

Strategies for Setting Up Smooth and Successful Weekends!

- While the weekend can be unpredictable, try to provide a routine as much as possible.
- Sometimes the toughest time for people with ASD is downtime. Develop a treasure chest of games and activities that your son or daughter can enjoy during downtime.
- Allow your son or daughter to have some choices throughout the day. Whether it's picking between turkey and ham at lunch or what chore to do first, allowing your son or daughter to have control promotes a smoother day.
- Let your son or daughter know ahead of time about any changes or any new places you will be going.
- Set your weekend up so that there are preferred activities following non-preferred activities. Use a "First Then" visual aid as a support.
- Use a visual schedule. Talk with your son or daughter's teacher about what they use at school!
- Provide checklists for your son or daughter so that they may complete as much of their own routine as possible.
- All of these strategies can be used after school! Help your son or daughter transition home by providing a routine.
- Like anyone else in your family, expect that your son or daughter with ASD help with housework. Choose age and developmentally appropriate activities that they can be successful at, and will foster a sense of accomplishment upon completion. This is important to build work ethic for their future!