

RESOURCES FOR YOU WHILE YOU STAY HOME

Tips to help families with autism

CREATE ROUTINES

CHECK YOUR ENVIRONMENT
ENSURE HOUSEHOLD IS SAFE
FOR KIDS

VISUAL SCHEDULES



Ideas to provide structure for families

Autism New Jersey provides many ways to maintain calm environments in the midst of unstable times. A few suggestions include: modifying the environment, visual supports, spend time outside, prioritize goals to combat challenging behaviors, and virtually connect with others. To read the full article [click here](#):

routines, visuals, and outdoor time

[TIPS FOR YOUR HOUSEHOLD
DURING A QUARANTINE](#)

Social story on Coronavirus for children

BY FREDERICK COVINGTON

Social stories can help children with autism understand the world around them. Parents will have to manage their own fears about COVID-19 and help address their children's. [Click on this social story](#) to share with children and begin the conversation about taking care of your family.

Social distancing explained in a video

Being isolated may be a hard concept for children to understand. This video explains the concept of social distancing. [Click here to see the video.](#)



[This article](#) from the Washington Post helps inform parents about how to manage children at home. It also offers great resources and ideas to thrive during this time.

**Tips: play games,
discover audiobooks,
podcasts,
explore the great
outdoors, and
reframe your mindset
to enjoy a slower pace.**

WE ARE WITH YOU,

THE AUTISM SOCIETY OF
SOUTHERN ARIZONA

[CLICK FOR MORE RESOURCES FROM THE AUTISM SOCIETY
OF AMERICA](#)