

This Resource Has Two Versions!

So everyone can find the one that works best for them. ❤️

GENTLE GUIDE

More information and deeper explanations.

Great for teens, adults, parents and professionals.



CHILD-FRIENDLY GUIDE

Shorter words, simple explanations and lots of visuals.

Perfect for children who learn best with clear, easy-to-read information.



You can choose the version that suits you best. Everyone is different, and that's okay! What matters is finding what helps you. ★



Understanding and support look different for everyone. You matter. Your needs matter.





WHY ROUTINES CAN FEEL IMPORTANT



Understanding routines, predictability and nervous system safety in autism. ♥



Autistic people often experience the world more intensely. Routines and predictability can help the nervous system feel **safe**, reduce **overwhelm** and **uncertainty**, and make daily life more **manageable**.

♥ WHY ROUTINES CAN HELP



PREDICTABILITY CREATES SAFETY

Knowing what to expect helps the nervous system feel safer and more secure.



REDUCES UNCERTAINTY

Routines reduce the mental load of constantly thinking, planning and preparing.



CONSERVES ENERGY

When things are predictable, more energy is available for the things that matter.



SUPPORTS REGULATION

Routines can help with managing emotions, sensory input and stress.



EASIER TRANSITIONS

Familiar routines help prepare the brain and body for what comes next.



BUILDS CONFIDENCE

Knowing what to expect can help with independence and feeling in control.

CHANGE CAN SOMETIMES FEEL... ☁



OVERWHELMING

The brain needs extra time and energy to process something different.



EXHAUSTING

Even small changes can take a lot of energy to manage.



EMOTIONALLY BIG

Change can bring worry, anxiety or uncertainty.



PHYSICALLY UNCOMFORTABLE

The nervous system may react with stress, tension or discomfort.



DISORIENTATING

It can be hard to know what will happen and how to prepare.



Even "small" changes can feel very significant to an autistic nervous system.

♥ HELPFUL SUPPORTS ♥



VISUAL REMINDERS

Schedules, lists or visuals can help make things clearer.



TRANSITION TIME

Extra time before and after transitions helps the brain and body adjust.



GENTLE PREPARATION

Knowing about changes in advance helps reduce stress and uncertainty.



PREDICTABLE ROUTINES

Daily routines provide structure and a sense of security.



REASSURANCE

Kind words and reassurance can reduce worry and uncertainty.



RECOVERY TIME

Time to rest and reset after change or transition is important.



COMFORT & FAMILIARITY

Familiar items can help provide a sense of safety.



≧ IMPORTANT REMINDER ≦

Needing predictability does not mean someone is "difficult" or "inflexible".

Routines can help autistic people feel safe, calm and supported so they can navigate the world with more ease.



WHY ROUTINES CAN FEEL IMPORTANT









Knowing what will happen can help us feel safe, calm and ready for our day. ★




Lots of autistic people find the world can feel very busy and confusing. Routines and knowing what comes next can help our brains feel safer and less overwhelmed.

ROUTINES CAN HELP ME...

-  **Feel safe**
Knowing what happens next can help me feel secure.
-  **Worry less**
It can help my brain feel calmer and less confused.
-  **Save energy**
I can use my energy for the things that are important.
-  **Understand my feelings**
It can help me know what to expect and how I might feel.
-  **Find it easier to move on**
Routines help me get ready for what comes next.
-  **Feel more confident**
Knowing what's coming can help me feel more in control.

CHANGE CAN SOMETIMES FEEL...

-  **Overwhelming**
It can feel like too much is happening at once.
-  **Exhausting**
Even small changes can take a lot of energy.
-  **Worrying**
Not knowing what will happen can make me feel nervous.
-  **Uncomfortable**
Change can feel yucky in my body (like tight or tense).
-  **Confusing**
It can be hard to understand what to do next.

That's okay! My brain just likes things to be safe and predictable. 

THINGS THAT CAN HELP



Visual reminders
Pictures, lists or schedules can help me know what happens next.



Transition time
Extra time before something changes helps me get ready.



Preparing ahead
Knowing about changes early can help me feel more comfortable.



Predictable routines
Having regular routines each day creates a feeling of safety.



Calm time
Time to rest and reset helps my body and brain feel better.



Comfort & familiarity
My favourite things can help me feel safe when things change.



IMPORTANT REMINDER

Everyone is different. What helps one person might be different for you.

It's okay to do what helps YOU. ♥

