

Tuesday Tips Resource

CIRCLE CITY ABA

Our therapists and team regularly share helpful hints for families of children with autism on social media. We call it “Tuesday Tips,” because Tuesday Tips, Tricks, Lifehacks, Sanity Savers, Helpful Hints and Inspiration was too long!

Here are a few of our favorites:

Be Concise

When giving instructions to your child, it’s important to keep those instructions simple. Your child will have an easier time absorbing the information you are giving them and responding appropriately if the instructions are clear and concise. If you notice that your child is having difficulty completing a task upon request, try breaking the task down into smaller, more manageable steps. For example, instead of telling them to clean up their room, you could tell them specific items to gather (e.g., “Pick up the books.” “Find all the cars.”).

Celebrate

Be your child’s biggest cheerleader and fan! Even a tiny step toward a milestone is a great reason to celebrate!

Connect

It’s so important to connect with other parents and professionals in the field! It ensures you have a great support system and access to resources that will help you, your child, and your family on your journey.

Function

Every behavior has a function, or reason it occurred. There are four functions of behavior: escape, attention, tangible, and sensory. Learning how to determine the function of the behavior will help you best know how to respond and what your child is trying to communicate to you.

Goal Setting

Your family and child’s needs and goals are paramount to successful treatment! Input from you and your child helps in setting appropriate and relevant treatment goals that will improve your lives and help your child succeed.

Reinforcement

If you can successfully follow your child's motivation, you have completed half the battle of helping them learn! Reward positive behaviors you want to encourage – for example, giving verbal praise and applause, or awarding time with a favorite toy or game. Use what motivates your child as a reward to give them confidence and help them grow their skills!

Routines

Solidifying a solid routine for your daily life – from the time you wake up, to the time you go to bed – will help to make things more predictable for your child, and ease transitions throughout the day.

Self-Care

As a caretaker, it's important to remember to practice regular self-care and take care of you, too! If you are burning the candle at both ends, you won't be able to effectively care for your child, or give your all to supporting their progress.

Socialize

Some days, the thought of going out into the world with your child may seem daunting. But creating opportunities for them to practice what they are learning in the world around them helps build their social skills and generalize what they're learning in a new environment.

Visual Supports

Visual support items, such as schedules, choice boards, labels for common items, or lists, may help your child participate in daily routines. These items are used to communicate with your child, and to help them communicate with others. They can be created using electronic software, drawings, pictures, written lists, or other formats that can help your child understand and respond to the expectations given to them!