

# Guide to Caring for \_\_\_\_\_

Goal: Structure AND firm, consistent discipline with consistent love and praise

\_\_\_\_\_ is a beautiful member of our family. He has contributed by helping us all appreciate and love each other and life more!

\_\_\_\_\_ 's "cause" (medical) diagnosis is \_\_\_\_\_.

\_\_\_\_\_ 's "symptom" (behavioral) diagnoses are \_\_\_\_\_, \_\_\_\_\_ and \_\_\_\_\_.

## Daily activities:

- ⊙ **Potty** - right now, we are again trying to incorporate a couple of consistent times of the day, such as in the morning, after school, pm
- ⊙ **Wash hands**, hand over hand, "water on" "soap" "wash" "rinse" "water off" "dry"
- ⊙ **Walk** - short walks down the street, using "walking feet" not jumping, holding hands, preferably not (would like him to walk w/us and stay w/us without holding hands)
- ⊙ **Spoon feed self** - left handed - yogurt, pudding or soft food, may need help getting "more", use chunky spoon and suction bowl
- ⊙ **Read** story with him in your lap or next to you - using the same books for repetition, but, giving a choice between two books
- ⊙ **Massage hands**, with lotion or massager, or even just squeeze hands, for sensory input and **great for reward**
- ⊙ **Activities** - try repetition for reinforcement, use timer to rotate activities every 10-20 min, and reward for good job (hand squeezes, small candies or fruit chews)
  - Row, Row, Row your boat, facing each other, holding hands, going back and forth, let him initiate the pull, good for developing his core strength
  - Wood Puzzles - taking pieces out (and work on putting in)
  - Ball Toy - put ball in
  - Try playing catch w/soccer ball, catching and throwing (dropping into his hands)
  - Water-sensory table
  - Supervised Playdough
  - Bubbles
  - Using large ball, on tummy, have him go forward to touch hands to ground and push back up again, good for weight bearing on arms and developing upper body strength OR sitting, bouncing or side to side
  - PBS program (favorites are Clifford, Teletubbies, Arthur, Dragon Tales)
  - Toy-show how to play appropriately with one of his toys
  - Play in the back yard
- ⊙ **Music Therapy CD** - He enjoys the singing and repetition of same songs
- ⊙ **Communication** - Use PEC/picture cards and also give choices between two items. Make him "use your words or show me" when he wants something. We have large PECS for eat, drink, potty, and nite nite, and also try to offer choices between actual activities and foods
  - Make him communicate for **more** food/drink (can approximate sign)
  - Make him communicate for **eat** and **drink** (can approximate sign)
  - Give him a chance to respond to a request-before doing it for him
  - **Consistent Phrases**
    - NO WHINING - "Use your words" "Show me"
    - NO GRAB - "Use your words" "Show me"
    - "Set your cup down" "Give it to me when you're done"
    - "Come here" (with hand gesture)
    - "Sit down" (with sign)
    - "Sit in your chair"
    - "Let's go bye-bye"

- "Potty" (with bathroom sign)
- "Jammies" off, "arm out," "shirt on, arms in," "pants on, foot in," "socks on," "shoes on," "shoes off (hand over hand)," "socks off (hand over hand)"

### Make him.....

- ⊙ Use his words "Use your words"
- ⊙ Walk instead of jump or skip
- ⊙ Hold his cup and set it down
- ⊙ Sit in his chair
- ⊙ Climb in the car (with spotting), try to climb out of the car (with spotting)
- ⊙ Come to you when called "come here" (if he hesitates, say NO firmly, and get his eye contact, then sign and call him to "come here" again, until he does)
- ⊙ Make him help get dressed (label and do it as if he was doing it himself)

### Calming/Relaxing activities

- ⊙ Holding and rocking
- ⊙ Rubbing/squeezing hands, with or without lotion
- ⊙ White noise (on sound machine)
- ⊙ Tickle his back and neck
- ⊙ Humming to his whining tune
- ⊙ Car ride

### Discipline-Rules and Consequences (when all else fails)

- ⊙ Re-direct
- ⊙ Use rules list
  - What we expect
    - Not to damage anything or anyone
    - **Fit in** to somewhat normal situations, at home or away
  - Rules
    - No jumping on the couch
    - No banging blinds
    - No screaming, use "quiet voice", when appropriate
  - Consequences
    - Three chances - Firm words and re-direct him
    - Then - Time-out in chair, w/seat belt, for short time
    - If continues - Go to room for quiet time

### Daily Medicines/Vitamins

- ⊙ In morning
  - Risperdal (behavioral-ocd, focus) - 2 tablets, .5 mg each
  - Depakote (seizures) - 625 mg
  - For allergies
    - Claritin
    - Nasonex, Ah-Chew and Afrin as needed
- ⊙ At night
  - Risperdal (behavioral-ocd, focus) - 1 tablet, .5 mg
  - Depakote (seizures) - 625 mg
  - Benadryl - 1 ½ tsp at night and melatonin - 1-5 mg as needed for sleep