

WINTER BREAK: NAVIGATING TRANSITIONS AND CHANGES IN ROUTINES

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When Do Transitions and Routine Changes Occur?

- Examples of Times of Change:
 - Moving cities/homes
 - Pediatric care to adult care
 - Going to appointments that are not part of typical day
 - School
 - Starting new schools
 - Starting a new school year
 - Breaks from school
 - Holidays
- Transitions happen every day!
 - We all start and stop activities many times each day, even during our typical routines



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ASD and Transitions/Changes in Routines

- Change occurs for everyone, and while change can be positive, it can also be difficult and stressful
- Individuals with ASD may experience increased challenges with transitions and changes in their routines (Hume, 2008)
- Routines:
 - Provide more predictability
 - Increase understanding of what activity is upcoming



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Winter Break from School – What May Change?

Daily
Schedules

Holiday
Activities

Home
Environment

Let's Prepare!

- Foreshadow upcoming changes in general routines and schedules during winter break
 - Verbally
 - Visually
 - Combination (e.g., Social stories)
- Foreshadow and plan for changes in environment/holiday events
 - Who
 - What – lights, sounds, smells,

Let's Prepare!

- Try to maintain typical routines as much as possible
 - Morning, meals, bedtime
- Structure days
- Use of visual supports daily during the winter break
 - Visual schedules
 - Timers/Clocks
- Help to make time more concrete and upcoming activities/events more predictable

2021 DECEMBER						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
28	29	30	1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	1

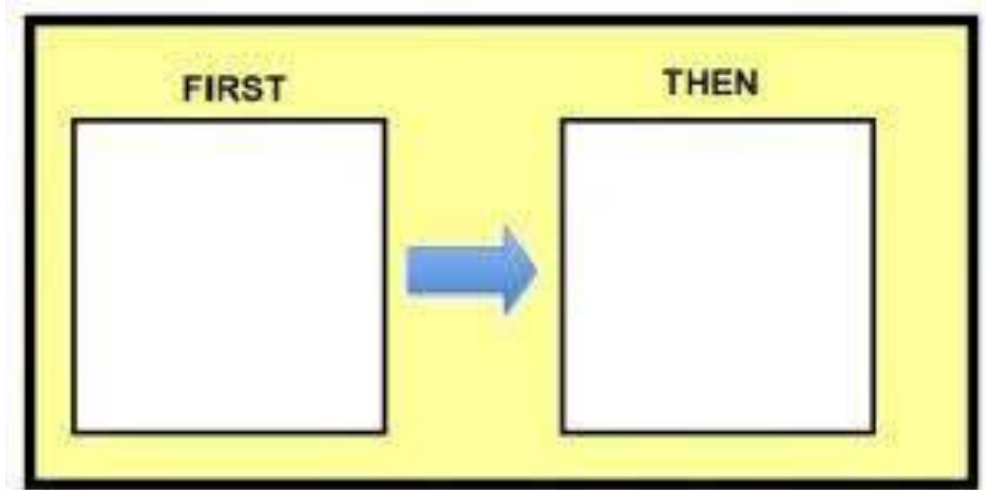
Free Printable Calendar From Typecalendar.com

My Winter Break from
School



Morning Schedule

- Wake Up
- Got to the Bathroom
- Get Dressed
- Pack up Items
- Eat Breakfast
- Brush Teeth
- Watch TV






Preparing for and Navigating Changes

- Coping strategies
 - Ensure way for child to communicate need for break and asking for help
 - Location for a break and calming, enjoyable activities
 - Build in breaks and downtime
- Reminder - Behavior is a form of communication!
 - What is the person communicating?
 - Verbal and nonverbal
- Highlight positives!

Autism Program Intervention Resources & Modules | CSESA | The National Professional Development Center on Autism Spectrum Disorder | TDSLA

Calming Routine

1. Take 4 deep breaths

2. Clench fists 4 times

3. Count to 10
1 2 3 4 5 6 7 8 9 10
4. Good job!


Resources - Websites

- <https://www.iidc.indiana.edu/irca/articles/transition-time-helping-individuals-on-the-autism-spectrum-move-successfully-from-one-activity-to-another.html>
- <https://carolgraysocialstories.com/>
- <https://www.iidc.indiana.edu/irca/articles/making-the-most-of-the-holidays-for-your-family-and-your-son-daughter.html>
- <https://www.autism-society.org/holiday-tips/>
- <https://www.iidc.indiana.edu/irca/articles/change-is-good.html>
- <https://afirm.fpg.unc.edu/supporting-individuals-autism-through-uncertain-times>
- <https://www.autismspeaks.org/sites/default/files/2018-08/Visual%20Supports%20Tool%20Kit.pdf>

References/Resources

- Hume, K. (2006) Change is good! Supporting students on the autism spectrum when introducing novelty. *The Reporter*, 11(1), 1-4, 8.
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- Pratt, C., (2020). Making the most of the holidays during covid for your family and your son/daughter on the autism spectrum. <https://www.iidc.indiana.edu/irca/articles/making-the-most-of-the-holidays-for-your-family-and-your-son-daughter.html>