



- Make a simple visual calendar to show the week.**
- Set up a calm space with comfort items for breaks.**
- Pack a go-bag with snacks and essentials for outings.**
- Check home safety before new routines or travel.**
- Keep sleep and meal times familiar.**
- Add short, school-like activities in the morning.**
- Check in with your ABA team about helpful routines.**
- Give simple choices for activities to boost engagement.**
- Use timers or cues to prep for changes.**
- Praise flexibility and communication.**
- Plan social time in calm settings.**
- Take a short break for yourself each day.**
- Enjoy small wins and happy moments together.**