

Parent Tip # 19

Maintain Routines

- While it is important to create time and space for all family members to process uncertainty, individuals with "learning differences" may cope best when daily routines are only minimally interrupted. Routines can provide increased comfort for individuals with autism and other "learning differences" (Faherty, 2008) and may allow them to better express their feelings related to the changes.
- For example, instead of skipping a Friday night movie tradition because of increased screen time at other times during the week, choose a movie that can facilitate a conversation about the changes, loss, and/or associated feelings (e.g. *Inside Out*, *Finding Dory*). Combining the stress of the COVID-19 related changes with the addition of changed routines--especially if the new activities are nebulous or unstructured--could potentially exasperate or extend the adjustment process (Lipsky, 2013). Important routines to maintain will be discussed in following days:

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

