

## Coping at Home Information Page

### Structure and Routine

**Visual Activity Schedules:** Use pictures to communicate a sequence of events, a plan, or an expectation to a child

- Can assist with creating structure and routine throughout the day, decrease problem behaviours during transitions, and can support the teaching of new skills

### **Purpose of a Visual Activity Schedule:**

- Illustrate what activity is taking place
- Specify what activity will occur next
- Indicate when an activity is finished
- Identify any changes that might occur in the regular schedule

**Visual Scripts and Social Narratives:** Written scenarios, skills, or examples that children can use to initiate conversations

- Help guide children on how to respond in a social situation
- Help assist children with problem solving

**Task Analysis:** Breaking activities into step by step support can help guide a child in completing a task with increased independence.

- Everyday activities such as brushing teeth, putting away clothes or getting dressed etc. can be broken down to help children complete tasks throughout the day

Video Example: <https://www.youtube.com/watch?v=Ct-IOOUqmyY>

### Sensory Activities

**Sensory Regulation:** Regulation is also known as the “just right challenge” as we need to be able to demonstrate the correct level of energy for the situation.

- Regular scheduled access to sensory activities can help improve regulation for children with sensory processing differences

### **Calming and Organizing Techniques**

- |                          |                          |                        |                      |
|--------------------------|--------------------------|------------------------|----------------------|
| • Calm voice             | • Warmth                 | • Heavy work –         | • Provide access to  |
| • Slow rhythmic movement | • Slow rhythmic movement | carrying, pushing      | breaks               |
| • Deep touch pressure    | • Follow routine         | • Simplify instruction | • Follow through     |
|                          |                          | • Give choices         | • Simply environment |

### **Reinforcement**

- Reinforcement has been shown to increase the frequency of a behaviour due to the immediate consequence that follows the occurrence of the target behaviour.
- Try incorporating more reinforcement throughout the day to help increase more appropriate behaviour (i.e. “Wow I love how you are sitting at the table and working on your school work” after your child works independently on their work)

### **Reinforcement Tips:**

- Ensure reinforcer is reinforcing
- Reinforcers may be different for every child
- Present reinforcer immediately after the desirable behaviour
- If your child has too much of a reinforcer it may become less reinforcing (i.e. they may get full after too many of candies)
- Provide a stronger reinforcement for more challenging skills

**Extinction:** When a previously reinforced behaviour is no longer reinforced and as a result the behaviour decreases and stops occurring. Remember you may see an “extinction burst” and the behaviour may increase before it stops occurring. Be patient and keep following through!

### **Additional Resources:**

#### **Visuals:**

- PINTEREST → great tool that provides a variety of examples for different strategies
- [Grandview Routines Blog with Example Schedules](#)
- [BOARDMAKER Resources Available – 60 day free trial](#)
- Sesame Street Routine Cards: <https://autism.sesamestreet.org/interactive/daily-routine-cards/>
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#### **Sensory:**

- Animal Walks (Heavy Work): <https://www.cbc.ca/parents/learning/view/12-animals-walks-for-kids-to-get-moving>
- Kids Yoga: <https://preschoolinspirations.com/kid-yoga-videos/?fbclid=IwAR1SzGvfU-nmtiVxBW8zonET6fbl9zL8jiqXQUgFekPN718-w3PWYildHzk>
- Making Playdoh and Slime (Tactile): <https://www.kidsonthecoast.com.au/>

#### **Educational:**

- Online ROM exhibits: <https://www.rom.on.ca/en/exhibitions-galleries/exhibitions/online-exhibits>
- Casa Loma Virtual Tours: <https://casaloma.ca/experience-the-castle/>
- Live Zoo Videos: <https://www.cbsnews.com/news/coronavirus-zoos-aquariums-live-stream-animals-isolation-quarantine/>
- Ripley’s Aquarium Shark Camera: <https://www.ripleyaquariums.com/canada/shark-camera/>