Change of routine checklist

aspect
Autism Spectrum Australia

When plans change, taking a few minutes to talk through what will happen can help your child feel more prepared and comfortable.



What is changing?
Describe what will be different from the usual plan.

What is staying the same?
Identify familiar people, places, activities, or routines that won't change.

When will it happen?
Talk about the day, time, and what will happen before and after.

Who will be there?
Name the people your child is likely to see or spend time with.

How long will it last?
Explain how long the activity or change will take.

What might my child need?
Think about comfort items, headphones, snacks, activities, breaks, or support strategies.

What happens afterwards?
Explain what comes next and when things will return to the usual routine.