

### **Autism Everyday Behavior Tips**

- Take baby steps and keep a sense of humor :)
- Work within your child's competency
- Use visual helpers. use them, use them, use them!
- Always end on a success!

### **Does Your Child Have Trouble Sleeping? Try...**

- Read: **Sleep Better: A Guide to Improving Sleep for Children with Special Needs** by Mark V. Durand.
- Calming before bedtime: warm bath, massage, brushing, joint compressions.
- No tickling
- No TV or computer before bed
- A clutter-free bedroom
- Create a separate playroom, if possible
- Early morning sunlight exposure
- Wedge pillows, towels, or bedding under child's feet or sides
- Glow in the dark stars on ceiling
- Reduce and slow down your words
- Simple story books
- Consistent bedtime routine
- Visual schedule (see visual helpers)
- Advance warning for bedtime; use a timer (take yourself out of the power struggle)
- Adjust medications
- Some like the scent of lavender.
- Snug-fitting cotton pyjamas
- Remove tags from clothing
- Cotton jersey knit sheets
- Air cleaner and mitigate for dust mites
- Warm air humidifier in winter
- Treat any allergies or sleep apnea
- If it's serious: consult your pediatrician, neurologist, or a sleep disorder clinic

### **Does Your Child Have Trouble Eating? Try....**

- Use visual helpers!
- Try a kitchen timer to build sitting for short periods
- Adjust seating so that feet touch the floor and knees are at a right angle
- Use straws for drinking (not sippy cups)
- Try visual contrast, e.g. make a black placemat
- Cook and grocery shop with your child. See visual helpers for picture card grocery lists and recipes. This allows your child to handle food and become comfortable with it, without the pressure of eating it.
- Make picture menus (see visual helpers)
- Try oral motor play and activities, such as blowing bubbles, playing with whistles, and other mouth games
- Try weighted pad on lap
- Use a ball seat or movement cushion
- Just ignore it for a while
- Adjust medications, if needed
- If it's serious: consult your pediatrician, a speech and language pathologist, or a feeding program