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# Parent Toolkit

Practical, easy-to-use resources to support your child's communication, independence, emotional regulation, and positive behavior at home and in the community.

- Visual Supports
- Emotions & Feelings
- Positive Behavior Strategies
- Transition Supports
- Routine Resources

## What's Inside?

- [x] First/Then Boards
- [x] Visual Schedules
- [x] Feelings & Emotions Chart
- [x] Positive Behavior Strategies
- [x] Transition Supports
- [x] Family Practice Page

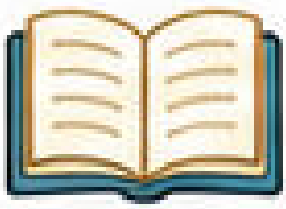
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at Home, School, and Beyond

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# First / Then Boards

Help your child understand what to do now (First) and what comes next (Then). This can make transitions easier, reduce frustration, and build cooperation.

| First | Then |
| --- | --- |
|  Homework |  Tablet Time |

| First | Then |
| --- | --- |
|  Brush Teeth |  Story Time |

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# Visual Schedules

Visual schedules show the steps of a routine, helping children know what to expect and feel more independent.

## Morning Routine


Wake Up


Get Dressed


Eat Breakfast


Brush Teeth


Get Ready for School

## Evening Routine


Eat Dinner


Bath Time


Put on Pajamas


Read a Book


Go to Bed

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# Sample Visuals
## Places & Activities

Use these picture cards to create visual schedules, choice boards, or first/then boards.



Home



School



Store



Playground



Car / Travel



Doctor



Park




Library



Pool

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# Feelings & Emotions Chart

Help your child identify and name their feelings. You can use this chart to check in, talk about emotions, and choose a coping strategy.



Happy



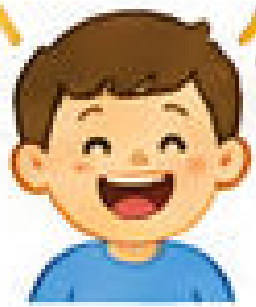
Sad



Angry



Worried



Excited



Calm



Frustrated



Tired

I feel _____.

I can try _____.

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# Positive Behavior Strategies

Simple, practical ways to encourage learning, cooperation, and positive behavior at home.



## Be Predictable

Use routines and clear, consistent expectations.



## Catch Them Being Positive

Notice and praise effort, organization, calming, sharing, and other helpful behaviors.



## Use Meaningful Reinforcement

Offer rewards that are motivating for your child (e.g., extra play time, a preferred activity, or a token).



## Keep Directions Simple

Use clear, calm, and concise language (e.g., "Put on your shoes." instead of a long explanation).



## Prepare for Changes

Give a heads-up before transitions and use visual supports.



## Stay Calm and Supportive

Model calm behavior, use a neutral tone, and help your child practice coping strategies.

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# Transition Supports

Transitions (changing from one activity or place to another) can be challenging. These tools and tips can help make them smoother.

## Helpful Strategies

- **Give a warning** (e.g., "In 5 minutes, we will clean up.")
- **Use a visual or timer** (e.g., countdown timer, transition card).
- **Offer a choice when possible** (e.g., "Do you want to put your shoes on or grab your backpack first?").
- **Keep it consistent** (use the same words and routine each time).
- **Acknowledge and praise a smooth** transition (e.g., "Great job listening and getting ready!").

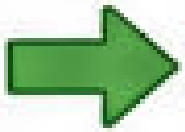
## Transition Visuals



Timer




All Done



Next



Ready

## My Transition Plan

Transition: _____

Warning Time: _____

Visuals/Supports to Use: _____

What Helps My Child: _____

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# Family Practice Page

A simple space to set a goal, try a strategy, and celebrate progress together as a family.



## Our Goal

(e.g., easier transitions, using calm words, following a routine)

_____

_____



## Strategy We Will Try

(e.g., visual schedule, first/then board, extra warning time)

_____

_____



## Our Progress

(What's going well? What do we want to keep working on?)

_____

_____

_____