

BRACE YOURSELVES, **Spring** BREAK IS COMING! LET'S PREPARE!

For Los Banos, Spring Break takes place at the end of March. Having a schedule or routine may feel safe for a child with Autism for the simple reason of predictability. When their schedule is disrupted it can be very difficult for them to accept. They may become stressed and if they do, it not only affects them but the whole family as well.

See below for ideas to help ease them into this temporary change.

Daily Routine

- Keep a daily schedule or routine
- Prepare for activities in advance
- Prepare a menu for the week and go shopping beforehand
- Plan for a daily activity like:

Movie night; breakfast for dinner night; going out to eat; dinner pick up or delivery from their favorite restaurant; cook a meal together or plan a night where they get to choose the main course, or the dessert!

Social Story

Communication can be of great help when a big change is about to occur. Talking to your child before the change may help your child to prepare and handle it better. One way to help them is by using visual aids.

A Social Story is a type of visual aid.

Want to know more about what a social story is? Click on the link or point your phone camera at the QR code below.



<https://www.abaresources.com/social-stories/>

Favorites Day!



Plan a "favorites" day.

On a specific day, the kids can have a themed day of their favorite book, toy, superhero, etc. For example, if they like dinosaurs you can have breakfast with "dinosaur" eggs, or pancakes in the shape of dinosaurs. Play a game, watch a movie, or read a book about dinosaurs.

Older siblings
can help with
planning
activities and
meals!

A yellow sun with black rays and a black outline, containing the text "Older siblings can help with planning activities and meals!".

Need help making a daily routine? Need help creating a Social Story?

Contact Ms. Lydia, CARES™ Parent Support Specialist

