



Parent and Carer toolkit

Supporting your child to learn at home during coronavirus crisis

Introduction

What is in this pack?

We are hopeful that this toolkit will help support your child/YP at home during this time of uncertainty. For an autistic child, YP or adult visual supports can help to decrease anxiety and increase independence across all settings. This toolkit provides you with all that you will need to help structure your child's day at home, no matter his/her age.

Contents

1. **Planning your days.** Putting structure into the day will help reduce anxiety so creating a schedule/timetable can really help. This section includes templates, and symbols for activities for those who need it.
2. **Visual supports:** to support activities and smaller 'chunks' of time, ready for the activity ideas below. This includes now-next visual, mini schedule and a to do list which you can use according to what suits your child/YP.
3. **Activity ideas.** This section provides some key themes for activities that can help support learning and engagement at home.
4. **Choice board.** If your child is overwhelmed by too many choices OR some of the schedule pieces are not options in your home, you can cut out a smaller number of choices and stick them on this board for your child to choose from. This can also be used as a reward choice board.
5. **Keeping track.** If you would like to keep track of which activities you've completed, you can use this visual
6. **Reward progress.** If your YP would benefit from working towards a goal/reward, here are some visuals that you can use for this.

1. Planning your day

Choose from one of the following templates – or create your own! See also the additional attached file for more options of templates.

How to use

- Print. Alternatively, edit in a preferred format if no printer e.g. PowerPoint.
- Order the selected events of the day/week onto the timetable of your choice or blank sheet titled 'My day'. It may need to be longer than one page, and an extra pack is included with a weekly schedule if preferred. For some students, timetables on phones will work well, with reminders.
- Be sure to have clear ideas of what activities are good during breaks, and try and schedule in sensory activities to help regulate.
- Go through the schedule with your child/YP at the start of the day. They may need you to break it down so that only a few things are shown at a time.
- If you child/YP is using 'my day', then draw your child's attention to each activity as it happens, showing them the symbol on the 'My day' sheet before starting.
- As each activity on 'my day' finishes, explain that this is 'finished' and take this off the schedule. Ideally put that symbol in a zip wallet/container with the 'finished' symbol stuck on the front.
- The 'next' activity should now be at the start of the top of the list of symbols.

Day: _____

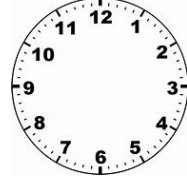
TIME	Activity	Topic
	Breakfast	
	Session 1	
	Break	
	Session 2	
	Lunch	
	Session 3	
	Break	
	Session 4	
	Dinner	

Today's timetable

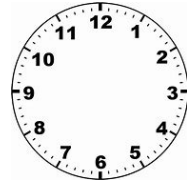
Topic

Time

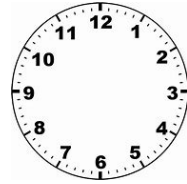
--



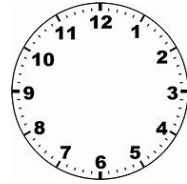
--



--



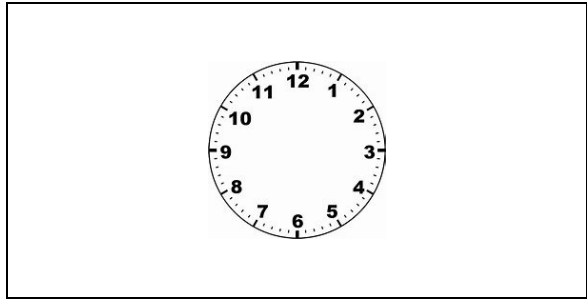
--



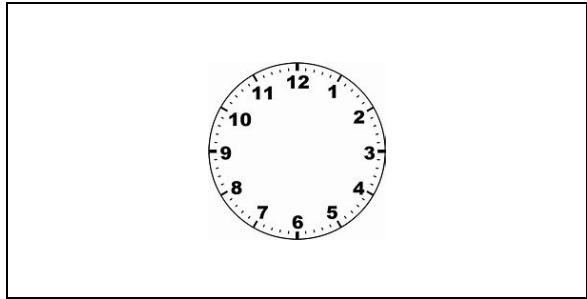
Topic

Time

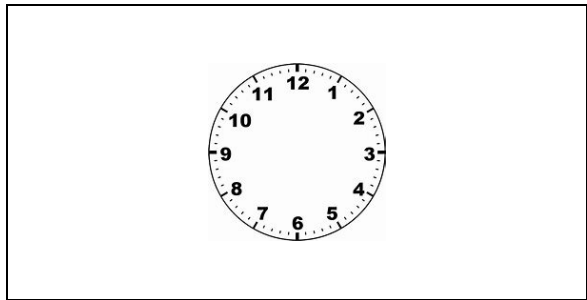
Blank box for writing the topic.



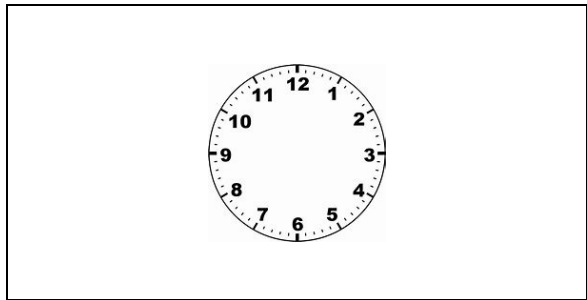
Blank box for writing the topic.



Blank box for writing the topic.

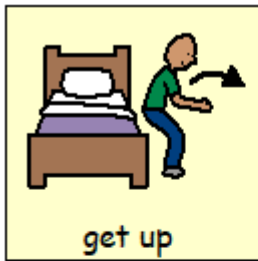


Blank box for writing the topic.





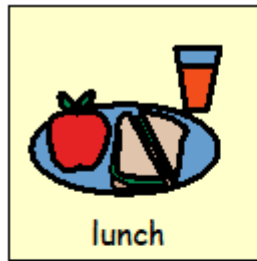
My day



get up



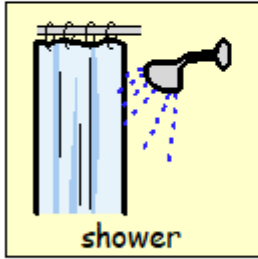
bath



lunch



phone



shower



brush hair



dinner



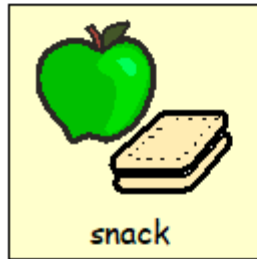
outside



breakfast



make bed



snack



walk



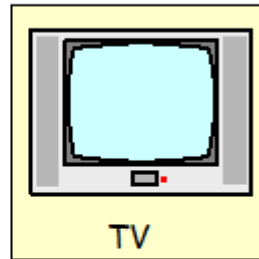
get dressed



go to bed



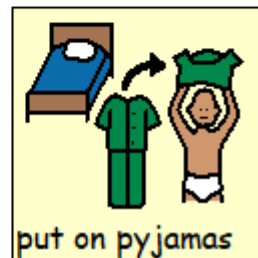
drink



TV



brush teeth



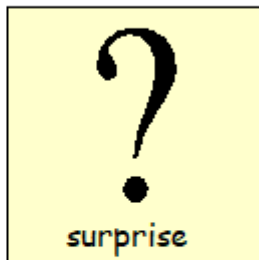
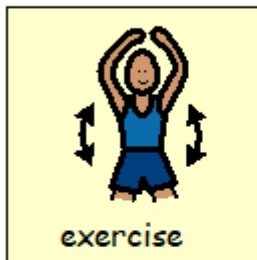
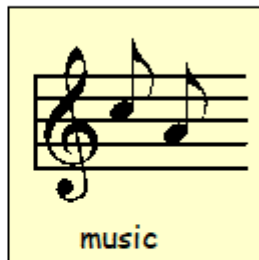
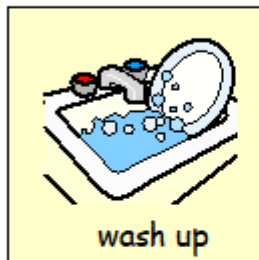
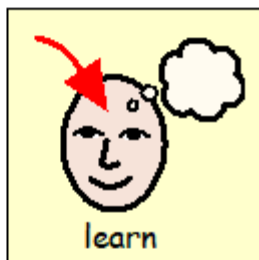
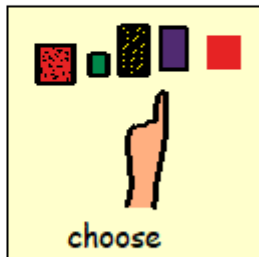
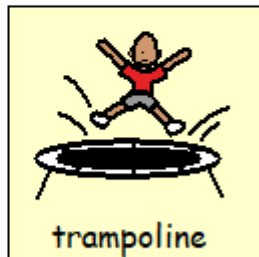
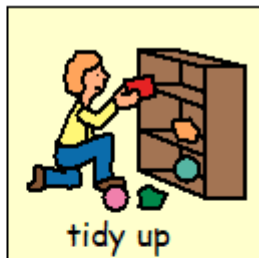
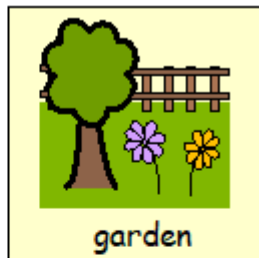
put on pyjamas



wash hands



read

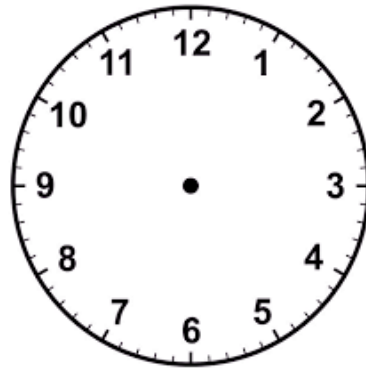


2. Visual Supports

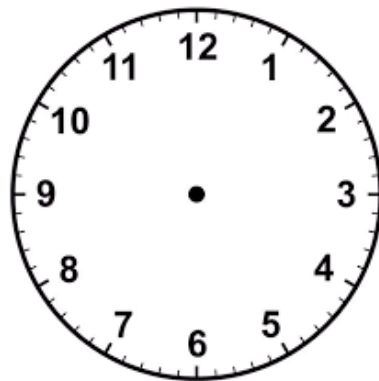
Use what is relevant for your child/YP. You can print these off and write in them, or use symbols/pictures. Colour coding may help.

School can advise.

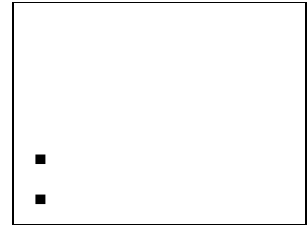
Now



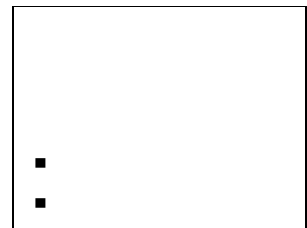
Next



Now



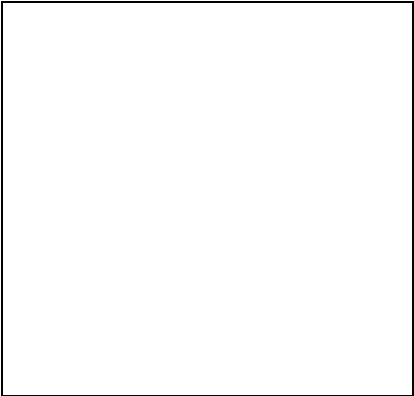
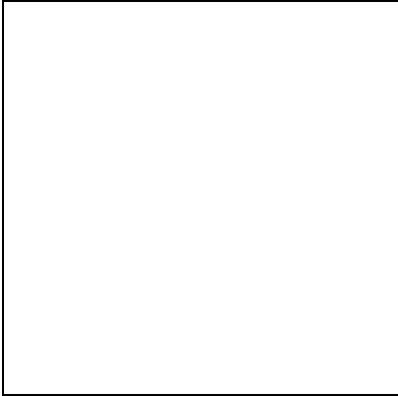
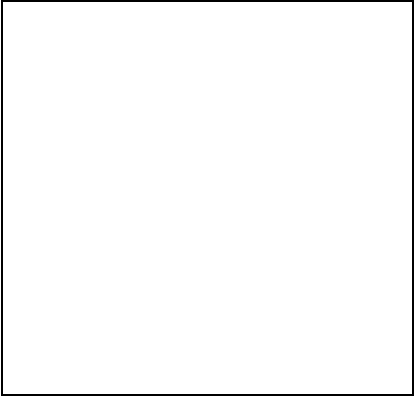
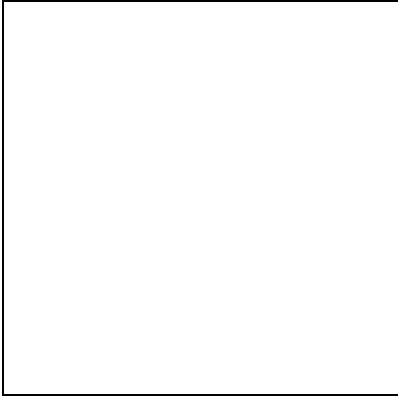
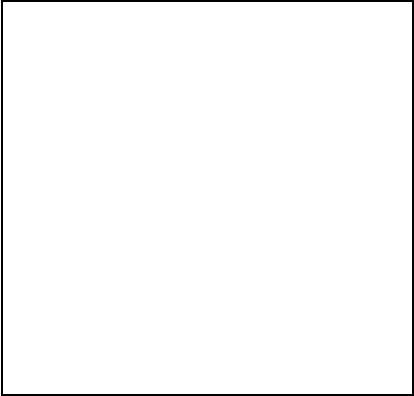
Next



Mini schedule (e.g. to complete 1 task)

FINISH

Mini schedule (e.g. to complete 1 task)



Task List

Task:	
-------	--

Steps	

Finished

4.Choice board

This may be helpful if your son/daughter struggles with free time, or you want to engage them in deciding how to structure the day. Write in, or place symbols/pictures to represent the choices they have available to them. Be careful to only add as many options as they can cope with.

Choice Board

5.Record Progress

Use this for your own records if it is helpful. Do not feel you need to complete asset number of activities every day.

Activities:	Mon	Tues	Weds	Thurs	Fri
Highlight of the day:					

6.Reward Progress

Working
For:

