

# RSAC Tips: Changing Gears

Transitions can be hard! As our schedules and routines change, here are some general tips to consider during this time of changing routines.

## Use visual schedules or other tools.

As your schedule options are beginning to expand, remember that many children with autism thrive off of a predictable schedule or routine. If you are planning on resuming therapy visits, for example, it may be helpful to use a visual schedule or other signal to help your child be more prepared.

## Provide choices.

Provide choices for your child. Where feasible, ask your child what he or she prefers to do that day, especially if your schedule allows for some extra flexibility. You can provide just two options to your child (for example, “This” or “That”) or a list of potential activities.

## Set expectations ahead of time.

If you plan to venture out but you expect your child to leave her or his mask on for the entirety of your trip, be clear about that expectation. If you expect your child to maintain close proximity to you and maintain distance from others at a park, practice following the rule ahead of time. Do your best to state the consequences for both following and not following the rules ahead of time also.

## Plan for your transition home.

Build in a little extra time for leaving your outing and heading back home. Use a visual timer to signal how much time remains before you need to leave – there are free apps available on both Android and iOS systems so that your timer is portable.

### Need some help with a visual schedule or visual timer?

We want to help! You can email us at [rsac@rollins.edu](mailto:rsac@rollins.edu) or visit [rollins.college/autismsupport](http://rollins.college/autismsupport) to sign up for an individual meeting. We can point you to a few different options to try, give you tips for using it for the first time, and help you troubleshoot if problems arise.

### Want More Details?

Visit [rollins.college/autismsupport](http://rollins.college/autismsupport) to sign up for our email list, download other tips sheets, or request more caregiver support.

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