

Living with a Child with Autism... Tips for a Happy, Harmonious Household!

1. USE ROUTINES

Set up structures, routines and systems— Demonstrate. Kids need to hear what you want and see what you want.

2. CHANGE THE ENVIRONMENT, NOT THE CHILD!

Pay attention-- is it too noisy, too bright, too busy? Is the TV always on? Calm the environment down to calm your child down.

3. FOLLOW THROUGH WITH FOLLOW UP...

Use routines and rules, then follow through with consequences.

4. GROUND YOURSELF, NOT THE KIDS WITH GROUND RULES!

Stick-to-it-ive-ness is your key to long-term success. If you say something, mean it. Grounding and timeouts are not the answer.

5. NEGOTIATION ISN'T JUST FOR ADULTS

Create rules with kids, not just for them. Get their buy-in. Once the rules are created, stick with them.



6. BREAK TASKS INTO SMALL CHUNKS

Don't overwhelm kids; break down their tasks into manageable, rewardable units. Great for self-esteem!

7. GIVE KIDS THE "HEAD OF THE TABLE"

Let kids be responsible for their tasks, even though it would be easier for you to do it for them. Reward good work.

8. TEAMWORK WORKS GREAT!

Unite your kids, don't show favoritism or take sides. Show siblings how to solve problems together.

9. PUT OUT THE CONFLICT FIRE!

Avoid struggles where kids get into no-win, defensive, or argumentative postures.

10. ACTIONS SPEAK LOUDER THAN WORDS!

Make your physical actions positive ones— hoorays, not finger pointing!

11. BASED ON RESULTS!

Connect consequences to behaviors, so kids see why they have a specific result.

12. CONSEQUENTLY SPEAKING!

Help ground kids in the real game through their natural consequences.

13. SMELL THE ROSES!

Focus on the positives by recognizing the little "wins".

14. LISTEN WITH ALL YOUR HEART!

Listen empathetically to your children. Whether they are verbal or non-verbal, children still communicate.

15. PLAY UP GOOD PAST ACCOMPLISHMENTS

Talk about past accomplishments, describe successful activities and attempts, and how they felt.

16. IT'S THE LITTLE THINGS!

Praise successes on an ongoing basis. This helps with building self-esteem.



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