



How to DEAL

WITH CHANGE

in

AUTISM



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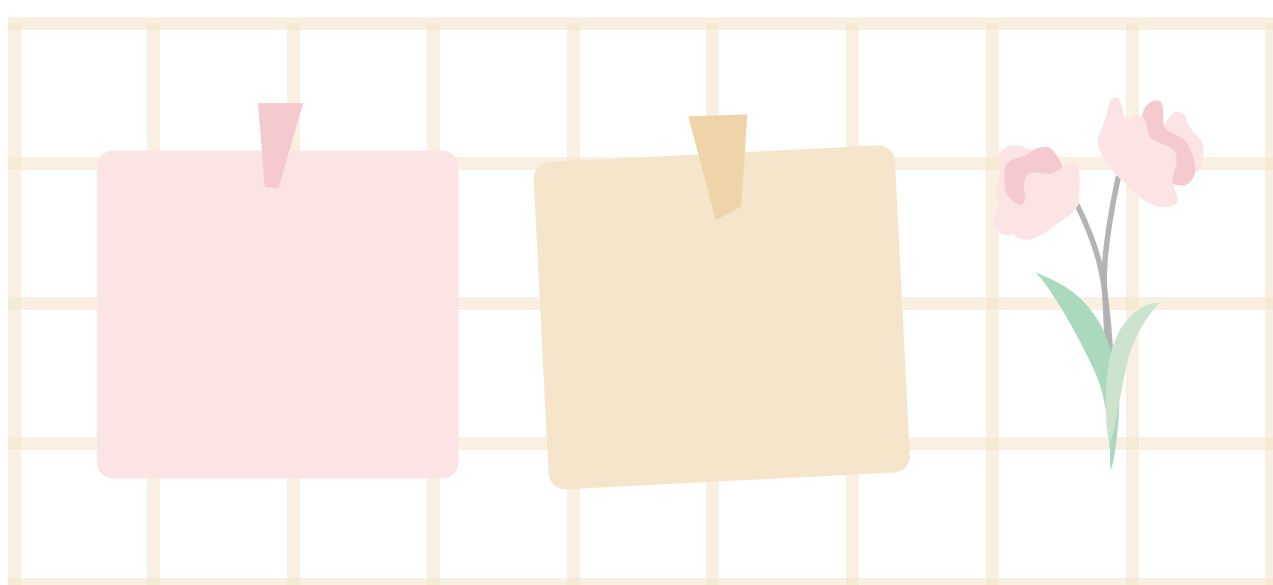
Cool Tips & Tricks on How To Handle Change Like a CHAMP, Autism Style!

1 Embrace Predictability

When change is on the horizon, try to introduce predictability.

Use visual schedules, calendars, or even sticky notes to communicate.

This way, you can mentally prepare yourself and reduce anxiety.



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2 Baby Steps, Baby Steps!

Big changes can feel overwhelming, right?

Well, why not break them down into smaller, more manageable steps?

Gradual exposure helps you ease into the change, reducing stress and making the transition smoother.



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3 Use Visual Supports

Visual aids are like superheroes for dealing with change. Use them to your advantage!

Create visual schedules, charts, or checklists to help you understand what's happening and what's expected of you.

They'll be your trusty guides through unfamiliar territory.



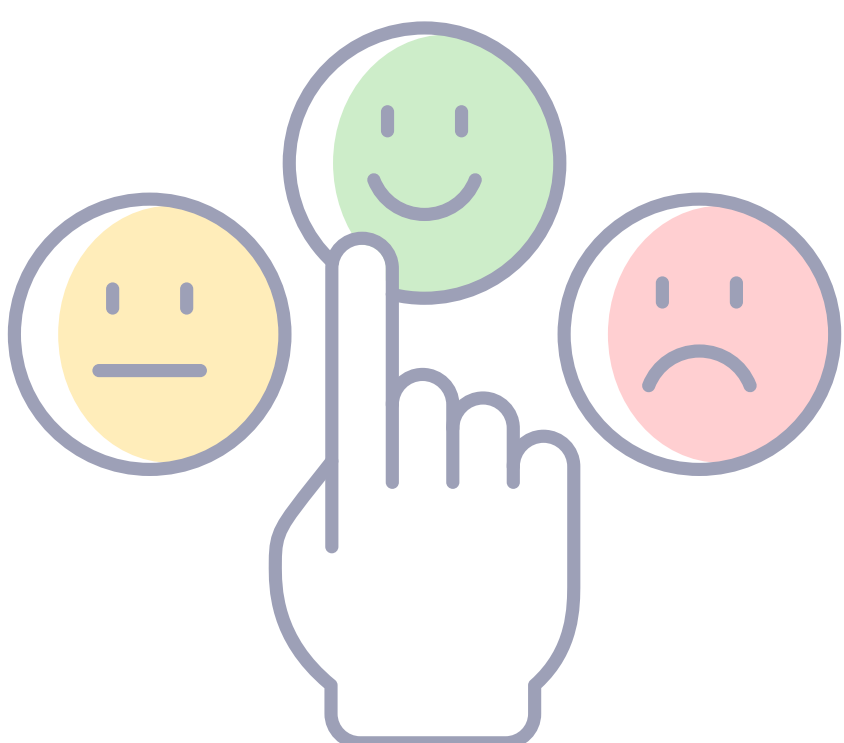
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4 Promote Flexibility

Flexibility is the name of the game when it comes to navigating change. But practice makes perfect, my friend!

Engage in activities that promote flexibility. It help you adapt more easily and develop problem-solving skills.

But when things get tough, take a deep breath, practice mindfulness, or try some self-calming techniques. These can help you regulate your emotions.



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5 Collaboration

Dealing with change doesn't mean you have to go it alone. Team up with your support squad!

Whether it's your family, teachers, therapists, or friends, let them be your partners in crime and share your concerns, fears, and excitement with them.

Collaboration is key!



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