

Parent Tip # 16

- **Prioritize Coping and Calming Skills**
Supporting individuals with "learning differences" to learn coping, self-management, and self-care skills is a priority during this time of uncertainty.
- **Ideally, individuals with "learning differences" have some coping and calming strategies in their repertoire of skills to access with support during their most anxious times. These may include rocking in a rocking chair, listening to music on headphones, deep breathing, watching a preferred video clip, brief periods of vigorous exercise, or accessing a favorite activity or material. If coping or calming strategies are not yet part of the routine, parents can prioritize the teaching of these skills during this time of uncertainty.**

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

