

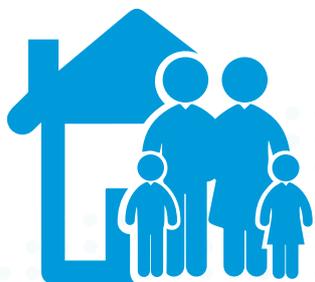


A DAILY SCHEDULE WHILE AT HOME

FOR PEOPLE WITH AUTISM SPECTRUM DISORDER

Dear Parents, kindly note that this is a sample schedule, adapt the schedule as per your family routine and resources. Use visual techniques and pictures to explain the schedule to your child. (HMC – Child Development Center)

TIME	TASK	DETAILS
9:00 am	Wake up	wash face, brush teeth shower, get dressed make the bed
9:30 am	Breakfast	wash hands before eating learn concepts wash hands after eating
10:00 am	Family walk	outdoor walk, cycle
11:00 am	Learning time (one-to-one)	homework skills training (social, concepts, speech, fine motor) as agreed with professionals
12:00 pm	Playtime	play with siblings - lego/puzzle/music
1:00 pm	Lunch	wash hands before eating learn concepts wash hands after eating
1:30 pm	Quite time	nap
3:00 pm	Learning time (one-to-one)	homework skills training (social, concepts, speech, fine motor) as agreed with professionals
4:00 pm	Active time	active sensory play such as running and jumping (outside if weather permits)
5:00 pm	Screen time	TV or iPad (cartoons or fun/educational apps)
6:00 pm	Dinner	wash hands before eating learn concepts wash hands after eating
7:00 pm	Family activity time	talk, laugh and play together
8:00 pm	Reading	social stories
8:30 pm	Bedtime	shower put on pajamas brush teeth



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For more info. on Coronavirus Disease 2019 (COVID-19) visit www.moph.gov.qa or call 16000



