



Creating Visual Supports at Home

Visual supports can enhance individuals' independence in navigating their environment and completing both routine and novel tasks. These tools can be particularly beneficial for individuals who may have difficulty following verbal instructions or understanding abstract concepts. By providing clear, visual representations of information, individuals can better understand their daily routines and responsibilities. Here are some practical applications for using visual supports at home:

- **Label specific locations for items** to help your child remember where things belong.
- **Outline the steps for morning routines or household chores** to guide your child through tasks.
- **Create visual schedules** that map out the day's activities, helping your child anticipate what comes next.






Tips for Accessibility – What to Include:

- Limit each step to one action.
- Pair text with relevant images.
- Use photographs of the actual items or activities whenever possible.
- Provide a method for indicating when a step is complete – such as checking it off or using Velcro to transition from "to do" to "done."

Layout Recommendations:

- Use a font size of 16 or larger, preferably in a sans serif typeface (e.g., Arial, Calibri).
- Avoid writing in all capital letters.
- Utilize solid or pastel colors behind the text if desired, instead of bright colors or patterns.
- Use bold formatting for emphasis instead of changing text color.
- Incorporate extra spacing between lines of text and maintain white space for clarity.
- Ensure each routine is presented on its own page – for example, separate the morning routine from the bedtime routine.

Example Morning Routine Visual

My Morning Routine		
<input type="checkbox"/>	Get dressed	
<input type="checkbox"/>	Put on glasses	
<input type="checkbox"/>	Brush teeth	
<input type="checkbox"/>	Brush hair	
<input type="checkbox"/>	Put on deodorant	



References

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- Corner, A. (2023, September 14). *How to create accessible designs [Tips + examples]*. Venngage. <https://venngage.com/blog/accessible-design/>
- Rutherford, M., Baxter, J., Grayson, Z., Johnston, L., & O'Hare, A. (2020). Visual supports at home and in the community for individuals with autism spectrum disorders: A scoping review. *Autism*, 24(2), 447-469. <https://doi.org/10.1177/1362361319871756>
- Rao, S. M., & Gagie, B. (2006). Learning through Seeing and Doing: Visual Supports for Children with Autism. *TEACHING Exceptional Children*, 38(6), 26-33. <https://doi.org/10.1177/004005990603800604>

POSTURE POWER

HELPING YOUR CHILD DEVELOP GOOD POSTURE

Tips for Home

- Limit screen time and encourage breaks every 30 minutes
- Set up a posture-friendly workstation- feet flat on the floor, screen at eye level, and elbows at 90 degrees
- Practice posture exercises 2-3x per week
- Make it fun! Turn exercises into a game or family challenge



Signs of Poor Posture

- Swinging and kicking feet
- Sitting on legs
- Sitting half on / half off the chair
- Slouching in chair
- Leaning forward close to paper
- Resting head in non-dominant hand

Kids' Exercise Program

Snow Angels Against the Wall

- Stand with your back flat against a wall, feet about 6 inches away.
- Raise your arms to form a "W" shape with elbows bent.
- Slowly slide your arms up to form a "Y" shape, like making a snow angel.
- Repeat 10 times.



Shoulder Blade Squeezes

- Sit or stand tall with arms relaxed at your sides.
- Squeeze your shoulder blades together like you're trying to hold a pencil between them.
- Hold for 5 seconds, then release. Repeat 10 times.



Superman

- Lie face down on the floor with arms extended in front and legs straight.
- Lift arms, chest, and legs off the ground at the same time.
- Hold for 5 seconds, then lower slowly. Repeat 10 times.



Crab Walks

- Sit on the floor with knees bent and hands behind you.
- Lift your hips off the ground.
- Walk forward and backward like a crab for 30 seconds.
- Rest and repeat 2-3 rounds.



Bridges

- Lie on your back with knees bent and feet flat on the floor.
- Lift your hips toward the ceiling, squeezing your glutes.
- Hold for 5 seconds, then lower slowly. Repeat 10 times.

