



ROUTINE AND COMMUNICATION

Routine plays a crucial role in managing the environments of children with autism. It fosters a sense of predictability, security and structure which are key elements in reducing anxiety and minimizing behavioural outbursts.

1. Predictability Reduces Anxiety

Autistic children often struggle with uncertainty and change. A consistent routine helps them know what to expect and when to help them feel more in control. When things feel predictable, they are less likely to feel overwhelmed.

2. Structure Supports Understanding

Routines give clear cues about what is happening now and what is coming next and helps provide better understandings as to what is expected. This helps children process transitions and activities better.

3. Reinforces Positive Behaviour

When children know the steps of their day and what is expected, this can enable them to build positive habits. You can also embed rewards or positive reinforcement into the routine. For example – “first we clean up, then we get to play”.

The use of “First this and then” helps to create boundaries while rewarding the young person for completing the task that has been given to them by an adult.

4. Minimizes Meltdowns & Overstimulation

Unexpected changes or transitions can trigger sensory overload and meltdowns. Routines act like a calming anchor, especially during the parts of the day that are more difficult e.g. Getting ready for school.

If there is advanced notice of changes in the routine, ensure you communicate the changes and support as best as possible.

5. Helps with Skill-Building












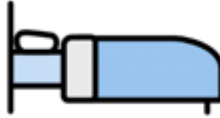




Routine helps autistic children practice important daily skills consistently which can help to build independence and confidence.

Below are some icons that may be useful to build your own personalised daily timetable for your child.

AVALON AUTISM PARENTAL SUPPORT & RESPIRE

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 <p>Wake Up</p>	 <p>Brush Teeth</p>	 <p>Breakfast</p>	 <p>Get Dressed</p>
 <p>School Bag</p>	 <p>Car</p>	 <p>School</p>	 <p>Lunch</p>
 <p>Playtime</p>	 <p>Clean Up</p>	 <p>Dinner</p>	 <p>Devices off</p>
 <p>Shower</p>	 <p>Pyjamas On</p>	 <p>Bedtime</p>	 <p>Reading</p>
 <p>Sleep time</p>	 <p>Night time</p>	 <p>Day time</p>	

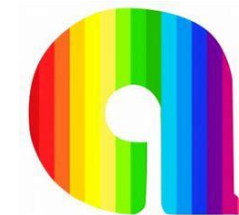


Zones of Regulation

























Visual representations of the Zones of Regulation are powerful tools for helping autistic children understand their emotions and recognize how they are feeling at any given moment. By providing a clear and accessible way to identify and express their emotional states, these visuals can support self-regulation and emotional growth.

By using the Zones of Regulation, it can help to:

- **Enhance Self-Regulation**
- **Supports Communication**
- **Reduces Anxiety & Meltdowns**
- **Builds Emotional Awareness Over Time**
- **Encourages Problem Solving**

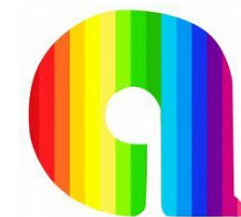


Feelings and Emotions

Blue	Green	Yellow	Red
 Sick	 Happy	 Frustrated	 Angry
 Sad	 Calm	 Worried	 Mean
 Tired	 Feeling OK	 Silly	 Yelling
 Bored	 Focussed	 Excited	 Hitting
 Moving slowly	 Ready to learn	 Loss of some control	 Disgusted
 Depressed	 Alert	 Restless	 Biting

More resources available from www.widgit.com

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Sad

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Happy

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