

## Summer Tip Sheet for Young Children, & Children with Autism

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### MAINTAIN A ROUTINE.

- The schedule may be different from your school-year schedule, but keeping a routine helps kids know what to expect and reduces anxiety. Keeping a set time for wake up and bedtime is especially beneficial for children.

### KEEP WORKING ON SKILLS!

- Find play groups or visit local parks and playgrounds to practice social skills. Include homework time in your daily schedule to maintain academic skills.

### PLAN ACTIVITIES AND DISCUSS THESE WITH YOUR CHILD AHEAD OF TIME SO THEY KNOW WHAT TO EXPECT.

- Consider planning an “option B” in case the first plan is spoiled by bad weather or another unexpected hiccup. Let your child know your expectations for their behavior ahead of time.

### DON'T DISCOUNT “DOWN TIME.”

- Having time to rest and relax is important for kids, too! Setting aside time for quiet activities helps everyone to recharge.

### SIGNAL TRANSITIONS.

- If transitions are challenging for your child, consider setting a timer and letting them know you'll be leaving when time is up. Visual timers are available as apps for your smart devices, and they allow children to see how much time is left of an activity.

### BE VIGILANT AROUND WATER.

- Children with autism can be drawn to water, and it only takes a moment for tragedy to happen. If possible, enroll your child in swimming lessons. Practice wearing life preservers and always supervise your child around water.