| **Topic** | **Description** | **Links** |
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| Establishing and Maintaining Routines | This Virginia Commonwealth University Autism Center for Excellence video resource helps families raising young children with ASD understand the importance of routines and schedules in a child's life. | [Explain It! Routines and Schedules](https://youtu.be/XaI2ru4vMsI) |
| Establishing and Maintaining Routines | This Virginia Commonwealth University-Autism Center for Excellence video resource helps families understand just how much young children are learning throughout everyday daily routines. | [From Breakfast to Bedtime: What Children Learn Through Routines](https://youtu.be/IU6gveEvFcQ) |
| Establishing and Maintaining Routines | This Virginia Commonwealth University Autism Center for Excellence video resource provides families a basic explanation of evidence-based practices such as task analysis, visual supports, prompting, and reinforcement as they teach their child new routines. | [Use What Works: Teaching Routines](https://youtu.be/GRlNCap0DmU) |
| Establishing and Maintaining Routines | This VCU-ACE video resource demonstrates how to make a variety of schedules using what families have in the home. | [Let's Make a Schedule](https://youtu.be/CvbOQsR0BYw) |
| Establishing and Maintaining Routines | This VCU-ACE video resource helps families who are struggling through personal challenges or community-based emergencies and dealing with sudden and drastic changes to their typical routines and schedules. | [A Day in the Life: Maintaining Routines and Schedules in Difficult Times](https://youtu.be/-XbkOr3Ymqc) |
| Establishing and Maintaining Routines | The Virginia Commonwealth University Autism Center for Excellence provides a video resource to help families, educators, and community members support individuals with ASD as they navigate through the multitude of changes caused by the COVID-19 pandemic event. | [How To: Dealing with Changes](https://youtu.be/kpu1ysPKUJY) |
| Establishing and Maintaining Routines | The Virginia Commonwealth University Autism Center for Excellence provides a How To video on helping young children learn routines while considering environmental structure and visual schedules. | [How To: Environmental Considerations-Routines](https://vcuautismcenter.org/te/how_to/simpleVideo.cfm?video=17) |
| Establishing and Maintaining Routines | The Virginia Commonwealth University Autism Center for Excellence provides a How To video on helping young children move independently from one activity to another with a variety of supports. | [How To: Transitioning](https://vcuautismcenter.org/te/how_to/simpleVideo.cfm?video=18) |
| Establishing and Maintaining Routines | The National Professional Development Center for Autism Spectrum Disorders provides printable resources within the Autism Focused Intervention Resources & Modules (AFIRM) on maintaining and building new routines. | [Maintain Routines](https://afirm.fpg.unc.edu/maintain-routines)  [Build New Routines](https://afirm.fpg.unc.edu/build-new-routines) |
| Establishing and Maintaining Routines | Columbia Regional Program in Oregon provides printable resources to teach basic routines including toilet routines, toothbrushing, and using visual schedules at home. | [Autism Spectrum Disorder / General ASD Resources](https://www.crporegon.org/site/Default.aspx?PageID=305) |
| Establishing and Maintaining Routines | Autism Speaks discusses the need for routines during COVID-19 | [How to cope with disrupted family routines during COVID-19](https://www.autismspeaks.org/news/how-cope-disrupted-family-routines-during-covid-19?fbclid=IwAR0SySrE7XsdwAy9bWb5s1ijGVNjCNMWU7hcHrhuD3mPszdzS_4Whh4ooY8) |
| Embedding Learning Opportunities through Daily Routines | The Virginia Commonwealth University Autism Center for Excellence provides a How To video on incorporating strengths and interests within activities for young children. | [How To: Incorporating Strengths and Interests](https://vcuautismcenter.org/te/how_to/simpleVideo.cfm?video=33) |
| Embedding Learning Opportunities through Daily Routines | Zero to Three provides a written description of how to create routines and activities for young children. | [Zero to Three-Creating routines for love and learning](https://www.zerotothree.org/resources/223-creating-routines-for-love-and-learning) |
| Embedding Learning Opportunities through Daily Routines | The Vanderbilt Kennedy Center provides a video and written description on play interactions for young children. | [Vanderbilt Kennedy Center-Responsive Play Interactions](https://ebip.vkcsites.org/responsive-play-interactions/) |