



Parent's Quick Community Guide

- **Bring your bag of tricks!** Have entertainment for your child to include an iPad, snacks, drinks, toys
- **Use these items before your child is in behavior-** set them up for success. Allow access to items after short durations of good behaviors. Know your child's abilities and set the expectations based on their previous success! Now is not the time to push how long your child can sit. "First sit quietly for the doctor and then you get X"
- **Be prepared!** Have your list of items to discuss, or grocery list prepared and ready. If you are ready for your outing, then you can be ready if your child has behaviors.
- **Don't worry about other people!** Focus on what your child needs behaviorally and what the function of the behavior is at that moment. Don't be afraid to ask people to leave you alone, or explain that your child has special needs.
- **Use your in-home staff!** Schedule outings and community appointments with your in-home staff so that you can feel comfortable and supported.