



Establishing Family Routines in Uncertain Times

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Overview

We know that families caring for autistic children are facing additional challenges right now along with reduced access to their usual supports and services. This short webinar will offer guidance aimed at parents and carers on:

- helping you and your child to manage changes and disruptions to the usual activities and routines;
- introducing some structure at home;
- incorporating a range of activities throughout the day.

Preface

- Adjust your expectations
- Home ≠ School
- Look after YOUrself
- What's going well?

The aim of this webinar is to offer tips and guidance

The aim is NOT for you to feel you should be doing more than you are

Supporting emotional regulation

- Talk/share information about these disruptions to daily life in a clear and calm way that is meaningful for your child.
- Look out for signs of anxiety and be aware that these may present differently to usual.
- Acknowledge your child's feelings and support them to express and manage these.
- Reduce demands and honour protests/refusals where possible.
- Offer (limited) choices.
- Create spaces for movement and for quiet time.

Building routines

- Get up and go to sleep at the same time each day;
- Maintain your established morning routines;

Provide:

- Morning daylight exposure;
- Varied short activities on rotation with breaks;
- Regular movement and quiet times;
- Scheduled meal and snack times;
- A consistent bedtime routine.

Increasing predictability and fun

- Use visual supports such as: objects, pictures, timers and schedules to help your child understand what is expected of them, when an activity is finishing and what is happening next;
- Give activities a clear ending;
- Put favourite objects, toys and games on rotation;
- Incorporate your child's interests into less preferred activities;
- Include designated time for fully child-led play;
- Minimise clutter (where you can!)

Support and signposting

- Accessing therapies/specialist teacher support remotely;
- Social stories;
- Scheduling apps;
- Home activity ideas;
- Sample routines/schedules;
- Live classes and groups;
- Helplines and forums.