

5 Strategies to  
Help Your Child  
with Autism Have  
a Better Day

## 01. Use Visuals

Incorporate pictures or other visual items throughout your day to help increase communication between you and your child and help your child interact with their environment. Use pictures to create a schedule of your child's day to reduce frustrations during transitions, or provide pictures of preferred items to your child to aid them in asking for the things that they want.





## 02. Prepare Them

Giving your child a head's up before a transition occurs can help them prepare for the change before it happens. Whether turning off the TV, leaving the park, or moving to a new house, advanced notice can help your child prepare for the upcoming change. Try setting a timer or providing a verbal statement to let your child know how much time is left before an activity ends.

### 03. Keep it Simple

Children get overloaded with instructions and often become overwhelmed with what is expected of them. Give your child one instruction at a time. Once they follow through with the first instruction, give them the next one. Rather than telling your child, "Mommy has to go to work, you need to pick up your toys, put your shoes on, and grab your toys for grandma's house," start with "It's time to pick up your toys." Once they do that, move on to the next task they need to do!





## 04. Provide Choices

Most of a child's day is decided for them. Providing your child with choices allows them to have a sense of control over their day and increases engagement. Offer choices for activities, tasks, toys, and even foods. Ask your child which snack they would like to pack, which homework worksheet they would like to complete first, or which marker or crayon they would like to use for their project.

## 05. Give Praise

We often get caught up in the flow of life, and much of what a young child hears is "Stop that!" or "Don't do that!" However, it's important to teach a child what we WANT them to do rather than only what we DON'T want them to do. When you see them doing something you like, let them know! You can give them praise, a high five, or access to a toy or snack they like. Tell them exactly what they did right by using phrases such as "I loved how you put on your shoes!" or "Great job cleaning up your toys."

