

Parent Tip # 17

How to Teach Coping and Calming Skills

- Strategically choose times of the day when the child is calm to initiate the instruction
- Create a concrete and visual routine to support the use of these strategies. Many free apps are available for calming strategies and guided meditations such as Calm, Headspace, Breathe2Relax, Pacifica, and RainRain.
- Ensure that the individual with "learning differences" has ample access to these calming activities.
- Coping/calming activities may be scheduled regularly across the day in the initial weeks of changes, then, if appropriate, parents may introduce and teach a self-management plan that helps individuals track their anxious or worried responses and identify when the calming strategies are required.

Adapted from (AFIRM) is an extension of the National Professional Development Center (NPDC) on ASD

