



Going out into the Community

Ask yourself...

Before

What will we be doing during our outing?

What are my expectations for my child?

What extra supports may I need?

During

What are my expectations for my child?
(CONSTANTLY REASSESS)

What do I do when my child is meeting or exceeding my expectations?

What do I do when my child is not meeting my expectations?

After

How did my expectations change during the outing?
Why did they change?

What made my child more or less successful?

What could I do the same, or different, to set up for success in the future?

- **Before**
 - **What will we be doing during our outing?**
 - Is this something we have ever done before?
 - What will the environment look like?
 - How busy will the environment be?
 - **What are my expectations for my child?** (i.e., what target behaviors am I looking for?)
 - Are any of these skills new or more difficult for my child?
 - Keep in mind the number of expectations you are placing on your child
 - Provide a higher rate of reinforcement and bring items you know your child will work for
 - What are other ways I can support my child so (s)/he can be more successful (e.g., limit distractors, use visuals supports, setting clearer expectations)?
 - Is this a skill your child has been more successful with in similar situations?
 - How can I lessen my support and still make sure my child successful?
 - **What extra supports may I need?**
 - What level of support did my child need the last time we worked on this skill?
 - What has/has not been effective in the past?
- **During**
 - **What are my expectations for my child?** (CONSTANTLY REASSESS)
 - **What do I do when my child is meeting or exceeding my expectations?**
 - Let your child know!!!! (e.g., provide access to preferred items/activities, deliver specific praise)
 - Increase your expectations- Be careful: DON'T GET GREEDY!!
 - **What do I do when my child is not meeting my expectations?**
 - Is something interfering?
 - How can I rearrange the environment to make my child successful?
 - What types of supports can I use to help my child be successful?
 - How could I alter my expectations to keep my child successful?
 - What is my plan in the event I am unable to arrange learning opportunities?
- **After**
 - **How did my expectations change during the outing? Why did they change?**
 - **What made my child more, or less, successful?**
 - Identify supports that did/didn't work and WHY
 - **What could I do the same, or different, to set up for success in the future?**

Knowing When to Modify my Expectations

You planned and prepared, but when will you know it is time to increase or decrease your expectations? The following are general questions to ask yourself before changing your expectations.

- Is my child remaining successful with the level of support I am providing?
- Is my child displaying desirable behavior a majority of the time?
- Is my child showing any signs of distress or escalation that are cause for concern?
- If necessary, can I arrange the environment to increase my expectations and still provide the necessary supports?

Additional Considerations

Take time to plan and prepare:

- Know where you are going
 - If you are unfamiliar with the place you are going, get online or call ahead to find out information that may help you plan your outing.
 - Find out times of day that are slower so you can plan your visit when the place you are going is less crowded.
 - Arriving when a place first opens may be a way to avoid larger crowds and wait times
- Consider the time of day for your outing. If certain times of day are better for your child try to schedule outings during those times if possible.
- Take preferred items with you.
 - Take your child's desired snacks
 - Take one or two highly preferred toys or other items that your child can have only when you are out. Be mindful that highly preferred items can change over time, so you may have to occasionally change items to make sure they are still interesting to your child.
- When possible, make time to practice the skill(s) you will be targeting
- Use visual supports or social stories to both prepare your child for the outing and to help your child know what to expect while you are out. Resources for visual supports include:
 - First/Then Visual Schedule available on iTunes for \$9.99
 - Autism Speaks Visual Supports Toolkit
 - <http://www.autismspeaks.org/science/resources-programs/autism-treatment-network/tools-you-can-use/visual-supports>
 - Kohl's Autism Awareness Community Hub – provides tips, resources, and visual support examples for going out to various community locations
 - Real Life Tips for Kids with Autism: Errands and Outings
<http://www.childrens->

<p>Sitting appropriately at the table</p>	<ul style="list-style-type: none"> ▪ Request a booth where an adult can sit in the outside seat to help your child remain seated. ▪ Use visuals to help your child understand what is expected. ▪ Use the highly preferred item if needed to occupy your child while you wait. ▪ Deliver praise and preferred items when your child is meeting your expectations ▪ Initially require your child to sit for short periods (e.g., 3-5 min) and gradually increase the time as you're seeing success. ▪ Order an appetizer if appropriate or bring a small snack for your child to eat while waiting for the main meal.
<p>Keeping hands to self</p>	<ul style="list-style-type: none"> • If possible have your child sit where decorative and other items are out of reach. • Teach 'hands down' or a similar phrase to help your child learn he can't touch certain items. • Use visual supports to help your child understand he can't touch certain items. • Provide praise and preferred item(s) when your child keeps hands down • Bring fidgets to keep your child's hands busy.
<p>Waiting until everyone is finished eating</p>	<ul style="list-style-type: none"> • Use visual supports to help your child understand that he needs to continue sitting quietly. • If appropriate use a timer to help your child understand how long it will be before you are finished and will leave. • Provide access to a highly preferred item if your child is waiting as expected.