

Welcome to our TEACCH Tips page. We are working to put together a collection of tips to help provide support to our families and provide ideas on how to support individuals with autism during times of change. We can all benefit from having some type of structure during times of change to help us maintain well-being and a sense of productivity. The first week will focus on anxiety and change, but future weeks will focus on other topics so stay tuned.

- [TEACCH Tip #1 – Times of change-visual schedules](#)
- [TEACCH Tip #2 – Relaxation strategies & routines](#)
- [TEACCH Tip #3 – Daily living routines](#)
- [TEACCH Tip #4 – Visual countdowns & time limits](#)
- [TEACCH Tip #5 – Social narratives and explaining change](#)
- [TEACCH Tip #6 – Socially connecting & shared experiences](#)
- [TEACCH Tip #7 – Adolescents & Adults – Learning a flexible schedule](#)
- [TEACCH Tip #8 – Adolescents & Adults – Creating predictability during uncertainty](#)
- [TEACCH Tip #9 – Increasing engagement using special interests](#)
- [TEACCH Tip #10 – Scheduling your day to limit worry and prioritize self-care](#)
- [TEACCH Tip #11 – The Power of the Pause Card](#)