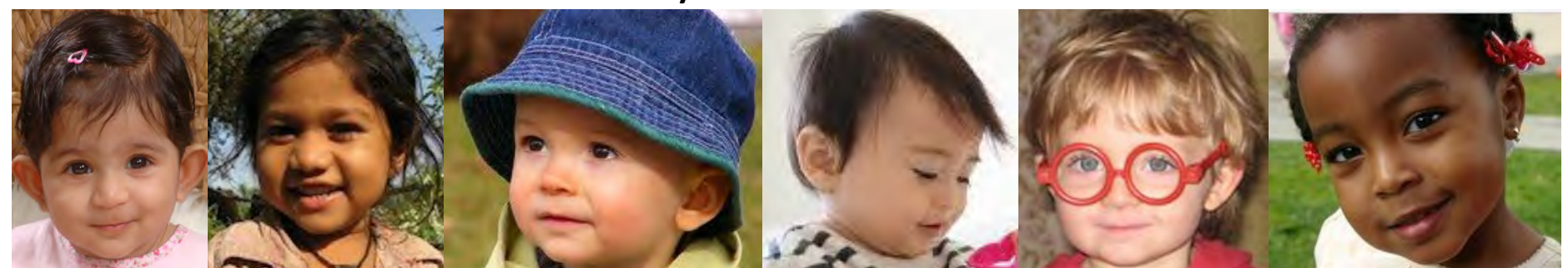


What Can I Do with My Child All Day?: Strategies for Supporting Young Children

April 30, 2020

An ACT-Autism Community Training webinar
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University of British Columbia



Goals for Today

- Provide activity ideas to help parents get through the day/the week
 - Activities that may be appealing to young children and have the potential to support learning and engagement
- Reduce parent anxiety/guilt related to reduced availability of direct service provision at this time
 - IDP, AIDP, SCD, ASCD
 - Behaviour consultants
 - Speech-language pathology
 - Occupational and physio therapy
 - Other



Active

Parent has both time and energy to learn new strategies for interacting with the child in activities that support social-communication and language development

Parent has some time and energy to interact with the child in activities that support basic social-communication development (turn taking, etc.)

Coping

Survival

Parent has little/no time or energy for child interaction but wants to provide stimulation that has the potential to enhance learning

Activities for **surviving** and **coping**: Ideas to build on



Require minimal to moderate parental involvement or effort



Informed by what we know supports development

SOCIAL COMMUNICATION™ GROWTH CHARTS

Milestones that Matter Most 15-16 months

Language

Gestures & Meanings

I can use symbolic gestures to share ideas with you.

- Give you a *high five* when we celebrate
- Pinch my nose when I notice something stinky
- Point to a bird I see outside the window so you will notice it
- Nod my head or give a *thumbs-up* to answer you
- Shrug my shoulders as if to say *I don't know*



Sounds & Words

I can use at least 5 different words that mean something to both of us.

- Say *hi* and *bye* to greet people
- Use words to request things I want like *ball, eat, basket*
- Say *no* or *bye-bye* to let you know I do not want something
- Use words for important people or animals like *mommy, auntie, dada, doggie*
- Say *more* or *again* to ask for more or another turn

Play

Using Actions with Objects

I can use pretend actions with objects that have imagined things from everyday activities.

- Pretend to *air* with a big spoon and scoop pretend food onto a plate when we play picnic
- Feed my teddy bear with pretend milk in a bottle
- Pretend to pour juice into a cup and take a drink
- Push a toy train and make a *Choo-Choo* sound
- Put my feet in boxes and pretend they are shoes



Social Sharing with Objects

I can use objects in a silly, playful way and in a way that helps you get things done.

- Put a cracker on my nose to be silly and get your attention while eating my snack
- Put a box on my head to hide and to initiate peek-a-boo
- Push the laundry hamper down the hallway and say *crash-crash*
- Wipe my tray with a paper towel then crumble it up like a ball and toss it in the trash
- Help you sweep the floor with a broom and then try to hold the dustpan

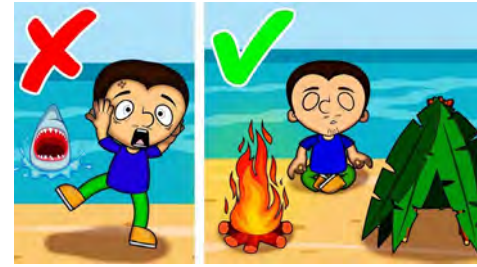
And in line with goals
you have for your child



Survival Activities: No Tech



Survival Activities: No Tech



- Go for a car ride
- Go for a walk around the block with a simple mission – for example, look for a stick. Once you find a stick, wave it around and look for another one
 - Other ideas: look for red cars, dogs, etc.
- Provide chalk for you child to draw on the sidewalk
- Give your child pots to bang on
- Fill a sink or large plastic container with water, rice, beans so your child can play
 - With cars (carwash), dolls (bath time)
 - With beach toys, etc.
- Put child in a large cardboard box with non-toxic felt markers (a food delivery box will likely work) so he/she can “draw”
- Make a pillow pile
- Create a ramp out of cushions and put a blanket at the bottom; child can roll things down the ramp
- Create a “road” with furniture and pillows or with painters tape on the floor so the child can push a toy grocery basket, toy vacuum, toy lawn mower around
- Duplo blocks on the floor or in the bathtub

NOTE: involve an older child if possible

Coping Activities: No Tech





Coping Activities: No Tech

- Go for a walk around the block and label or describe 2-3 things you see (car, dog, flower)
- Go for a ride on a tricycle or slider and talk about what you see
- Help child draw with chalk on the sidewalk, label and describe what you draw, practice colours
- Give child a bath or fill a wading pool with water in the back yard with cars or foam/bath toys
- Build a fort using cushions and blankets; child can hide or play in fort
- Build a tunnel with a blanket over couch and coffee table and hold it on with cushions
- Play bubbles
- Roll a large ball back and forth
- ‘Hide’ a few favorite things in the living room so child can find them
- Simple activities like Music stop and go game or *What time is it Mr. Wolf?* (with another child)

More Coping Activities: No Tech



- Involve the child in a daily chore
 - “Help” to sort clothes when they come out of the drier
 - “Help” you vacuum by carrying unused vacuum attachment
 - “Help” you put shoes onto a shoe rack
 - “Help” putting non-fragile groceries away
- Peek-a-boo or tickle games; See video by Hanen Centre <https://www.youtube.com/watch?v=kJc0ZohTpMI> for people game suggestions; can keep things basic until you are ready to turn these activities into more active learning moments
- Help the child build a train with Duplo blocks and use painters tape on the floor to create roads
- Turn a box into a car by drawing wheels. Child can then drive the car around, put stuffies in the car, etc. (diaper box should work)
- More ideas here: <https://busytoddler.com/2016/11/40-super-easy-toddler-activities/>; some are messy; many have a sensory component, and most require some supervision)

Sensory Preference

People Game

Movement

Chase, Red Light, Green Light

Rocking back and forth

Row, Row, Row Your Boat

Spinning

Spinning in a chair, Ring-Around-the-Rosie

Jumping

Jump together, bop up and down to a song

Swinging

Riding on a swing , Blanket swing

Feeling textures

Tickle with feather, hide behind soft material

4:26 / 8:01

Games to Help your Child with Autism Communicate

3,990 views • Apr 22, 2019

128 2 SHARE SAV



The Hanen Centre
4.81K subscribers

One of the best ways to encourage children with autism to interact and have fun with you is to play people games. These simple, repetitive routines make interaction easier because there are no other toys or objects involved – just people. In this video, Hanen Certified Speech-language Pathologist,

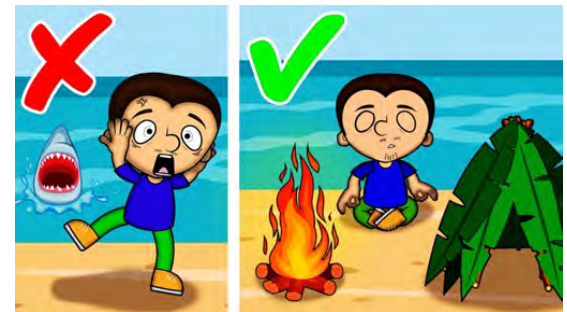
[SHOW MORE](#)

SUB

Survival and Coping Activities: Technology

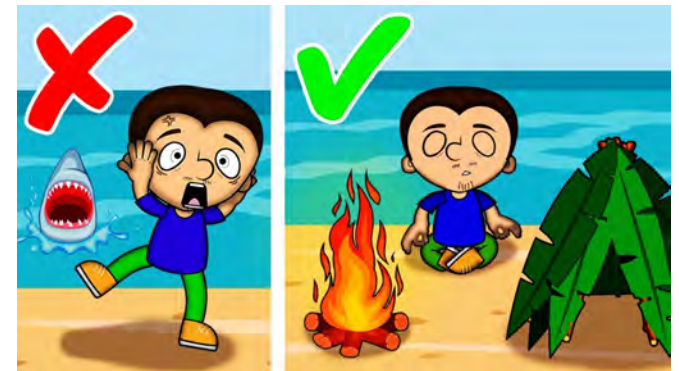


- Screen time as an option in these difficult circumstances
- Lots to choose from on TV, on line, apps
- We have suggested some content that we think stimulating and has potential for learning
- You will have to invest a bit of time and be selective with the apps. Look for something that is likely to lead to learning, not just pushing buttons or swiping
- Hopefully you will find something your child might enjoy



Survival Activities: Technology

- <https://www.youtubekids.com/> (ages 4 and under, 5-7, 8-12; preschool Shows include Peppa Pig, PAW Patrol, Daniel Tiger, others; Songs and Learning have many other good options)
- <https://www.youtube.com/playlist?list=PLp9Du1me5InJJ1ntWS8BCNC1ZW8CP2Yg6> (story time with songs)
- <https://www.sesamestreet.org/> and <https://www.sesamestreet.org/caring>
- <https://www.amazon.com/Dora-the-Explorer-Season-1/dp/B000I9S58M>
 - Might also be able to access with your cable TV plan (Treehouse or Netflix)
- <http://www.knowledgekids.ca/>
- <https://frozen.disney.com/>
- <https://news.disney.com/magicmoments>
- <https://toystory.disney.com/>
- <https://www.noggin.com/KidsTogether/>
- <https://beanstalk.co/>
- <https://www.youtube.com/channel/UCpzdzxPD8acq8ssStKvDNtw> Dr. Panda, TotoTime videos



Coping Activities: Technology



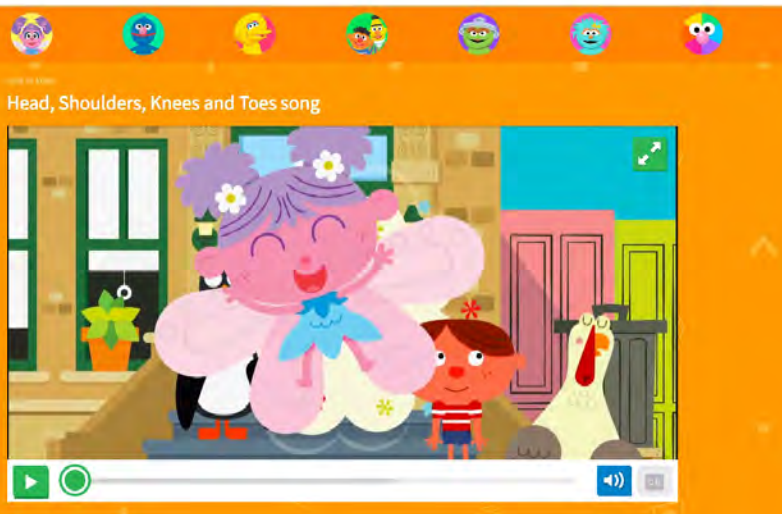
You will have to invest a bit of time and be selective with the games/apps. Look for something that is likely to lead to learning, not just pushing buttons

- **Jbrary:** YouTube playlists of rhymes, and songs for young children: <https://jbrary.com/youtube-playlists/>
- <https://archived.bcerac.ca/earlylearningcentre/index.aspx>
- <https://circletimefun.com/> (To get access, use a fake name and email address to sign up a friend and to register yourself.)
- If you have a Library Card from anywhere in the province, Google VPL TumbleBook for animated books <https://www.vpl.ca/digital-library/tumblebook-library>
- <http://www.vpl.ca/digitalkids> Virtual Storytime, The Roots of Reading Songs and Rhymes
- <https://beanstalk.co/>
- https://www.pbslearningmedia.org/grades/prek/?selected_facet=subject:2949&selected_facet=media_type:Collection

More Coping Activities

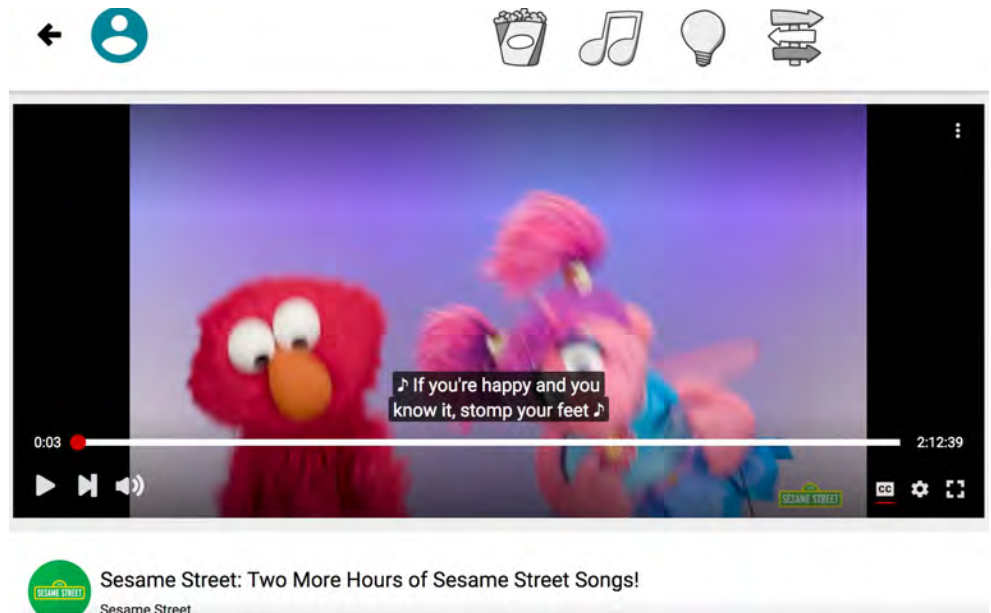
- <https://pbskids.org/games/>
- <https://www.happyclicks.net/>
- <https://www.owlieboo.com/>
- <https://global.cbeebies.com/>
- <https://kneebouncers.com/>
- <https://www.cbc.ca/kidscbc2/games> (click on Easy in the right menu)
- <https://www.redbytes.in/toddler-apps/>
- <https://www.common sense media.org/lists/best-apps-for-toddlers>
- <https://tocaboca.com/apps/> (only some are free); see also https://www.amazon.com/Toca-Boca-Apps-Games-Free/s?k=Toca+Boca&rh=n%3A2350149011,p_36%3A2479560011
- <https://www.studio-pango.com/en/>
- <https://drpanda.com/> apps

Music, songs and nursery rhymes



Zoom, zoom, zoom song

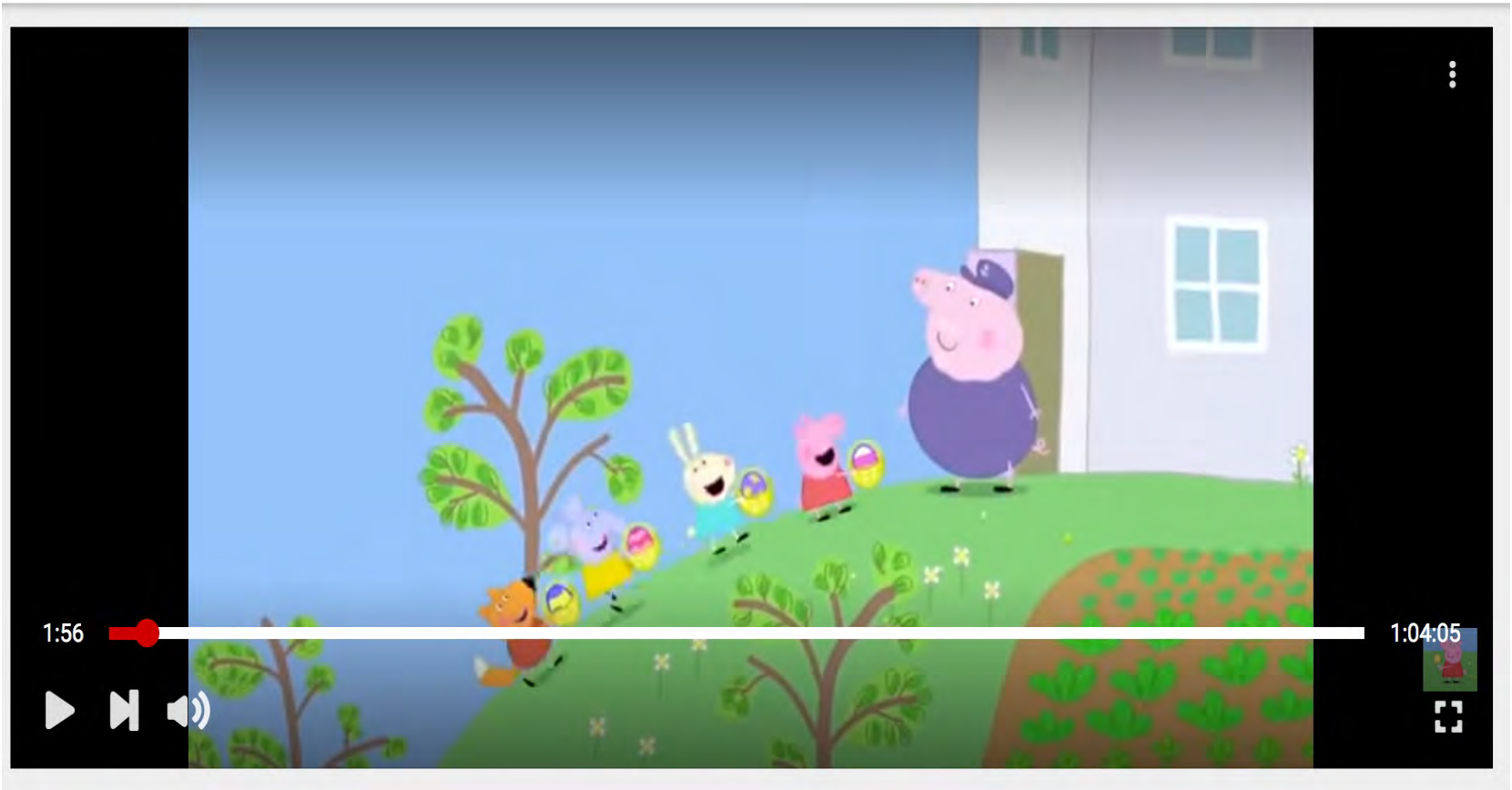
<https://www.youtube.com/watch?v=wu3LSyBxkic>



Books, stories, TV shows

The screenshot shows the Vancouver Public Library website. At the top is the VPL logo and the text "Vancouver Public Library". Below this is a navigation menu with links for "Hours & Locations", "Borrowing", "Digital Library", "Booking & Facilities", "Programs & Events", and "Ask Us". A search bar is prominently displayed with the text "SEARCH THE Catalogue FOR". The main banner features a woman holding puppets and the text "Virtual Storytime is here!". Below the banner, there is a section titled "Watch Storytime online at home" with a description: "Have a little one at home? Watch Storytime online on YouTube and Facebook. Enjoy songs, rhymes and fun stories at home!". At the bottom, there are four icons representing different services: "STAY CONNECTED", "WATCH STORYTIME ONLINE", "DIGITAL KIDS", and "MANGO LANGUAGES".

- <https://www.youtube.com/watch?v=Pa1YoMhLXCw&list=PLp9Du1me5InJJ1ntWS8BCNC1ZW8CP2Yg6&index=3&t=0s>



Peppa Pig Full Episodes 🌸 Spring 🌸 Cartoons for Children

From <https://www.youtubekids.com/>

A few words about games and apps

One possible example among many....



<https://drpanda.com/>

Early Learning Centre

The Edmark House Series resources are available to residents of British Columbia.

Baily's Book House

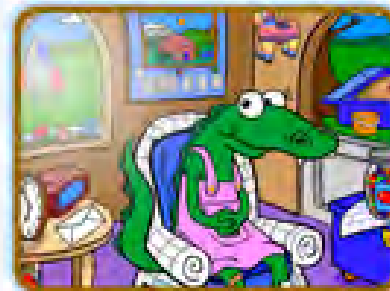


Bailey's Book House builds the foundation of reading skills with the exploration of letters, words, rhyming, and sentence building.

START

[Educator Resources](#)

Trudy's Time & Place House



Trudy's Time and Place House encourages students to explore time concepts and expand their knowledge of the world around them.

START

[Educator Resources](#)

<https://archived.bcerac.ca/earlylearningcentre/index.aspx>

Active Resources: Parent Coaching

- Help is in Your Hands

<https://helpisinyourhands.org/course>

- Module 1: Increasing Children's Attention to People
- Module 2: Increasing Children's Communication
- Module 3: Joint Activity Routines to Increase Learning and Communication
- Module 4: ABCs of Opportunities for Learning



Active Links for Service Providers

- Help is in Your Hands:
<https://helpisinyourhands.org/provider/resourcecenter>
- Parent Coaching Through Telehealth:
<https://www.youtube.com/watch?v=ZuaCS19djPw>
- “How to Guide for Parents” through MCFD’s Autism Navigator project in BC – ask your service provider if he/she is enrolled and can give you a “seat” for the online Guide

Autism Navigator® How-To Guide for Families





- A Few Words About First Words:
 - <https://www.youtube.com/playlist?list=PLAlbqGJPRH1lXXJeUhw3bEfrNIKqyXII>
- Supporting social/communication interaction:
 - Language learning, Part 1:
<https://www.youtube.com/watch?v=KAFcJVJHLCU&t=2s>
 - Language learning, Part 2:
https://www.youtube.com/watch?v=QJAgWdYM_og
 - Joint engagement:
<https://www.youtube.com/watch?v=fEEBcaplgNo>
 - Music/singing: https://www.youtube.com/watch?v=Gnd7joNP_gl
 - Sensory needs: <https://www.youtube.com/watch?v=Rsw-cBs74q0>
 - People games:
<https://www.youtube.com/watch?v=kJc0ZohTpMI&t=5s>
 - <https://www.youtube.com/watch?v=Yo8UwhCOHM4>
- The Book Nook:
 - <https://www.youtube.com/playlist?list=PLAlbqGJPRH1nJiyukLKrgkj3rLpEfGufZ>

Active Activities



7 Strategies to Support Individuals with ASD through Uncertain Times



- <https://afirm.fpg.unc.edu/supporting-individuals-autism-through-uncertain-times>
- <https://www.raisingdragons.com/>
- <https://eiclearinghouse.org/resources/trying-times>
(scroll down to “Everyday EI Tip Sheets” for parents)

“Take Home” Messages



- Expectation of independent play is low for *any* toddler or preschooler
- One size DOES NOT fit all
- Might need to loosen “screen time rules” temporarily – that’s okay!
- The goal is not to replace therapy, therapists, other service providers
- If you have a provider, you can talk to them about some of these ideas and what is or is not working for you right now
 - Phone call? Zoom, Skype, Facetime?
- Don’t forget “self care” – just as important as child care!

Thank You and...

take care

