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TCEC AUTISM PARENT NEWSLETTER

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REMINDER AUTISM EXTRAVAGANZA

February 28th, 8:30 am-4:00 pm

Hosted by Region 14 Education Service Center

Topics Include:

- Brain Science and School Success
- From Non-Verbal to Motivational Speaking
- Panel on Autism

Register Now for FREE

www.esc14.net or by calling 325-675-8636

9 Coping Skills to Target Executive Functioning Skills

- *Deal With Feelings*- Hiding negative emotions, doesn't make them go away. To deal with feelings, we must name them, tell ourselves it's OK, and express them in a safe way. Then we take steps to feel better.
- *Adjust Your Attitude*- What we tell ourselves about a situation, determines how we feel about it. Do you focus on the glass being half empty or half full?
- *Discover Your Choices*- Focus on what you can change and let go of what you cannot.
- *Accept Imperfection*- No one is perfect, everyone makes mistakes; we learn from mistakes.
- *Give Yourself a Break*- When you are emotionally or physically tired, take a break to regain energy and cope with stress.
- *Take One Step at a Time*- Start with what is most important; work on things in order of importance.
- *Treat Yourself Kindly*- Pay attention to yourself and your needs; use positive self-talk and be kind to yourself.
- *Plan Ahead*- Creating a plan can help prevent problems before they happen and help you be more efficient with your time.
- *Ask for Help*- Sometimes no matter how hard we try or how many strategies we use, we still can't solve the problem; that is when it is time to ask for help. There will be times when you are the HELPER.

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 link to google form below:

<https://forms.gle/fSGL8D5RAHRuHvaT8>



AUTISM WEBSITES/RESOURCES

[The Power of Evidence-Based Strategies for Parenting Children with Autism \(youtube.com\)](#)

**www.txautism.net -
training, support, and resources**

**<https://autismcircuit.net/tools>-
tools and techniques, free downloads**

Everyone Communicates Differently