

consistency

KEEPING
THINGS
CONSISTENT
WHEN
LIFE
ISN'T!



Tips on keeping things consistent from the Child & Youth Working Group.

1 - Take a busy bag to a restaurant, shopping, family outing. The bag can include storybooks, coloring books and crayons, small cars/trucks, squishy toys....

2 - Use picture stories to prepare your child for a new experience.

3 - Use routines and schedules to create anchors for children.

4 - When transitioning your child to a different activity, consider using a timer to indicate the length of time until the transition.

5 - Go to the same stores, movie theatre, park, mall, pool and playground. It is familiar to the child.

6 - Provide structured and supervised activities during a play date.

7 - Invite a friend to go on an outing with you and your child(ren) to offer support.

Remind you child of the rules before going on an outing.

Remember to keep the rules simple!

8 - Keep your child busy when shopping. For example: finding items on the shelves, pushing the grocery cart, holding the shopping list, counting the fruit or vegetables, etc

9 - Reward good behaviors with smiles, hugs and stickers!

10 - Provide outlets for the release of energy. Plan daily activities such as running, sports or long walks.

