

# 4 TOP TIPS ON PRACTICAL ACTIVITIES



- 1.** Provide support to help your child master practical activities that are important to their everyday life, e.g. tying their shoelaces, using scissors and cutlery. This will boost their self-esteem and confidence.
- 2.** Children with Attention Deficit Hyperactivity Disorder (ADHD) become easily frustrated so **monitor their mood at all times.**
- 3.** Give plenty of opportunities to use up excess energy.
- 4.** Transitions – structure and routine are very important for a child with autism to help manage anxiety and stress. Try to introduce any changes to routine and structure with advance warning to help a child prepare for a transition. When visiting new places, support the transition by using pictures, photos, Google maps, pre-visits or journey familiarisation.