



ABA World

WEBINAR FOR PARENTS · AUGUST 8, 2026

Beyond the Classroom II

Creative Ways to Support Children with Autism at Home

A quick take-home guide to the ideas from today: small changes you can start this week.

The big mindset

Start empty, build up

Begin the day with the fun things put away. All day, effort and cooperation **unlock** access: screens, snacks, play, your attention. You're always giving, and rules simply define how favorites are earned. Home becomes a place where good things happen when your child engages.

Timing

First ____, then ____

The reward comes **after** the task, never before. "First we tidy up, then we watch a show." Good timing, giving the reward right after the behavior you want, is what turns everyday effort into learning.

Structure the day

Make the plan visible

Use a simple **picture schedule**: five pictures is plenty, on Velcro so your child moves each card when it's done. Keep a "change" card for when plans shift. Set clear, doable rules, and treat screen time as a tool you schedule, not the default.

Connect before you instruct

Four low-pressure strategies

- 1 · **Play with no demands**: follow their lead, no pressure.
- 2 · **Talk out loud**: narrate what you do in simple words.
- 3 · **Learn to wait**: build patience a few seconds at a time.
- 4 · **Coping skills**: practice calming when calm, so it's ready for big feelings.

A regulated body learns better. Offer water often, catch hunger before it becomes a meltdown, and limit sugar swings that affect focus and mood.

TRY THIS WEEK

- 1 Ask your child's therapist to name one important goal they're targeting in therapy.
- 2 Plan 10 minutes to just play with your child, no demands. Comment on what they do and make them feel seen.
- 3 Describe what you're doing as you do it, modeling simple talk with simple words.
- 4 Make good things happen right after good behavior.

FREE RESOURCES FOR PARENTS

- › Session & event **calendar**
- › Free **assessments** for children
- › [**third resource**]
- › Follow-up **video series** (schedules & routines)

Find it all at abaworld.org/resources

Let's empower our children, together, beyond the classroom.