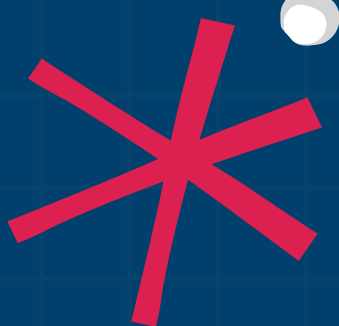




**AUTISM  
LEARNING  
PARTNERS**  
MAKING PROGRESS POSSIBLE



**CHILDREN'S  
LEARNING CONNECTION**  
A DIVISION OF AUTISM LEARNING PARTNERS



# The Ultimate Autism Therapy Toolkit for Parents:

Strategies, Schedules,  
and Support Resources

[AutismLearningPartners.com](https://AutismLearningPartners.com)



# How to Use This Toolkit

## **Welcome, Parents!**

Supporting your autistic child at home can feel overwhelming at times, but you don't have to do it alone. This toolkit gives you practical tools to create structure, reduce stress, and celebrate your child's progress.

## **What's Inside:**

- Visual schedule templates for daily routines
- Reinforcement strategies
- Quick sensory regulation ideas
- A simple ABA terms glossary
- Progress tracker and notes pages

## **How to Use It:**



- Start small: pick one tool and try it this week.
- Print or laminate pages you'll use daily.
- Customize everything for your child's needs.

You are your child's greatest support. Every step you take makes a difference.



# My Morning Routine & Visual Schedule

## EXAMPLE

Task	Done?
Wake Up 	
Use Bathroom 	
Get Dressed 	
Eat Breakfast 	
Brush Teeth 	
Brush Hair 	
Fill Water Bottle 	
Pack Backpack 	
Put on Shoes and Socks 	



# My Morning Routine & Visual Schedule


Task	Done?

# Top 10 Reinforcement Strategies



Positive reinforcement encourages your child to repeat desired behaviors. Try these ideas:


1. Stickers or stamps
2. Extra playtime
3. Favorite snack or treat
4. Special toy or fidget
5. Verbal praise (“Great job putting your dinner plate into the sink! That was so helpful of you!”)
6. High fives or hugs
7. Screen time (set limits)
8. Choosing a family activity
9. Earning tokens toward a bigger reward
10. Listening to a favorite song



**Reinforcement  
works best when  
it's immediate and  
meaningful to your  
child**

# Sensory Regulation Cheat Sheet



 Every child is  
different.  
Experiment to see  
what works best!

## Helping Your Child Stay Calm

### At Home:

- Weighted blanket or lap pad
- Calming corner with soft lights
- Swing, trampoline, or rocking chair
- Soothing background music

### On the Go:

- Noise-canceling headphones
- Fidget toy or chewy necklace
- Sunglasses or hat for bright spaces
- Deep breathing practice (blow bubbles, count breaths)

# ABA Therapy Terms Glossary

## Quick Guide to Common ABA Terms

- **ABA (Applied Behavior Analysis):** Therapy that uses positive strategies to teach new skills and reduce challenging behaviors.
- **BCBA:** Board Certified Behavior Analyst is the lead clinician overseeing your child's therapy plan.
- **Prompting:** Helping your child complete a task (like pointing or showing).
- **Reinforcement:** A reward that encourages your child to repeat a behavior.
- **Extinction:** Reducing behaviors by no longer rewarding them.
- **Generalization:** Using a skill in different places or with different people.
- **Token System:** Earning small rewards that add up to a bigger prize.

Learn more  
from our  
online  
glossary!





# Progress Tracker & Goal Sheet

**This Week's Main Goal:**

---

**Daily Goal Tracking:**

Day	Goal Practice	Success Level 😊 😐 😞	Notes
Mon	<input type="checkbox"/>		
Tues	<input type="checkbox"/>		
Wed	<input type="checkbox"/>		
Thurs	<input type="checkbox"/>		
Fri	<input type="checkbox"/>		
Sat	<input type="checkbox"/>		
Sun	<input type="checkbox"/>		



# Notes

## What Worked Well:

---

---

---

---

---

---

---

---

---

---

## Challenges We Faced:

---

---

---

---

---

---

---

---

---

---

## Big Wins to Celebrate:

---

---

---

---

---

---

---

---

---

---