



Sample Task Analyses of Routines

EATING SKILLS

Drink from a Small Glass when Seated at a Table

1. Pick up glass from table with dominant hand
2. Lift glass to mouth, keeping it level enough to avoid spilling
3. Place glass against lower lip
4. Open mouth
5. Tip glass to allow small amount of liquid into mouth
6. Close lips to retain liquid
7. Move glass away from lips and into upright position
8. Swallow liquid
9. Lower glass to table, keeping it level enough to avoid spilling
10. Place glass upright on table

(Repeat using these steps to take drinks from the glass until the liquid is gone or until satisfied)



Eat a Meal with a Spoon

1. Pick up spoon from table, bowl or plate
 2. Scoop food from bowl or plate
 3. Hold spoon level enough to carry food to mouth
 4. Put food in mouth
 5. Close lips to remove food from spoon
 6. Return spoon to bowl or plate
 7. Chew, as needed
 8. Swallow food
- (Repeat the steps until satisfied or until the bowl or plate is empty of food)





Teaching Routines to Children who have ASD

A Parent's Guide to the ABC Method

Pour Liquid from a Small Pitcher or Carton into a Glass or Cup

This routine requires that the child is seated in a safe position in a chair at a table and able to reach and manipulate materials on the table. An adult or older child places a small pitcher or open carton containing water or another liquid that the child likes to drink on the table within the child's reach. A cup or glass is also placed on the table in front of the child.

1. Pick up pitcher/carton in dominant hand
 2. Hold cup/glass upright on table with other hand
 3. Tip pitcher/carton to pour liquid into cup
 4. Stop pouring before the cup is full
 5. Place pitcher/carton upright on table
- (Ready to drink liquid)



DRESSING SKILLS

Put on Simple Pants with Elastic Waist (no fasteners)

1. Pick up pants with both hands, holding pants by the waistband
2. Sit down on a child-sized chair or on the floor
3. Turn the pants so that the back side of the waistband, with the label inside, is closest to their belly
4. Hold the waistband with arms extended out
5. Bend leg to put one foot into the pant leg on the side for that leg
6. Extend leg to the end of the pant leg while continuing to hold the waistband of the pants
7. Continue to hold waistband of pants and bend other leg to put other foot in the pant leg on the other side
8. Extend leg to the end of the pant leg while continuing to hold the waistband of the pants
9. Stand up
10. Pull waistband of pants up over hips to waist



Remove Pajamas

1. Hold neckband of pajama shirt with both hands and extend arms to pull shirt up over head until he/she can see out from under the shirt
2. With one hand, reach to end of sleeve on the other arm and pull sleeve off of arm
3. With other hand, reach to end of remaining sleeve and pull sleeve off of arm
4. Put shirt on bed or other appropriate place
5. Put both thumbs inside the sides of pajama pants and grasp top of pants with both hands



6. Push pants down beyond knees
7. Sit down on child-sized chair or floor
8. Pull pants off both feet
9. Put pants on bed or other appropriate place

Put on Socks

1. Sit on floor or child-sized chair, with socks within easy reach
2. Pick up one sock
3. Find top of sock and put thumbs of both hands inside top to pull sock open
4. Put toes of one foot into the open sock
5. Maintain grasp of top of sock with both hands
6. Pull sock onto foot
7. Adjust, if needed, to put heel of sock over heel of foot (tube socks don't require this step)
8. Pull sock up over ankle
9. Pick up other sock
10. Find top of sock and put thumbs of both hands inside top to pull sock open
11. Put toes of other foot into the open sock
12. Maintain grasp of top of sock with both hands
13. Pull sock onto foot and over heel
14. Adjust, if needed, to put heel of sock over heel of foot (tube socks don't require this step)
15. Pull sock up over ankle

Put on Shoes (with Velcro fasteners)

1. Sit on floor or child-sized chair, with socks on and shoes within easy reach
2. Put the right shoe beside the right foot, with the toe in the front (It will help to put a colored mark or sticker inside the right shoe and teach the child to always start with the shoe with the colored mark/sticker and the right foot. To do this task it's not necessary to teach concepts of right and left, just always prompt child to start with the marked shoe and the same foot [right foot])
3. Open the Velcro fastener of the shoe
4. Hold shoe with both hands
5. Put the toes of the right foot into the right shoe
6. Push foot all the way into the shoe, while holding with both hands
7. Pull the back of shoe over heel of foot, if needed



8. Close the Velcro fastener
9. Put the other shoe beside the other foot, with the toe in the front
10. Open the Velcro fastener of the shoe
11. Put the toes of the other foot into the shoe
12. Push foot all the way into the shoe, while holding with both hands
13. Pull the back of shoe over heel of foot, if needed
14. Close the Velcro fastener



HYGIENE SKILLS

Wash Hands

1. Go to sink (Provide a safe stepping-stool for the child to safely and securely stand at the sink and reach the faucet and soap pump.)
2. Extend the palm of one hand in front of soap pump
3. Use other hand to pump out one squirt of soap into extended hand
4. Rub hands together, rubbing palms and backs of hands
5. Turn on cold water (Separate faucets for hot and cold makes this easiest. If the sink has one handle to adjust the water temperature, teach the child to move or turn the handle to the cold side before lifting it to turn on water.)
6. Put both hands in water and rubs hands together
7. Rub hands together and turn hands over until all soap is rinsed off
8. Turn off water



Dry Hands

1. Remove hand towel from rack
2. Hold towel in one hand
3. Dry other hand with towel
4. Change to hold towel in other hand
5. Dry remaining hand with towel
6. Replace towel on the towel rack





Brush Teeth

1. Take toothbrush from storage place
2. Place toothbrush on counter
3. Get toothpaste from storage place
4. Open cap of toothpaste
5. Place toothpaste on counter near toothbrush
6. Turn on cold water
7. Hold toothbrush in water to wet bristles of toothbrush
8. Place toothbrush, with bristles up, on the counter
9. Turn water off
10. Squeeze a small amount of toothpaste onto toothbrush
11. Put toothpaste down on counter
12. Bring toothbrush with toothpaste into mouth
13. Bring brush to top of right side of mouth
14. Brush outside of teeth in little circles from back to front of mouth
15. Turn toothbrush and brush inside of top teeth in little circles from back to front of mouth
16. Repeat on outside and inside of bottom teeth on right side
17. Brush outside of top front teeth in little circles across front
18. Brush inside of top front teeth in little circles
19. Repeat on outside and inside of bottom front teeth
20. Move toothbrush to top teeth in the back of the left side of mouth
21. Brush outside of top teeth in little circles from back to front of mouth
22. Brush inside of top teeth in little circles from back to front of mouth
23. Repeat on inside and outside of bottom teeth on left side
24. Spit toothpaste into sink
25. Rinse toothbrush under water
26. Put toothbrush back in storage place
27. Close toothpaste
28. Put toothpaste back in storage place

.....

Use Toilet for Urination (Use this TA for girl or boy for urination while seated on the toilet or potty chair.)

(When feels need to urinate or at request of parent)

1. Go to bathroom
2. Go to toilet/potty
3. Unfasten outer pants, if needed



4. Push outer pants and underpants down to knee-level (Or for girl wearing skirt, lift skirt up and pushes underpants down)
5. Turn around with back to toilet/potty
6. Sit down on toilet/potty
7. (For boy, "aim" penis into toilet/potty)
8. Remain seated on toilet/potty
9. Urinate
10. Remain seated on toilet/potty until urine completely stops
11. Grasp end of toilet paper with one hand
12. Pull out section of toilet paper three or four squares long
13. Hold the toilet paper roll still with the other hand
14. Tear off the section of toilet paper
15. Fold or wad-up toilet paper
16. Wipe off urine from front to back
17. Drop toilet paper in toilet
18. Stand up from toilet
19. Grasp and pull underpants up to waist
20. Grasp and pull outer pants up to waist
21. Fasten outer pants, if needed
22. Flush toilet
23. Go to sink to wash hands

.....

Use Toilet for Urination (Use this TA for boy to teach urination when standing at toilet/potty. The advantage of this method for little boys is that they can see what they are doing.)

- (When feels need to urinate or at request of parent)
1. Go to bathroom
 2. Stand facing toilet/potty
 3. Unfasten outer pants, if needed
 4. Lower outer pants and underpants to thigh-level
 5. Remain standing in front of toilet/potty
 6. "Aim" penis into toilet/potty
 7. Urinate
 8. Remain standing next to toilet/potty until urine completely stops
 9. Get toilet paper if needed to clean penis/hands



10. Drop toilet paper in toilet/potty
11. Grasp and pull underpants up to waist
12. Grasp and pull outer pants up to waist
13. Fasten outer pants, if needed
14. Flush toilet, if using regular toilet
15. Go to sink to wash hands



SKILLS FOR HOUSEHOLD TASKS

Put Toys Away

This routine requires that toy storage is organized so that there is a designated basket/box or shelf location for each toy's storage. These locations could be labeled with a photograph of the appropriate toy.

(When finished playing with toy/s)

1. Pick up a toy
2. Carry toy to toy-storage area
3. Put toy in designated basket/box or on designated shelf
4. Return to play area
5. Pick up another toy
6. Carry toy to toy-storage area
7. Put toy in designated basket/box or on designated shelf
8. Repeat steps until all toys are put away



Clear Own Dishes after a Meal

1. Stand up
2. Place silverware and napkin on plate or in bowl
3. Pick up plate or bowl, with silverware and napkin on top
4. Carry plate or bowl without spilling, with silverware and napkin on top, to kitchen sink area
5. Put plate or bowl on counter near kitchen sink
6. Return to place he/she was sitting at the table
7. Pick up cup or glass
8. Carry cup or glass to kitchen sink area
9. Put cup/glass on counter near the kitchen sink





Put Silverware Away in Drawer from Dishwasher's Silverware Container

(Adult places the silverware container from the dishwasher near the silverware drawer where the child can reach safely. Child may need to stand on a stepping stool by the silverware drawer.)

1. Open silverware drawer
2. Find a table knife in the container of clean silverware
3. Put knife in appropriate area of silverware drawer
4. Repeat finding and putting away table knives until does not see any more table knives in container
5. Find a fork in silverware container
6. Put fork in appropriate area of silverware drawer
7. Repeat finding and putting away forks until does not see any more forks in container
8. Find teaspoon in silverware container
9. Put teaspoon in appropriate area of silverware drawer
10. Repeat finding and putting away teaspoons until does not see any more teaspoons in container
11. Find a serving spoon in silverware container
12. Put serving spoon in appropriate area of the silverware drawer
13. Repeat finding serving spoons until does not see any more serving spoons in container
14. Find other piece of silverware/utensil in silverware container
15. Put in area with similar items in silverware drawer
16. Repeat until all items are put away or remaining items do not match other items in the silverware drawer
17. Ask for help if he or she does not know where to put an item

