



# 24 Hour Supervision Strategies

- 1) Provide as much direct line of sight supervision as you are able to.
- 2) **Ask friends, spouses, and other family members to assist in providing supervision. Hire help as you are able to do so.**
- 3) Encourage other children in the home to “be responsible” for short periods of time and engage in specific activities (video games, board games, crafts) with the FASD sibling.
- 4) **Have your child help you make snacks and meals.**
- 5) Set up parental locks on the television and internet.
- 6) **Use apps that enable you to disconnect internet access to I pads from your phone.**
- 7) Turn on GPS settings on your kids’ electronic devices.
- 8) **Have set times that your child is involved in sports or clubs outside of the home.**
- 9) Put alarms and bells on all doors and windows.
- 10) **Have an older sibling or friend be a bus buddy for the school bus.**
- 11) Have your child seat behind the bus driver while on the bus.
- 12) **Provide cues and reminders of what the expectations are.**
- 13) Allow your child to participate in decision-making for activities they participate in to promote responsibility and the feeling that they have a say in what they are doing.
- 14) **Assist your child in determining the pros and cons of a few different options that you provide and allow them adequate time to make a decision.**



15) Take very small steps toward independence only when the child demonstrates a stable long-term ability to handle time alone at home or in social situations.

16) **Set up times for your kids to have regular contact with you when they are not in the home.**

