

Changes to Routine

Changes to a child's routine can cause unnecessary anxiety, stress and may result in behavioural issues. Children will often react negatively to changes in their routine, as they find it difficult to communicate how these changes make them feel.

Tips

- ◆ Prepare your child for events or changes to their routine by talking about what is going to happen before the event. Talk about what will happen step-by-step, in language that is at their level. You may also like to use pictures to help your child understand.
- ◆ Validate how your child is feeling by talking about their emotions. For example *"I can see that you're sad. I will be back soon.. You'll have lots of fun playing on the bikes and in the sandpit. Let's go and see what we can find to play with."*
- ◆ Talk them through what is happening as it occurs.
- ◆ Always reassure your child and make them feel safe.



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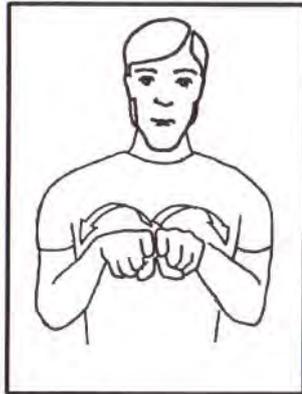
Key-word Signs

Using signs aids understanding by giving your child a visual cue. Remember to get your child's attention before you speak to them.

- Always say the word you are signing
- Only sign key-words
- Use signs all the time



AFTER (2) - Crook dominant index finger around thumb. Flick thumb up.



DIFFERENT - Extend index fingers of both hands, palms down. Place edges of index fingers together. While moving hands apart turn to palm up.



FRIGHTENED - Cup dominant hand, fingers spread. Bounce fingertips on upper chest, twice. Show tension in hand shape and increase movement to suit the degree of emotion.



SAD/MISERABLE - Move index finger edge of open dominant hand down from nose brushing against the chin as it moves downwards.

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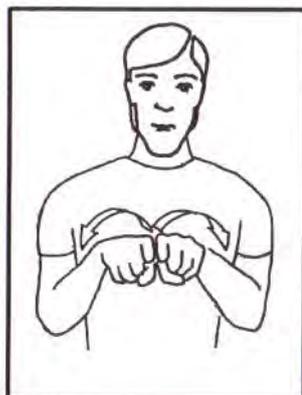
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