

Tips for Parents with children with Special Needs

Create a routine

have a schedule for each day, keep it predictable

Use visuals

pictos or photos can help your child understand what is expected of them

Breakdown tasks











step by step instructions help your child understand a longer task such as washing hands or getting dressed

Use Social Stories

a social story is a simple way to help alleviate some of the anxiety your child may be feeling and a way to explain what is happening

Routines

Schedule

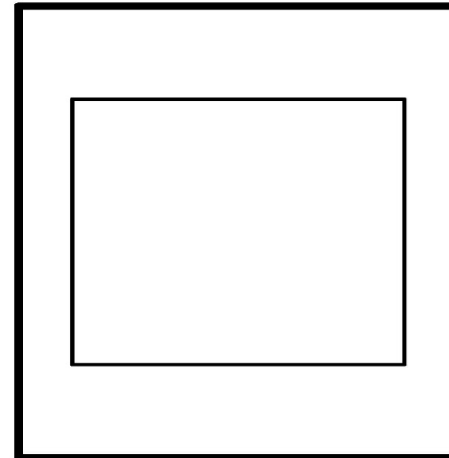
-  Wake Up
-  Get Dressed
-  Brush Teeth
-  Eat
-  Play
-  Learning Activity
-  Outside
-  Wash Hands
-  Lunch
-  Nap

Breaking down tasks and using visuals

Hand Washing

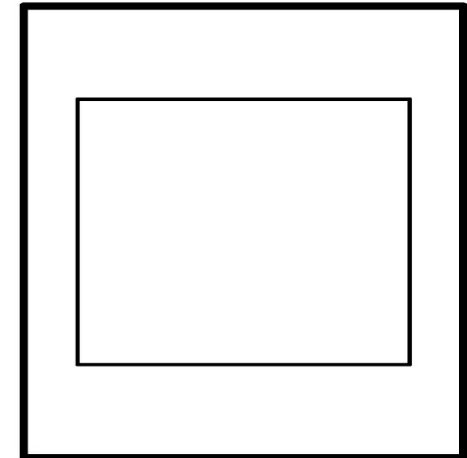


First



First Then Cards

Then



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