

Top Tips for Families

Staying well when you're stuck at home



Tips & ideas for families at home due to COVID-19

Establish a Routine



- ☆ It's important to maintain a sense of routine and structure in your day.
- ☆ Set specific times where you may do some schoolwork, games in the backyard, as well as 'downtime' (much like the child's schedule at school).

Make time for Enjoyable Activities



- ☆ Make time to do things at home that have made you and your family feel better in other stressful situations – like listening to music, playing games, or exercising.
- ☆ Build the activities into your daily routine and include them on your child's schedule.

Set up Sensory Zones



- ☆ Having time to rest and recharge is important. Make time for down time.
- ☆ Set up 'sensory zones' where your child can go and wind down, and allow them to access what they need to regulate themselves.
- ☆ If there are siblings, ensure that they each have their own space.

Communicate relevant information



- ☆ Information provided by news and media can be overwhelming.
- ☆ Whilst it's important to stay informed, ensure that your child accesses information that is appropriate for their level of understanding.
- ☆ You can access plenty of suitable resources on our website:
<https://www.autism.org.au/our-services/fact-sheets-autism-2/coronavirus-covid-19-update/>

Stay Connected



- ☆ It's important to maintain positive connections with family and friends - practise physical distancing, but make sure you don't socially isolate yourself from others.
- ☆ Scheduling a video call, connecting via social networks, or playing a quick online game will help you maintain connections.
- ☆ **Did you know that our MyTime & Parent Coffee groups are now online? You can access our support groups via Zoom.**

Look After yourself



- ☆ Children may pick up on feelings of stress & anxiety in others, so it's important to take care of yourself as much as everyone else in the family.
- ☆ Don't sweat the small stuff! If things don't go to plan, it's okay to change the plan!
- ☆ Reduce demands and expectations if needed (for your child as well as yourself!)

Reach Out when needed



- ☆ We understand that it is a challenging time for many families - we are here to help!
- ☆ Our services are still running, but may look a little different.
- ☆ Get in touch with your Key Therapist or Coordinator regarding the supports they can offer.
- ☆ If you are currently not accessing our services, contact our Autism Advisors on 9489 8900.

Resources & Information

Autism Association Covid-19 Page:

<https://www.autism.org.au/our-services/fact-sheets-autism-2/coronavirus-covid-19-update/>

- ☆ Latest news & updates
- ☆ Therapy & Support Options
- ☆ Resources:
 - Social Stories for kids & adults
 - Tipsheets
 - Information sheets (e.g. Zoom & tele-therapy)
- ☆ Useful websites

Online Parent Support Groups:

autism.org.au/our-services/diagnosis/parent-support-training/parent-coffee-groups/

Stay Up to Date:

autism.org.au/contact/newsletter/