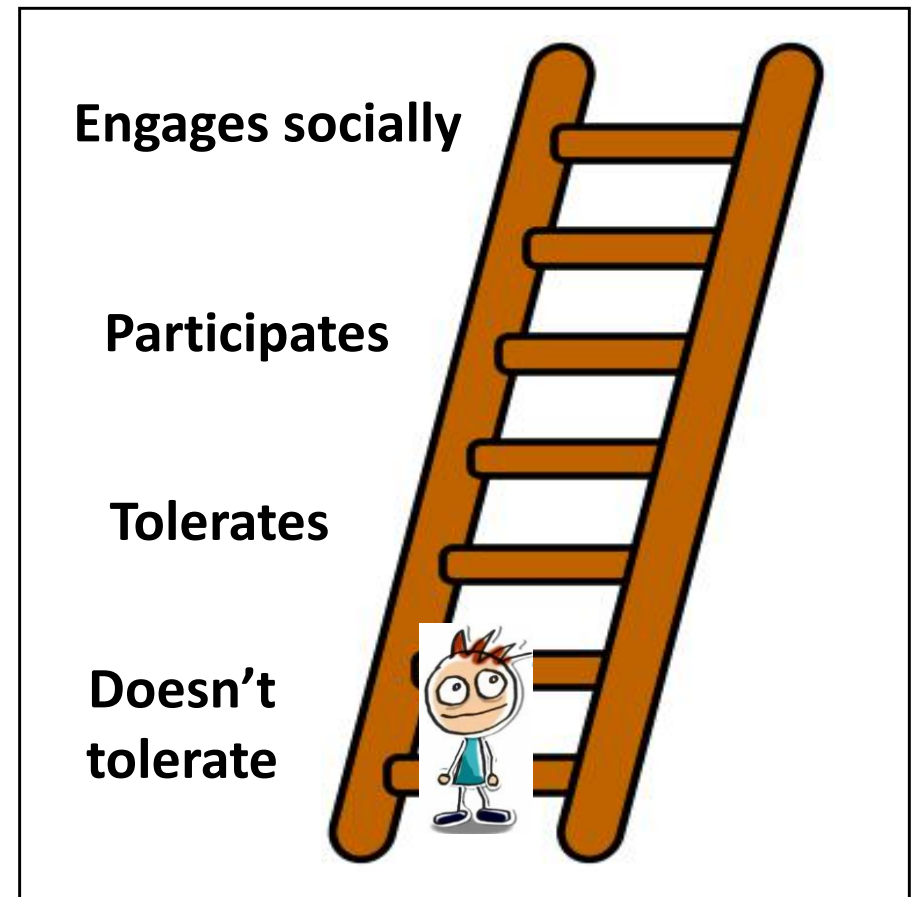
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