

# THE TCEC AUTISM SUPPORT NEWSLETTER



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## 2nd ANNUAL WALK FOR AUTISM

In the spirit of a color run, dress in colorful clothing and come ready to get colorful!!!!

**April 1st, 2023 at 9 am**

**Redbud Park**

Goody bags will be available for those that register. A limited number of shirts will be available for sale at event.

Complete google form to register:

<https://forms.gle/B95KERfQmfHFGBTy9>

Hosted by: Spectrum Connection

## Visual Schedules

Visual Schedules help promote independence, reduce anxiety, help prep students for unexpected changes of routine, and reduce power struggles. Students with an Autism eligibility tend to be visual learners that heavily depend upon visual stimulus and cues around them.

A visual schedule illustrates what will happen during a day or within a task/activity. Visual schedules can break down task into smaller steps.

### How to Use Visual Schedules:

After your child understands sequence of events, decide activities you will represent on the schedule. Choose activities that will occur and place them on the schedule in the specific order that will occur. Attempt to mix in preferred activities with non-preferred task. The visual schedule should be visible prior to starting the activity and throughout the duration of the activity. When it is time for an activity to occur prompt student to "check schedule." Provide positive praise and other reinforcement when your child completes task on their schedule. Gradually use visual schedules to prime your child for unexpected changes of routine.

The TSLAT website has more information on how to create and utilize visual schedules (free visual schedule downloads also available). <http://www.autismcircuit.net/tool/mini-schedule>

## LOCAL AUTISM RESOURCES (Attached)

We are often asked about local community resources available for students with Autism.

At the Autism Extravaganza we were able to meet and visit with several of the local agencies in the Big Country.

We understand parents have hectic lives and are not always able to attend trainings/support groups. Therefore, we developed a list of Autism Agencies and Grants, as a quick reference tool for parents.

We understand every family has unique challenges, so if you would like assistance with what you struggle with the most, please reach out.

Would you like more information regarding a strategy we have sent home?

Is it hard to balance life as a parent? We want to know, so we can help!

Please email the ABC coach at your district or complete the google link below:

<https://docs.google.com/forms/d/1oZIUFHQWOhCvtXNw->