

COVID-19

Parent Preparedness Session

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Silver Lining

- More time to work on real world skills
- Slower pace, no rushing in the morning!
- More opportunities to set a goal and be consistent
- Developing independence
- More time to do NOTHING
- More time to be present for each other

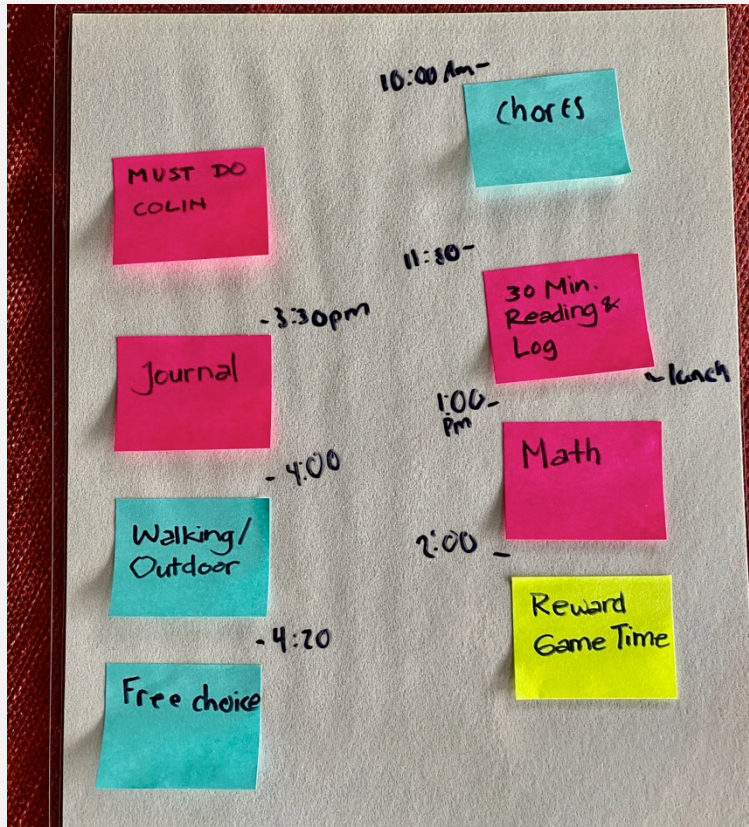
Parents: Get our ducks in a row

- Co-create a check list or schedule with our kids.
- Timing is everything- choose the best time of the day for schoolwork, it does not have to be a certain time or same time daily
- Establish a routine that works for our family. For example: breakfast, sensory diet/exercise, learning time, play/free choice, etc.
- Plan ahead but do your best to achieve most of the activities, don't stress. Make adjustments at the end of the day

Visual Schedule Ideas

9:00-10:00	Morning walk	Family walk with the dog yoga if it's raining
10:00-11:00	Academic time	NO ELECTRONICS Sudoku books, flash cards, study guide, Journal
11:00-12:00	Creative time	Legos, magnatiles, drawing, crafting, play music, cook or bake, etc
12:00	Lunch	
12:30PM	Chore time	A- wipe all kitchen table and chairs. B - wipe all door handles, light switches, and desk tops. C - Wipe both bathrooms - sinks and toilets
1:00-2:30	Quiet time	Reading, puzzles, nap
2:30-4:00	Academic time	ELECTRONICS OK Ipad games, Prodigy, Educational show
4:00-5:00	Afternoon fresh air	Bikes, Walk the dog, play outside

Getting Their Buy Into



Making Adjustments

- How often: Frequently – don't wait until a method stops working
- Questions to ask:
 1. Too many steps?
 2. Too complex? Need to increase scaffold?
 3. Need a sensory break in between? Snack, movements and songs, etc.



Chore Chart Magnets

 Clean your room	 Help with laundry	 Put away laundry	 Make your bed	 Feed the dog
 Set the table	 Clear the table	 Empty dishwase	 Take out trash	 Feed the cat
 Clean the bathroom	 Dishes in sink	 Dad's Choice	 Mom's Choice	 Sweep the floor
 Vacuum	 Pick up toys	 Dust furniture	 Help cook dinner	 Clothes in hamper



Bedtime Routine Magnets

 <p>Eat dinner</p>	 <p>Pick up toys</p>	 <p>Take a bath</p>	 <p>Shower</p>	 <p>Put clothes</p>
 <p>Get backpack</p>	 <p>Put on pajamas</p>	 <p>Clothes in hamper</p>	 <p>Get water</p>	 <p>Bedtime snack</p>
 <p>Take medicine</p>	 <p>Brush teeth</p>	 <p>Use the bathroom</p>	 <p>Pick out story</p>	 <p>Read a book</p>
 <p>Say prayers</p>	 <p>Get in bed</p>	 <p>Goodnight kisses</p>	 <p>Turn off light</p>	 <p>Go to sleep</p>

Resources for Visuals

Great visual schedule resources:

www.theinspiredtreehouse.com

www.koriathome.com

www.teacherspayteachers.com -Flip chart (<https://www.pinterest.com/pin/292171094576546762/>)

The Trip Clip – Magnets (<https://pin.it/6W2ck0N>)

Managing Transitions

- Preview: Building a visual for our kids about what is about to happen
- Use transition tools: a timer and/or a visual schedule
- Use gestures: count down instead of words
- Practice transitioning together
- Celebrate when successful

Key to Successful Transitions

- Set the expectation and stay consistent
- Prepare the visual or ways to scaffold
- Day 1, partner up and practice it together
- Day 1, choose a neutral opportunity (bedroom to laundry room, dining room to TV room etc.)
- Use catch phrases: “First/then”, “business before pleasure”, “play then clean up” etc.

Rewards or No Rewards



Rewards 101

Should we use a reward?

- Decide what task(s) will be rewarded, and which ones are part of family contribution. Think about 'balance'.
- Vary available rewards, not just screen time (tickets for play dates, extra cash, movies, trips to Baskin Robbins, toys, extra time for preferred activities)
- The best rewards are family activities (hide and seek, a movie marathon, all you can eat ice cream sundae, game night etc.)

Using Mindful Communication

- Use more declaratives “I” statements to share the ‘why’ and ‘how to’
- Less pressure on our kids, but they will understand the context
- Always use a preview (provide context) before a task/activity
- Use specific feedback as much as we can after a successful task completion.

Examples of Declarative Communication

- I like the way the water splashes when we throw in the rocks.
- That was a really loud noise.
- He got hurt when he fell.
- We could play cars next... I can make mine go super fast!
I bet the red car wins.
- You made a colourful picture.
- I liked when we clapped at the same time.
- That was a really good one!
- Let's do it again slower.

Family Flexibility

What's the worse that can happen?

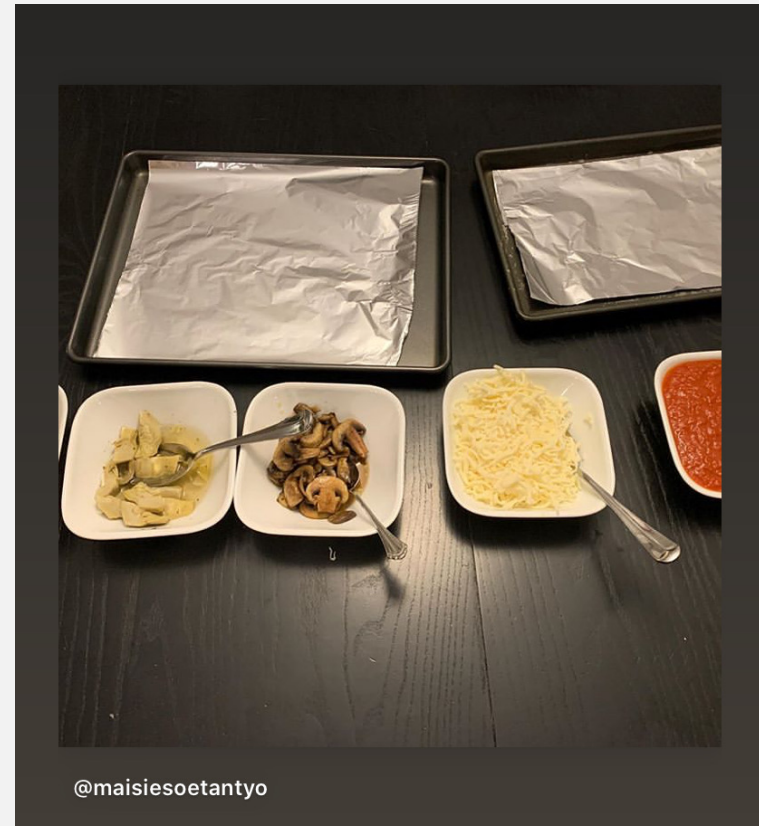
What things can we let go or put aside?

What can be simplified?

If the schedule change is difficult for us adults, it's harder on kids!

New Family Rituals

- Projects
- Play video games together!
- Game night
- Using online meeting technology
- Practice being a ‘helper’ as a family
- Outdoor activities
- Cooking together



Work Playfully



Adding Fun into Chores

Choose a silly background song

Coordinated actions using “Ready set go!” or silly noises. Two people share the chore

Older kids: pair a chore with something they like (listening to music and watch TV)

Don’t kill the fun by correcting the “How to”, let our kids learn to do the chores the best they can

Work on the activity part (s) first, then slowly add another element (taking off pillowcases instead of changing the bedsheets).

Parent Self Care

Why self care is so important?

Availability → Connect → Teach

@PeacefulMindPeacefulLife

How to feel better:

- Clean your space
- Eat something healthy
- Play great music
- Light a candle
- Drink a glass of water
- Sleep a little
- Breathe

- @HALEYDREWTHIS

Additional Resources

Coronavirus Social Story: <https://littlepuddins.ie/coronavirus-social-story/>

Teen Support: <https://www.jewishboston.com/a-teen-guide-to-navigating-coronavirus/>

Parents Helping Parents website

Free Learning Websites

 **Not your Neuro-Typical Family** 
Yesterday at 6.30 AM · 🌐

Learn in Color

EDUCATIONAL FREE WEBSITES

LEARNINCOLOR.COM

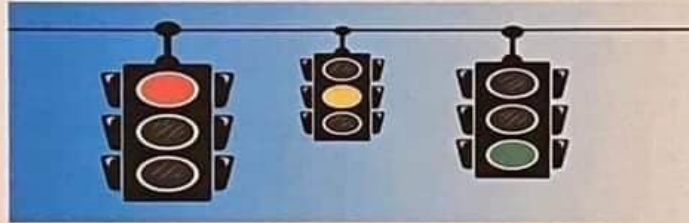
MATH	SOCIAL STUDIES
<ul style="list-style-type: none">• Funbrain• Prodigy• Math Playground• Splash Learn• Math Game Time• Khan Academy	<ul style="list-style-type: none">• Crash Course (YouTube)• Who Was? App/site• Nat Geo Kids• Google Earth• Time for Kids• Smithsonian for Kids
SCIENCE	OTHER
<ul style="list-style-type: none">• Discovery Mindblown• NASA Kids Club• Amazing Space• Code Academy• How Stuff Works	<ul style="list-style-type: none">• Brain Pop• Ted Talks• PBS Kids• Duolingo• Hello Kids (drawing)

www.starfall.com
www.abcmouse.com
www.pbskids.org
www.raz-kids.com
www.coolmath.com
www.kids.nationalgeographic.com
www.scholastic.com
www.discoverykids.com
www.abcya.com
www.ducksters.com
www.switchzoo.com
www.reading.ecb.org
www.seussville.com
www.funbrain.com
www.storylineonline.net
www.highlightskids.com

SOCIAL DISTANCING:

What does it mean?

Social distancing is the practice of reducing close contact between people to slow the spread of infections or diseases. Social distancing measures include limiting large groups of people coming together, closing buildings and cancelling events.



AVOID	Use Caution	Safe to DO
Group Gatherings Sleep Overs Playdates Concerts Theatre Outings Athletic Events Crowded Retail Stores Malls Workouts in Gyms Visitors in your House Non-essential workers in your house Mass Transit Systems	Visit a local Restaurant Visit Grocery Store Get Take Out Pick up Medications Play Tennis in a Park Visiting the Library Church Services Traveling	Take a Walk Go for a Hike Yard Work Play in your Yard Clean out a Closet Read a Good Book Listen to Music Cook a Meal Family Game Night Go for a Drive Group Video Chats Stream a favorite show Check on a Friend Check on Elderly Neighbor

Questions or Requests?

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