Top 10 tips for self-isolation with a child with autism

1. **Keep things predictable** – try to stick to school routine as much as possible. At least, make sure that you get up and dressed as normal.

2. **Structure**: Your children are used to structure during the school day often in the form of visual schedules and timetables. We know that structure and predictability helps (see Visual Supports)

3. **Quiet time**: Although it can be difficult in busy, crowded households, try to make sure that everyone has access to some quiet time away from everyone else where possible.

4. **Keep busy**: Make use of the learning resources posted to keep your child learning and occupied. We recognize that this might be challenging for some children so remember to pick your battles and use your good judgment in deciding how and when to use learning resources.

5. **Balance**: Try to make sure you have a good balance of activities during the day e.g. screen time, learning activities, games, cooking, time outside if you have access to outside space safely.

6. **Take care of yourself:** Feeling overwhelmed is understandable. Rather than focusing on the things you can't do at the moment, try to think about what you can do that you enjoy and that make you feel calm (see Suggested Activities to Manage Stress).

7. **Share**; If there is more than one adult in the house try to manage your time so that you are both able to have a little down time. Similarly try to share out cooking, cleaning and childcare responsibilities.

8. **Limit news:** Try to limit the amount of time you spend listening to news and updates and only focus on good quality information (see Useful Links) making sure that you take time to do the things that relax and distract you.

9. **Stay connected** with friends and family – use phone, face time, WhatsApp, Microsoft teams, Zoom etc creatively to stay in touch with people.

10. **Reassure and repeat**: For children who are trying to understand and manage worries about what is going on, use social stories and be prepared to repeat them.