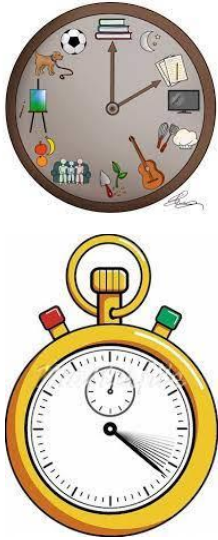


Noah's Behaviour Support

PLANNING AHEAD

Having family **Rules and Routines** is a basic preventive strategy for families.

What?	How?	
<p>Planning and Preparation: If a particular situation (e.g. going to the shopping centre, visiting friends) is a problem, you can plan ahead to manage it.</p>	<ul style="list-style-type: none"> • Organise your own time to avoid the problem - shop or do your work while your children are at preschool. • Plan your activities around nap times to avoid major activities. • Organise things for your child to do during that activity (e.g. take snacks, your child's favourite toys, plan breaks at parks during major trips, etc.) • Involve your child in the task by giving things to do to help you with • Don't cut play off suddenly - give advance warning. • Use a visual timetable so kids know what is happening in their day. 	
What?	How?	
<p>Organising the Home</p>	<ul style="list-style-type: none"> • Arrange or simplify things to be more manageable for you and your children, e.g. "childproof" the house. • Limit the number of friends your child can have around at one time. • Give your child simple Effective Instructions one at a time. • If your children are old enough, explain what's going to happen so they don't get taken by surprise. 	