

TIPS FOR MANAGING

CHANGES

in

ROUTINES

During Summer Holidays

fasd NL fasd **ATLANTIC**



Prepare kids for changes in their routine. Explain new experiences to them; what is included, who will be there, expectations, etc. Mentally and emotionally prepare them to decrease stress, and troubleshoot any potential concerns.



Set summer goal(s) and incentivize with rewards. This could be learning a new skill, a physical activity challenge, etc. Break the goal down in to achievable steps, and reward when these steps are reached. Base goals on their strengths and interests.



Establish a new “normal” summer routine with a consistent rhythm. Start with the nonnegotiables (meals and commitments) and build from there, incorporating plenty of free time. Use a visual schedule to assist with the transition.

Free Choice Menu

Reading

Legos

Drawing/Painting

Play Instrument

Do a Puzzle

Costumes/Dress-Up

Board Games

Free time can be challenging for people who are neurodivergent. Create a menu of free choice activities they can choose from that align with their preferred interests, while encouraging calmer play.



Give yourself grace! It takes time for everyone to settle in to a new routine, and there will be stressful moments. Take breaks, practice self care and try not to be too hard on yourself.