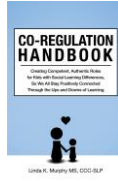


Co-Regulation Handbook
Chapter 12 – Practice Set 1: Creating Competent, Authentic Contingent Roles

Part 1: Daily Routines

Imagine your child is having difficulty with these daily routines, or you would like to find a way to increase their participation in chores. What are some ways that you could create competent, authentic contingent roles to help them join and then stick with it? Keep in mind that there are lots of possible answers! And the best answers for your child depends on what you know will be most successful for them. Remember that you start where you start, and then things will grow and expand from there.

1. Putting on their socks
Your role: _____ Your child's role: _____
2. Making a bowl of cereal
Your role: _____ Your child's role: _____
3. Packing their backpack
Your role: _____ Your child's role: _____
4. Making lunch
Your role: _____ Your child's role: _____
5. Brushing their teeth
Your role: _____ Your child's role: _____
6. Making their bed
Your role: _____ Your child's role: _____
7. Cleaning up their bedroom
Your role: _____ Your child's role: _____
8. Taking out the trash/recycling
Your role: _____ Your child's role: _____
9. Washing dishes
Your role: _____ Your child's role: _____
10. Vacuuming
Your role: _____ Your child's role: _____



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Part 2: Play

You want to play with your child or teach them a new game or activity. What are some competent, authentic, contingent roles that you could create using the following materials? Remember, when creating competent roles, you don't need to play a game by the rules when starting out. You want to think about what will be successful for your child. This is what will help them join, stay engaged over time, and will help you expand their role and add complexity as they are ready.

1. Ball
Your role: _____ Your child's role: _____
2. Deck of cards
Your role: _____ Your child's role: _____
3. Markers and paper
Your role: _____ Your child's role: _____
4. Playdough
Your role: _____ Your child's role: _____
5. Shovel and pail
Your role: _____ Your child's role: _____
6. Legos
Your role: _____ Your child's role: _____
7. Jigsaw puzzle
Your role: _____ Your child's role: _____
8. Strategy game (like checkers, chess, or backgammon)
Your role: _____ Your child's role: _____
9. Book or magazine
Your role: _____ Your child's role: _____
10. Fishing rod and bait
Your role: _____ Your child's role: _____