

# Strategies for Supporting 2e/ASD At Home

## Developing Peer Relationships

- Engage in extracurricular and/or enrichment activities to nurture interests & talents
- Seek social engagements through shared interests
- Communicate about social motivation and desires
- Connect with peer models

## Coping With Anxiety

- Employ positive behavior strategies with clear expectations
- Use visuals for routines
- Social stories for unfamiliar situations
- Consider therapy and medical treatments



## Building Skills

- Consistently model and practice challenging adaptive and social skills
- Promote self-advocacy skills
- Consider specific therapies for areas of challenge

## Schooling At Home

- Encourage self-directed learning and following passions
- Value process over product
- Set predictable routines and behavior expectations
- Praise and reinforce success
- Acknowledge and discuss mental health and wellness
- Coming soon: Belin-Blank Center online programs!

# Strategies for Supporting 2e/ASD At School

## Direct Services

- Instruction related to areas of challenge
- Access to gifted services and/or acceleration
- Access to all services not contingent on good behavior



## Executive Functioning Supports

- Provide preferential seating
- Check for understanding of instructions
- Use multiple modalities
- Chunk large assignments into smaller components
- Encourage use of checklists and planning systems
- Provide accommodations for testing based on needs
- Keep predictable routines

## Work Completion Supports

- Reduce review and practice of mastered material
- Incorporate interests into learning activities
- Provide alternate methods to demonstrate understanding
- Use assistive tech for skill weaknesses

## Positive Behavior Supports

- Establish clear, consistent behavior expectations
- Praise and reinforce success and expected behaviors
- Provide warnings and use visuals for transitions
- Provide access to quiet space to calm when needed