



GENERAL GUIDELINES FOR PARENTS OF CHILDREN WITH AUTISM SPECTRUM DISORDER

Rising Sun Institute for special children has always strived to work at its best for its students. Children with autism face difficulty in socializing, communicating both verbally and non-verbally and in expressing their emotions and feelings. There could be a wide range of behavioral and sensory issues. Children with autism usually wouldn't accept changes in daily routine and under present circumstances it is important for the parents and family to set their child's routine as it was previously when school was open. For this purpose Rising Sun Institute for special children has started an online guidance program for the parents and the sole purpose of this program is to guide them how to easily work with their child despite the entire current situation, whilst sitting at home.

Objectives:

- Empowerment of parents
- Bridging the gaps in children's education due to present situation (Covid 19 pandemic)
- Utilization of available resources
- Emphasizing family involvement for the betterment of the child

Guidelines:

1. Select a room or space for your child's daily session. The room should have enough space, airy and distraction free. It should not be overly occupied by furniture or toys.



2. Follow the given IEPs (Individualized Educational Program).
3. Make a timetable of daily activities which includes cognitive skills, music, physical

activities, sensory time, self-help skills etc.



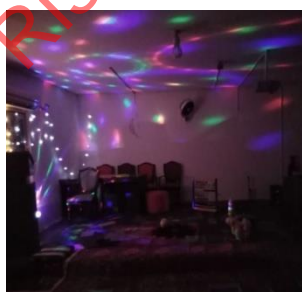
4. Before conducting session or any activity make sure that basic needs of your child are fulfilled like, hunger, thirst, sleep and toilet use.
5. Session timings should be between 30 to 40 minutes.
6. Give 5 trials for each activity.
7. Maintain record of trials and prompts/help given, to track your child's success.
8. Try to use material present at your home for teaching your child. You can also recycle old things to make material for activities like you can make blocks with match box, can use cardboard for cutting different shapes etc.



9. Use picture schedule to help children know the next activity or to explain process and instruction of any activity



10. Children with autism have many sensory processing issues. They can be hyper or hypo sensitive to touch, sounds, lights etc. Sensory processing problems can create difficulties for children with autism while doing different activities like unable to pay attention during tasks due to sensory issues. Hence it is important to understand what sensory issues are and how you can ease your child by fulfilling his/her sensory need. For detail information related to sensory issues please consult our sensory processing guidelines.





11. Pay attention to your child's positive behavior and reward it with appreciation.



12. Provide choices during tasks and activities and let the child to do his favorite one first.



13. Use simple words and sentences that a child can understand easily.

*Give me
*Point out
*Go out
*Come in
*Fix it
*Put in

14. Associate reinforcers with specific activity and give accordingly.

15. Sometimes it is difficult for a child to switch from his favorite activity, for this you can set a timer to help your child and let him know that he has to finish the activity when the timer rings.

16. Establish daily routine of your child.



17. Try to educate your child about personal hygiene, cleanliness and tidiness around the house.



18. Teach them daily self-help skills one by one and step by step such as brushing teeth, taking bath, wearing socks and shoes and brushing hair.



19. Be consistent in implementing your rules and regulations

20. Make sure to involve siblings, grandparents and other family members in activities with the child. Family members can specify time slots to engage with the child.



21. Observe your child's behavior, as every behavior serves a purpose for the child and by knowing the reason parents can manage their children more efficiently via responding appropriately to the need of child

22. To explore your child's talent join them in multiple activities and encourage their

skills.



23. Have fun with your child and utilize this time efficiently.

Note: As we already have provided you IEPs. Kindly follow them on daily basis. In addition, we are sharing some other activities for your guidance.

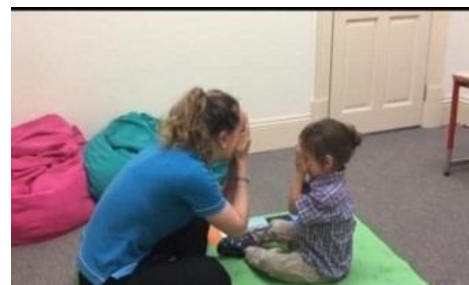
Activities to improve Eye Contact

- Put the object up to your nose
- Blow bubbles
- Use toys with lights and sounds
- Play with glittery stickers and colorful cards
- Peek a boo
- Mirror art
- Follow simple commands like: look up, look down



Imitation Skills

- Imitation of leg and foot movements
- Imitation of arm and hand movements
- Imitation of facial gestures
- Imitation of sounds
- Push block with a finger in imitation



Eye-hand Coordination activities:

- Throwing and catching a ball
- Puzzles
- Balloon toss
- Sandpit toys
- Cutting and pasting
- Dribble a ball around cones
- Squeezing foam
- Bean bag activities



Social Interaction:

- Takes offered items
- Initiates and return greetings
- Sharing/ gives-up item to others
- Searching for missing person
- Asks person for items
- Joins siblings in activity



Cognitive Skills:

- Takes stack rings apart and put together in proper order
- Responds to simple verbal requests
- Identify and matches same objects
- Trace letters and numbers
- Count to 3 in imitation
- Points to self when asked where (name)



- Points to body parts
- Names colour on request
- Names long and short



Fine Motor Skills:

- Marks paper with crayon
- Build tower using 9 cubes
- String 1 or 2 beads
- Scoop and count game
- Play with dough
- Cutting new paper
- Threading with a cardboard



Gross Motor Skills:

- Walk backwards
- Kick the ball
- Run with pattern
- Move with rhythm
- Fix bottle
- Skipping rope
- Jumping forward



Self-help Skills:

- Use napkin
- Wash with liquid soap and dry hand
- Pull up and down elastic waist pants



- Brushing teeth
- Face washing
- Lacing and buttoning
- Toilet training

Daily Living Skills:

- Cut vegetables and fruits
- Table setting
- Clean table or work space
- Make bed, sweep floor etc
- Doing laundry with help
- Gardening
- Do grocery
- Using utensils



Rules and Regulations:

1. For consultation or guidance, you can contact us from 9 am to 12 pm every Monday to Thursday.
2. Respect each other
3. No irrelevant messages or content sharing in the WhatsApp group.

Rising Sun Institute for Special Children