BRITE ABA

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Brite Bridge Parent Behavior Toolkit™

Practical tools for behavior, communication, and daily routines

"Guided by the Brite Bridge Model™"

Daily Routines Cueing

Helping families understand behavior, support communication, and build meaningful skills through positive and evidence-based ABA strategies.

Strategies should be individualized and implemented in collaboration with your child's BCBA.

This resource is intended for general education only. Strategies should not be implemented as a substitute for individualized treatment or clinical guidance. Always consult with your child's BCBA before making changes to your child's intervention plan.

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Part of the Brite Bridge Model™ approach to supporting skill development across home, school, and community environments. ✦

Introduction

Your child's progress extends beyond therapy sessions. Real progress happens when strategies are used in everyday routines at home, school, and in the community.

This toolkit helps families understand behavior, strengthen communication, and build practical skills using positive, evidence-based Applied Behavior Analysis (ABA).

The tools in this guide are simple, practical, and designed for everyday use. You will find guidance, examples, and strategies that support your child's learning while strengthening collaboration between families and professionals.

Our goal is to provide caregivers with clear, easy-to-use tools that support children in building meaningful skills and succeeding across environments.

Strategies should be individualized based on each child's needs and implemented with guidance from a qualified professional.

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Overview & How to Use This Toolkit

Section 1 — Purpose

This resource toolkit is designed to support caregivers in building structured, predictable daily routines that help children develop independence, communication, and daily living skills.

Using evidence-based strategies from Applied Behavior Analysis (ABA), this toolkit focuses on how to use cues (also known as prompts), establish consistent routines, support smoother transitions, and gradually increase independence over time.

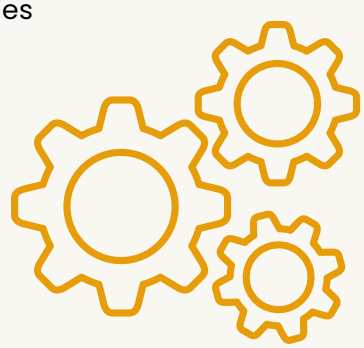
Each module provides simple, practical strategies that can be used during everyday activities such as morning routines, mealtime, transitions, and bedtime. These strategies are intended to support skill development, reduce frustration, and create more positive and manageable daily experiences.

The goal is not perfection, but progress. Small, consistent steps can lead to meaningful changes over time.

Section 2 — What's Included

Inside this guide, you'll learn:

- Why routines support learning and behavior
- Types of cues (visual, verbal, and environmental) and how to use them
- How to build and structure daily routines step by step
- Strategies for supporting transitions between activities
- How to fade support to promote independence
- Problem-solving common routine challenges
- Reflection and tracking tools to guide next steps



Section 3 — How to Use This Toolkit

- Start with one routine (e.g., morning or bedtime)
- Practice consistently using the strategies provided
- Focus on one or two skills at a time
- Use the reflection pages to track progress and identify patterns
- Share updates and questions with your BCBA to guide next steps

Important Note

This resource is for educational purposes only and is intended to be used in coordination with a Board Certified Behavior Analyst (BCBA). It does not replace individualized assessment, treatment planning, or clinical guidance.

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MODULE 1 — Why Daily Routines Need Cueing

Supporting understanding and predictability throughout the day

Daily routines help children feel safe and organized. When routines are predictable and clearly cued, children are more likely to cooperate, transition smoothly, and build independence over time.

SECTION A — Routines Reduce Stress

Predictability supports regulation

Many children feel overwhelmed when they do not know what is coming next. Clear routines and cues reduce uncertainty and help children feel more in control of their day. Uncertainty can increase frustration or difficulty with transitions.

SECTION B — What Cueing Means

Cueing means providing clear signals that guide your child through an activity or transition. Cues can be visual, verbal, or built into the environment.

Cueing helps children understand what to do

Cueing can be done in several simple and effective ways, such as:

- A visual schedule
- A simple reminder phrase
- A timer
- Items placed in order

Using consistent cues like these helps children stay on track and build independence over time.

SECTION C — Skills Built Through Routine Cueing

Clear routines help build:

- Independence
- Understanding expectations
- Transition tolerance
- Emotional regulation
- Task completion
- Confidence

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SECTION D — What This Guide Will Help With

In this guide, you will learn how to:

- Use consistent cues during daily routines
- Support smoother transitions
- Reduce reminders and repeated prompts
- Help your child know what comes next
- Gradually increase independence

SECTION E — Caregiver Reminder

Routines do not need to be perfect. Consistency and clarity matter more than speed.

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Module 1 – REFLECTION PAGE

This page is designed to help you reflect on your child's progress and your use of daily routines and cues. Use this as a simple guide to notice patterns, celebrate progress, and identify next steps.

1. Routine Focused On:

2. What routine did you work on?
(e.g., morning routine, bedtime, mealtime, transitions)

3. What strategies or cues did you use?
(e.g., visual schedule, verbal reminders, timer, items placed in order)

4. What went well?

5. What was challenging?

6. How did your child respond to the cues?

- ☐ Followed the routine with support
- ☐ Needed frequent reminders
- ☐ Showed some independence
- ☐ Became frustrated or resisted
- ☐ Other:

7. What changes did you notice?
(e.g., smoother transitions, increased independence, less prompting needed)

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Module 1 – REFLECTION PAGE

8. What may help next time?

- ☐ Keep the routine consistent
- ☐ Simplify the steps
- ☐ Use more visual supports
- ☐ Allow more time
- ☐ Adjust the type of cue used
- ☐ Other: _____

Notes to share with your BCBA:

_____

_____

_____

_____

Reminder:
Progress takes time. Small, consistent steps can lead to meaningful improvements.

This reflection is for tracking and awareness only and should be used in collaboration with your child's BCBA.