Cardiff Education Services | Gwasanaethau Addysg Caerdydd

Autism Support Team
Tîm Cymorth Awtistiaeth

Maintain a daily routine.

One way to manage a daily routine is to use visual supports. This can help to create some structure, provide guidance, explain expectations and encourage independence while your child/young person is at home. A visual timetable can be used for the whole family.

Being at home and not going to school is a huge change for your child/young person. It may be a good idea to focus on things within their day that will stay the same for example; get up, get dressed, have breakfast, snack time, play a game, lunch time, outside exercise, have dinner, bath/shower, bedtime etc.

The Autism Support Team have put together some examples for you to use. Please find attached in appendix 1 (page 4) some schedules that can be printed out and used at home.

Below are some apps free to download;

Visual schedule and social story*

The app focuses on using social stories and visual schedules to improve social skills in children with autism.

Life skills visual schedule*

Your child may need to be rewarded for one achievement at a time. In other cases, you may need to prepare your child for their daily routines, schedules and responsibilities**.** iTouchiLearn Life Skills**:** Visual Schedule Planner has you covered in both cases.

This for That: Visual Schedules*

Help your child perform daily routines independently with This for That: Visual Schedules

**Please note these apps are free to download however be aware there may be an option for in-app purchases*

Task/Activity planners

Task/Activity planners are visual schedules that use pictures or words to describe a sequence of steps that allow children and young people to follow and participate in a range of tasks/activities. They can support independence and can be used for tasks/activities such as playing with toys, learning tasks, self-care tasks, tasks around the house, or at snack or mealtimes.

The Autism Support Team have put together some examples for you to use. Please find attached in appendix 2 (page 12) some task/activity planners that can be printed out and used at home.

Below are some websites that offer further advice;

Do2learn provides thousands of free pages with social skills and behavioral regulation activities and guidance, learning songs and games, communication cards, academic material, and transition guides for employment and life skills.

This site contains downloads, links, websites and a variety of other resources to support individuals with Autism (ASD).

Provides free downloadable visuals to support children with a range of daily tasks.

Victories 'N Autism. Free access to a range of visuals to use both at home or school. Visuals provided for both behavior, self-help skills and specific tasks.

Downloadable resources available once you become a member. Free resources including visuals and a range of learning tasks. They have introduced an offer for all of them to be completely free

Below are some apps free to download;

Remember the Milk.*
With a **free** account, you can jot down tasks; assign due dates and add other information to the tasks; connect to Gmail, Google Calendar, and Evernote ; and use the app on as many devices as you please.

Happy Kids Timer.*
Helps kids develop a morning routine. First, parents enter their child's name and select their gender, and parents can choose to upload their child's photo. Kids progress through a series of pre-set activities (like making their bed and getting dressed), and they have a pre-set amount of time in which to complete each task. Some tasks that have a less clear stopping point, like brushing teeth and washing hands, have a minimum time that kids have to complete, too. Kids earn stars for completing tasks, and accumulating enough stars can result in parents printing out an award certificate or giving kids a real-life reward

My Routine. *
Use My Routine to create visual stories using your iPad to help reduce your child's anxiety about what's coming next. Turn a routine like bedtime or going to the doctor into a series of simple steps. Use your iPad's camera to customize with photos or videos of your own. When a task is completed, tap the photo for a reward sound. You can also record your own reward sounds. There's an option to record a voiceover with each task,

Colgate and Magnus Cards. *
This app provide step by step visual and audio instructions to support tooth brushing. The five new oral care decks include: brushing, brushing with braces, rinsing, flossing, and visiting the dental office.

Magnus Cards. *
MagnusCards help caregivers - including parents, support workers and teachers - reinforce routines for people with cognitive special needs through a series of positive and easy-to-understand digital card "decks." MagnusCards is a fun digital life skills guide that helps people thrive and gain independence.

**Please note these apps are free to download however be aware there may be an option for in-app purchases*

Supporting the concept of time

Time can be a confusing and abstract concept for children and young people with autism. This is especially true at this time of school closures. Their usual daily routines have changed and weekdays weekends and school holidays may be hard to differentiate. To help with this you could create a calendar. Many of our children and young people with more complex needs may need a visual reminder that they will be at home each day. The calendar could include any regular scheduled activities such as video calling family members, bins being collected, shopping being delivered, celebrations such as birthdays etc.

Finally

We would advise you to take things one day at a time and remember that you are not alone, the Autism Support Team are here to support you and your family.

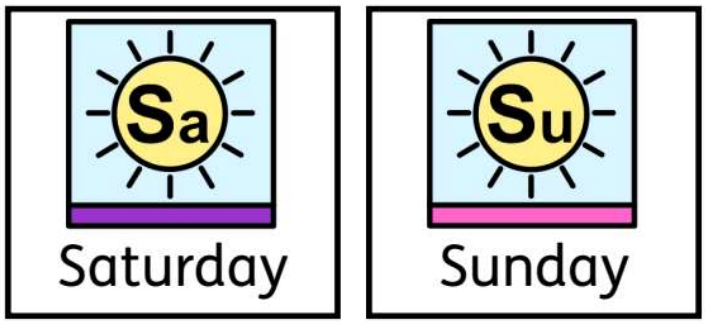
If you have any questions about the resources listed below, please feel free to email us on; autism@cardiff.gov.uk

Appendix 1

Weekend Planner

Name:

Date:



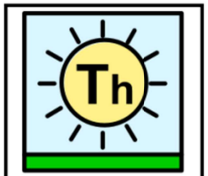
Morning

Afternoon

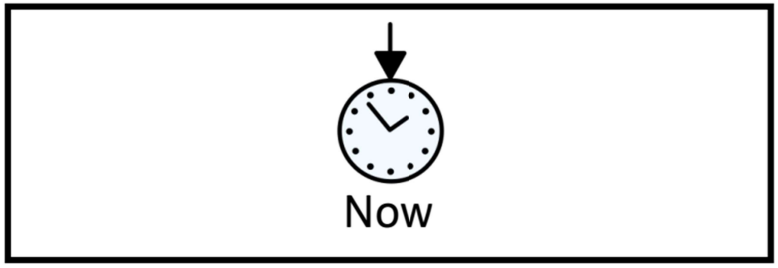
Created in WidgitOnline.com for Autism Cardiff

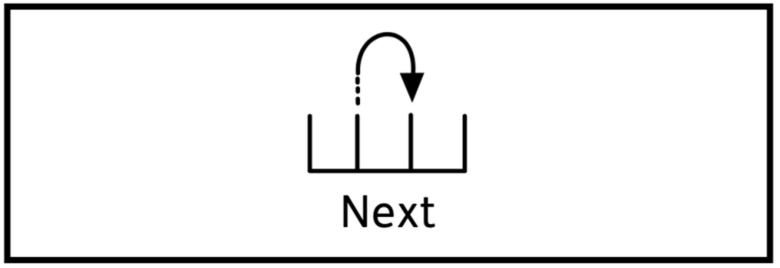
Widgit Symbols © Widgit Software 2002 - 2020

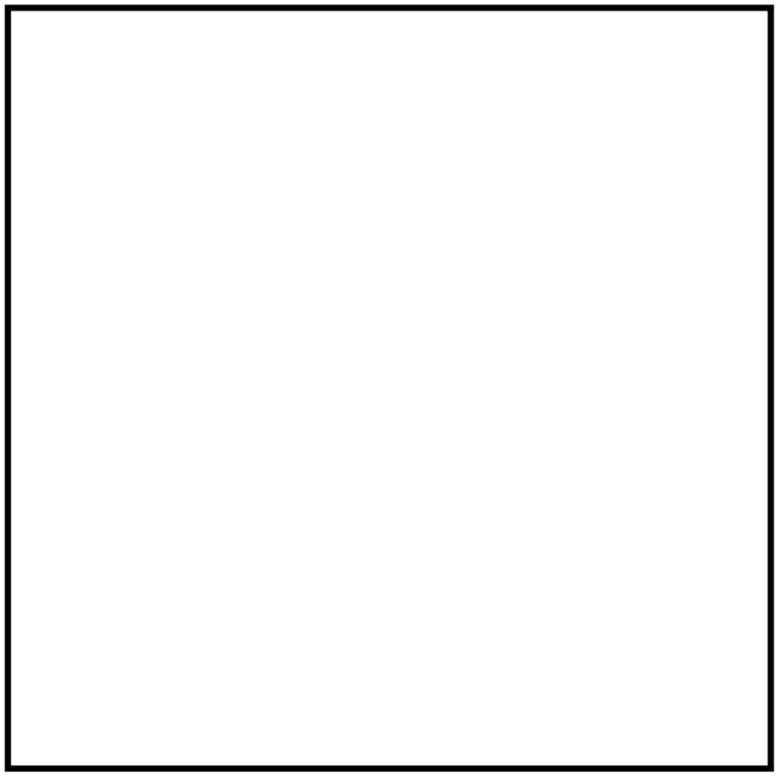
	9:00	10:00	11:00	12:00	1:00	2:00	3:15
M Monday				Lunch			
Tu Tuesday				Lunch			
W Wednesday				Lunch			
Th Thursday				Lunch			
F Friday				Lunch			

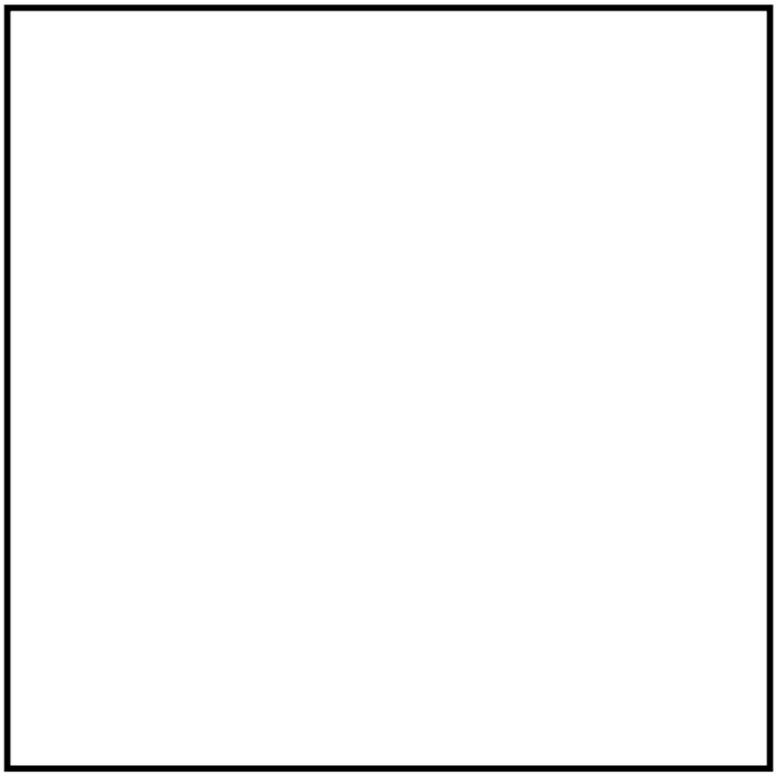
Monday							
Tuesday							
Wednesday							
 Thursday							
Friday							

Widgit Symbols © Widgit Software 2002 - 2020


Now


Next





Monday		
Tuesday		
Wednesday		
Thursday		
Friday		

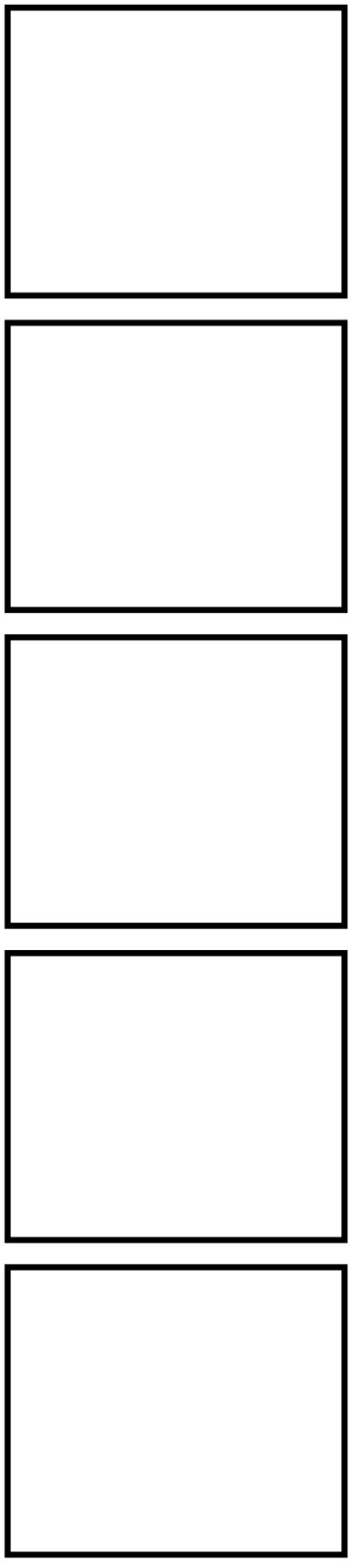
'eated in WidgitOnline.com for Autism Cardiff

Widgit Symbols © Widgit Software 2002 - 2020

Day Planner

Name:

Date:



AM

PM

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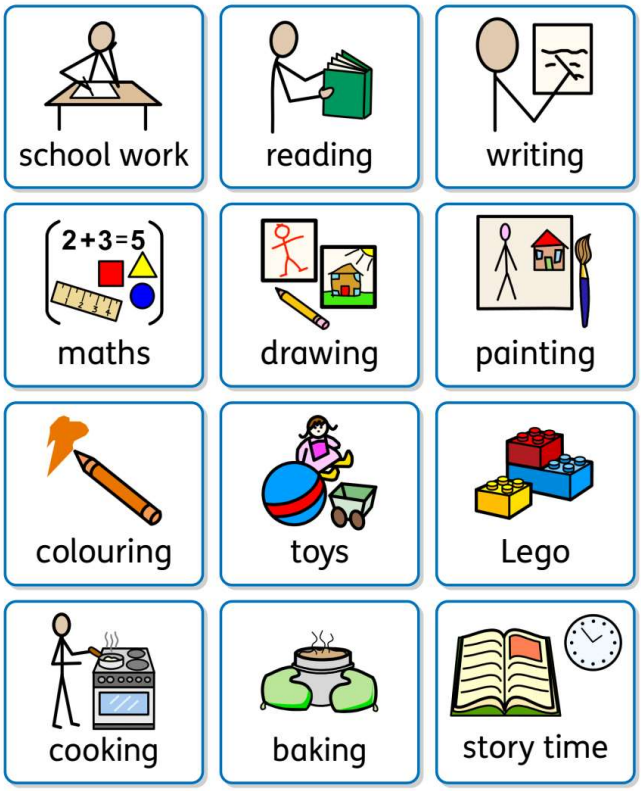
daily schedule


school work
reading
writing
2+3=5
maths
drawing
painting
colouring
toys
Lego
cooking
baking
story time

laptop
computer
IPad
phone
XBox
Playstation
games
music
messy play
craft
TV
relaxation

Appendix 2

Get your toothbrush.

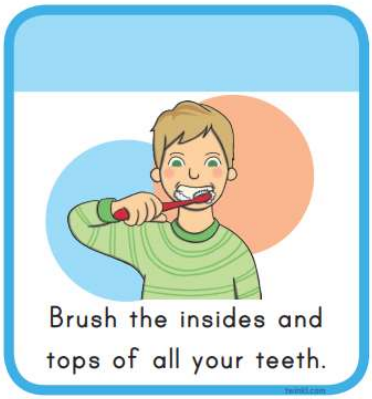
Put some toothpaste on your toothbrush.

Turn on the water.

Wet your toothbrush with water.

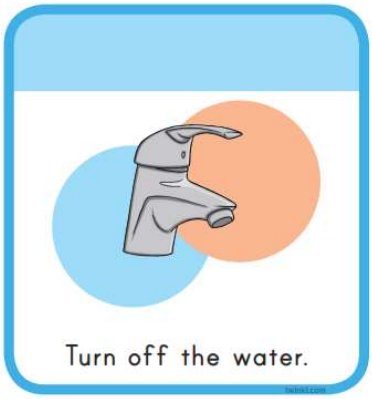
Brush the front of your teeth.

Brush the back of your teeth.


Brush the insides and tops of all your teeth.

Gently brush your tongue.

Spit out the toothpaste.

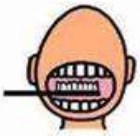

Turn off the water.

I BRUSH MY TEETH

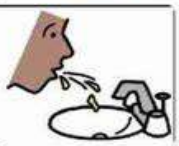
1. Squeeze toothpaste onto your toothbrush. ☐

2. Hold toothbrush under the tap. ☐

3. Brush your teeth. ☐



4. Spit the toothpaste into the sink. ☐



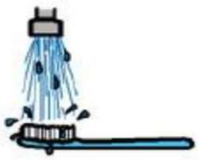
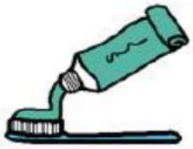
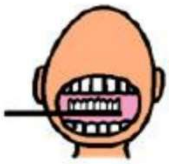
5. Rinse your mouth and smile. ☐

Brush Teeth

- Get toothbrush, toothpaste, and floss
- Wet toothbrush
- Put toothpaste on brush
- Brush teeth
- Brush front of teeth
- Brush back of teeth
- Brush tongue
- Spit in sink
- Floss teeth
- Throw away floss

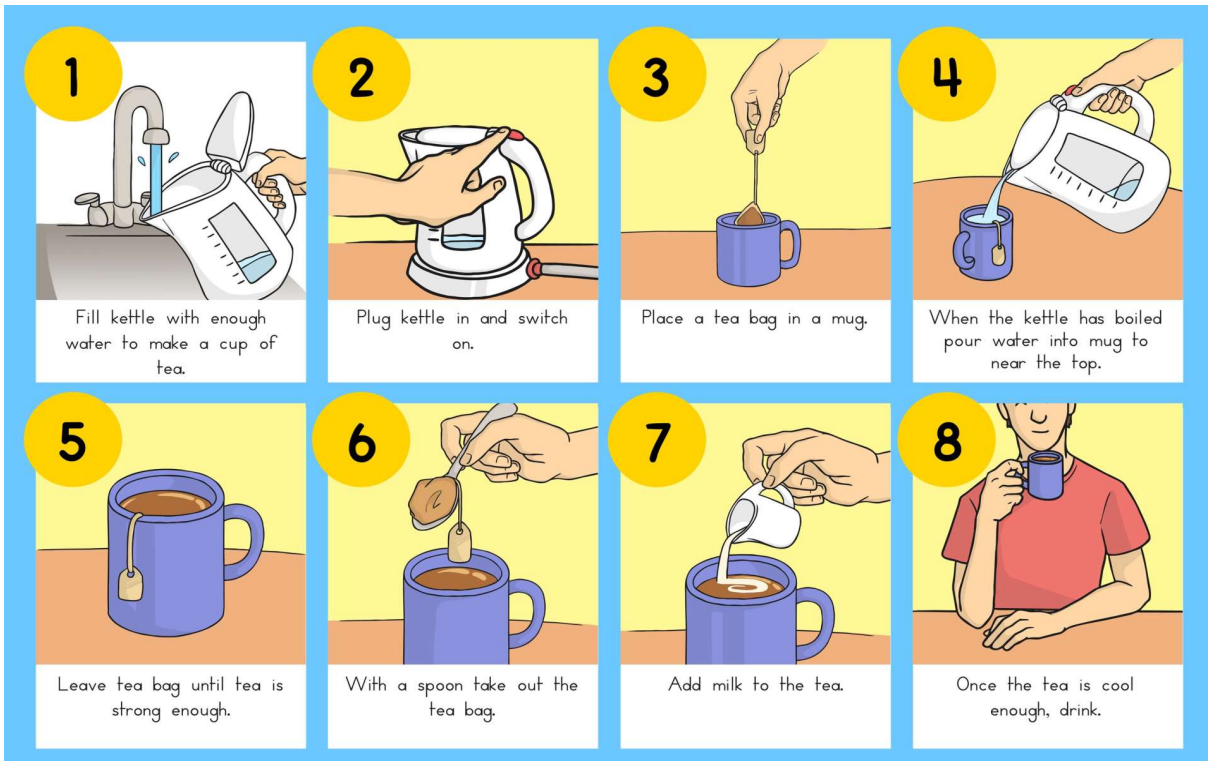
- ☐ Rinse toothbrush
- ☐ Squeeze toothpaste on toothbrush
- ☐ Brush top front teeth 10 times
- ☐ Brush top left teeth 10 times
- ☐ Brush top right teeth 10 times
- ☐ Brush bottom front teeth 10 times
- ☐ Brush bottom left teeth 10 times
- ☐ Brush bottom right teeth 10 times
- ☐ Rinse toothbrush
- ☐ Rinse mouth
- ☐ Wipe mouth

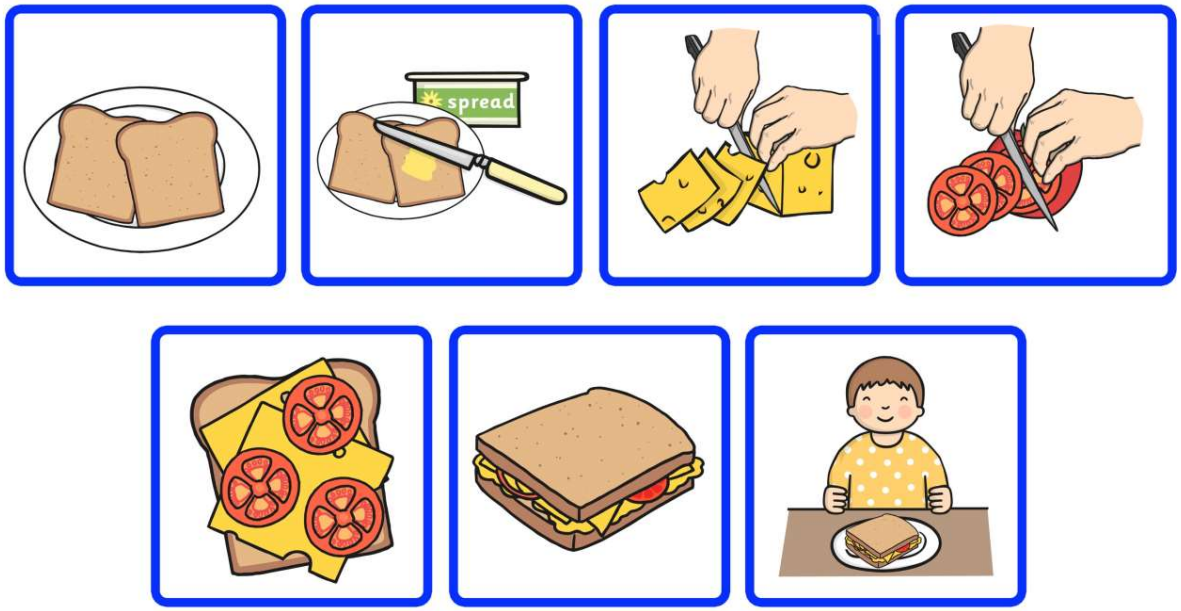
Finished!

1	2	3	4	5
wet toothbrush 	toothpaste on brush 	brush teeth 	spit in sink	rinse toothbrush
☐	☐	☐	☐	☐

undress
take a bath
brush teeth
go to the toilet
take a shower
put on night clothes
get into bed
bedtime story
wash face
dry
goodnight kiss
lights out

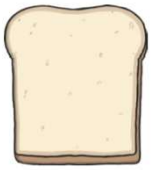
Take a bath
Take a shower
Wash hair
Put on pajamas
Brush teeth
Get a drink
Go to the bathroom
Go to bed
Go to sleep


1
Fill kettle with enough water to make a cup of tea.
2
Plug kettle in and switch on.
3
Place a tea bag in a mug.
4
When the kettle has boiled pour water into mug to near the top.
5
Leave tea bag until tea is strong enough.
6
With a spoon take out the tea bag.
7
Add milk to the tea.
8
Once the tea is cool enough, drink.

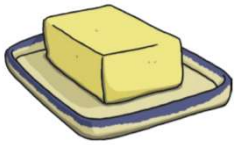

spread

How to Make a Jam Sandwich

What you need:



Bread



Butter

Knife

Jam