AID in PA
Autism and Intellectual Disabilities in Pennsylvania

Being Flexible and Starting New Routines

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Many of us have encountered times where we have had to make changes to our routines, or start new routines. This can be challenging! This webinar gives some tips for being more flexible and building new routines that will keep you physically, mentally and emotionally healthy!

Other Related Resources:

- Supporting New Habits https://paautism.org/resource/supporting-new-habits/
- Creating a Daily Schedule: A Guide for Parents https://paautism.org/resource/creating-daily-schedule-guide-parents/

Key Takeaways

- Training your thoughts to be more flexible takes practice but is a skill that can be learned and will be helpful throughout your life!
- New routines take planning and consistency. Think about including activities that keep your body and brain working and include activities for reducing stress.

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