

TIPS FOR CAREGIVERS

Dealing with daily transitions

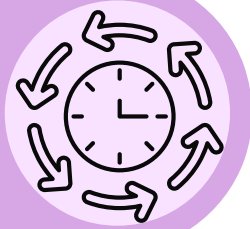


1. Prepare the night before

- Follow the established routine to provide predictability and structure.
- Ensure everyone understands and follows the routine for consistency.

- Get materials ready (e.g., set out clothes, pack the school bag).
- Reduce the number of decisions your child needs to make.

2. Consistency is important



3. Breaking down tasks

- Model the morning routine or new tasks for your child.
- Demonstrating some difficult tasks like brushing teeth can help your child follow the steps.
- Provide extra support like encouragement or physical assistance for any parts of the routine that your child struggles with (e.g., getting out of the bed, putting shoes on).
- Use timers to set up activity limits, signal upcoming transitions, and show the remaining time.
- Offer choices when available (e.g. Do you want the green or red toothbrush? Do you want to start in 1 or 2 minutes?)

- Divide complex tasks into smaller, manageable steps
- Use pictures, symbols, or simple written instructions to represent each step
- Provide clear and simple language
- Use consistent phrases to signal transitions between activities

4. Supporting through the routine



- Add some fun activities to the routine (listening to music, singing while getting dressed, or telling stories while eating breakfast).
- Make the routine enjoyable to reduce morning resistance and encourage more positive participation.
- Start with a calm and positive tone.
- Give yourself extra time to complete to routines to avoid rushing and other added stressors.



5. Keep routines and transition fun

- Praise your child frequently for completing tasks and following the routine.
- Offer small rewards or incentives for consistent adherence to the routine.

6. Positive reinforcement



- Recognize that some transitions may be more challenging than others and it's okay if they don't always go smoothly.
- Flexibility is key to preventing frustration.
- If your child is resistant to a transition, acknowledge their feelings (e.g., "I know you're having fun playing, but it's time to clean up now. Let's do it together.") and provide support to help them through the change.



7. Be flexible and acknowledge resistance



TIPS FOR CAREGIVERS

Bathtime routine



1. Establish a consistent routine

- Set a regular bath time.
- Use a visual schedules to illustrate the sequence of steps (e.g., undressing, getting in the tub, washing hair, rinsing, getting out, drying.)

- Be prepared and minimize wait times.
- Gather materials including towels, soap, shampoo, and bath toys before starting the bath.

2. Prepare in advance



- All kids will have different needs. Here are some ideas!
- Lighting: Use dim lights to reduce visual stimulation.
- Sound: Play calming music or white noise to mask disruptive sounds.
- Water temperature: Ensure the water is comfortably warm, avoiding sudden temperature changes.
- Scents: consider using fragrance free or a preferred scent.

3. Sensory friendly environment



- Toys: Let your child choose favorite bath toys. Consider having a rotating set to increase novelty.
- Giving choices about what colored soap or towel may give them more agency within in the routine.

4. Incorporate preferred items and choices.



5. Gradual exposure



- Explain each step of the bath routine clearly and simply.
- Let them help with tasks like pouring water or applying soap if they are comfortable.
- Use a timer or tell your child "When the song finishes, bath time is over" or "When the water drains, it time to get out".
- Using a consistent phrase helps your child anticipate the end of bath time.

- Gradually introduce your child to bath time (start with shorter and successful baths) and slowly increase the time spent in the tub.
- You can begin with just sitting in the tub before adding any water.
- Make the space safe and fun!

6. Communication and involvement



- Verbal praise: Offer positive feedback throughout the bath time routine.
- Rewards: Consider small rewards or preferred activities after a successful bath.



7. Positive reinforcement



TIPS FOR CAREGIVERS

Communication with younger children



1. Follow the child's lead

- Be patient and wait for your child's response, allowing them time to process and respond.

- Observe and identify your child's interests and engage them with activities they enjoy.
- If the child is playing with a toy, join them and add to their play (e.g., your child is playing with a toy car. You bring over more cars and model car noises "vroom".)



3. Set up supportive environment

- Teaching your child to request items (e.g., "want bubbles, "more spins") is a natural starting point for communication.
- Expand communication: if they say "trains," you can model saying "I want trains" or "Can I have the blue train?"
- Start with simple and easy tasks (e.g., saying "bbb" of bubbles) and then make tasks more difficult (e.g., "pop bubble")

2. Gaining the child attention



- Arrange your body to be in front of them.
- In sight out reach (e.g., favorite puzzle on a high shelf, missing puzzle piece in a closed bag) or piece by piece (e.g., maintaining control of pieces and giving items one by one) or missing items (e.g., train toy without rail road.)

4. Teach requests



5. Teach language within everyday routines

- Praise or provide small reward immediately for every small attempt to communicate, whether it's a word, sound, or gesture (e.g., child says "dd", you give them a doll or child says "go fast", you immediately put the car down the ramp).
- Provide natural reinforcement.
- Reinforce communication attempts for what they are asking for.

- Use daily routines like snack time, morning time, bedtime, bathtime or playtime to create opportunities for communication (e.g., "more crackers", "splash water" "turn the page").
- During these routines, talk about what is happening (e.g., "pour milk in" "water is hot").

6. Praise and reinforce their learning effort



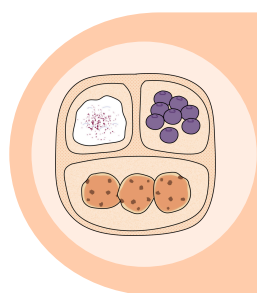
7. Be patient and consistent

- Communication skills take time to develop. Be patient and celebration small victories and keep practicing regularly.
- Practice in different environments (e.g., parks, grocery stores).



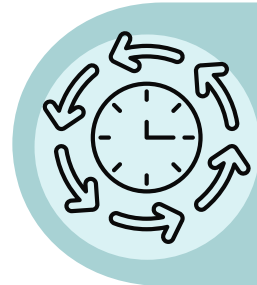
TIPS FOR CAREGIVERS

Expanding food choices



1. Start small and pair with favorite food

- Introduce new foods consistently and gradually.
- Expanding food choices takes time, be patient and don't give up. It may take up to 15 times!



3. Transition and mealtime routines

- Learning plate: allow your child to explore food by provide an extra plate with small amount of food.
- Encourage you child to touch, smell and taste new foods, eat food by hands, fork or spoon. (e.g., "You can smell your cheese", "you can use fork to eat the cake").



5. Model positive eating

- Offer your child predetermined food choices and keep the limits to 2 or 3 choices to make it simple, and reduce frustration for the child by making too many choices.
- Use language that promotes choices (e.g., "You want a big piece or a little piece?").



7. Praise and rewards

- Introducing new foods takes time, be patient and stay calm.
- Giving yourself and your child time to explore and try new foods.

- Introduce new foods with tiny amounts.
- Put the new food on the same plate with your child's favorite foods.

2. Multiple introductions



- Set snack and mealtime routine schedule.
- Use visual cues or timer to help your child transition to mealtime
- If transition to mealtime is difficult, allow your child o bring transition object to the table.
- Put a highly preferred activity after meal time.
- If your child is not hungry, offer small amount of food.

4. Play with food



- Eat variety of food yourself to model trying new foods is fun.
- Use neutral language to describe food like texture, color (e.g., "look at this big red apple").

6. Promote choices



- Praise your child for trying new food or give rewards after your child tries new foods.
- Make meal times fun!
- Let them know they can try a lesser step (touching) if they are feeling overwhelmed.
- Can you have the new food be a part of a fun activity? (e.g., making ants on a log).

8. Keep calm and be patient.



TIPS FOR CAREGIVERS

Toilet training



1. Consistent schedule

- “We are going to sit for 2 minutes. If you pee in the toilet, you will get your reward”.
- You can use visual timers or sing a song to indicate how much time is left to sit.

- Set a consistent schedule that you can keep up with (e.g., sitting every 10 minutes for 2 hours).
- You can start by just getting your child used to sitting and making sitting fun by pairing it with preferred toys or music.
- You can also choose to take them every 30 minutes to an hour or whatever is feasible for you to hopefully catch them going more often.
- Track when your child is usually going to the bathroom. Take them during those times.

2. Clear and direct instruction



- Make time on the toilet or in the bathroom fun.
- Add fun things that they have only in the bathroom such as their favorite show or toy.
- Try to stay in the bathroom with just underwear on to easily catch accidents.

4. Rewards



- Try starting naked first or just in underwear so you can easily catch when they start to pee.
- If you notice them starting to go, immediately sit on the toilet and give them praise for finishing on the toilet such as (e.g., “Good job going on the toilet”).
- Can give them choices of what underwear they to want to wear or what books they want to read on the toilet.

6. Good time to teach



- Toileting training can take many hours of consistent practice.
- Be positive, keep calm and be patient.
- Make sure to consult with your pediatrician to rule out any medical variables.

3. Potty Party



- Give lots of praise for just sitting on the toilet.
- Choose valid rewards based on your child’s preferences.
- Remind your child of the rewards each time you have them sit (e.g., “if you go on the toilet, you get candy”).
- IF possible, make rewards only available during toileting

5. Easy start



- If your child has an accident, take them to the bathroom right away to have them sit on the toilet and change.
- You can also practice them initiating “I have to go potty” before walking in the bathroom.

7. Keep calm and be patient.



TIPS FOR CAREGIVERS

Playing with your child



1. Child-led play

- Have your child’s preferred toys available during playtime and offer a variety of different kinds of toys (e.g., building sets, pretend play sets).
- Model new actions with toys or combine toys together in a novel way.
- Provide praise for new play acts (e.g., “I like the way you put cookies on the tray”, or “You roll the ball so well”).
- Pay attention to your child’s preferences in play areas (e.g., Do they like a lot of toys out? Do they prefer dimmed lighting?).

- Let your child choose toys and activities they like.
- Try to add into their play and look for body language to ensure they are wanting a play partner.
- Can you make the activity more fun? (e.g., make a ramp if they are playing with cars) or bring a second set and play along.
- Give your child enough time to explore toys.



3. Get on their level

- Make time to play! Carve out 20 minutes a day to simply engage and remove other distractions.
- Pair yourself with fun toys and silly play actions (e.g., making animated sounds).
- Recognize body language to see if your child is still engaged or you can model new activities or toys.

2. Create a fun and engaging environment



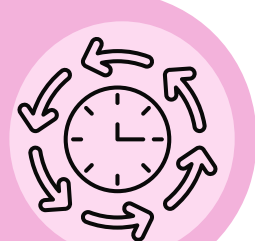
- If your child sits on the floor, get down on the floor with them.
- If your child wants to stand, stand with them.
- Position your body across from them and balance your interactions with your child.



5. Create opportunities for communication

- Relax and have fun with your child.
- Be patient and persistent.
- Celebrate success and learn from challenges while playing with your child.
- Don’t be afraid to be creative or silly!

4. Prioritize play



- Modeling joint attention (e.g., point to, look at, and comment on objects).
- Offering choices (e.g., “Do you want this red car or that blue car?”).
- Reduce the amount of nonessential demands including asking them to label toys or colors.

6. Relax, be patient, and have fun.



TIPS FOR CAREGIVERS

Bedtime



1. Consistent sleeping schedule

- Create a consistent and predictable routine before bedtime.
- Include preferred and calming activities before bed that easily incorporate into your schedule.
- Activities can include bath time, toothbrushing, putting pajamas on, reading or listening to music in bed, and/or other preferred activities your child likes.
- Using visuals like a timer or visual schedule can be helpful.

- Set up a consistent bed time schedule for your child to go to sleep.
- Set up the same wake-up time every morning to build consistent sleep-wake cycle.
- This will help your child and the family to maintain enough daily sleeping hours and improve sleeping quality.

2. Create bed time routine



- Keep track and notice what is calming for your child.
- Try keeping the sleep area quiet, with your child's preferred temperature, and soft dim light.
- Provide your child choices of blanket (e.g., texture, colors), stuff animals or favorite pillows.
- Pay attention to activities that can disrupt sleep including screen items such as smartphone, tablet, computer, and TV.
- Notice if food or drinks affect sleep and modify if needed.



3. Sleeping environment

- If encouraging your child to sleep alone is important to you, consider these tips:
- Encourage your child to fall asleep alone by sitting near them rather than cuddling with them on the bed until they fall asleep.
- You can create a caring routine with kissing and saying "good night" with a warm hug and a smile before leaving your child's bedroom.
- If cuddling is an important routine, try it for 5 minutes and then return a chair or somewhere nearby the bed.

4. Falling asleep alone



- Keep bedtime routines fun and engaging with your child.
- Praise your child for engaging in bed time routines and wake up routines.
- Regularly giving your child small and big rewards (i.e., their prefer items or activities) for keeping bedtime routine consistently.

5. Praise and rewards



- If your child regularly wakes up during the night, you can use bedtime pass (e.g., cards, tickets or tangible items).
- Initially, you can give your child certain amount of bedtime pass based on how many times they wake up at night.
- You can reduce the number of bedtime pass once your child improves.

6. Bedtime pass



- If your child having difficulties sleeping or waking up regularly during the night and you can't find the reasons, consult your child's physician or sleep disorder specialist for specific advice.

7. Consult professionals

