



Averari Speaks

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Autism Resources for Families

WORKSHEETS TO HELP COPE AND THRIVE



This document provides a set of worksheets designed to help families navigate the unique challenges and celebrate the strengths that come with autism. These tools are created to foster understanding, safety, and well-being for every family member.

Daily Calm-Down Plan

This worksheet helps identify potential triggers, calming strategies, support systems, and emergency contacts to create a personalized calm-down plan for your child.

Child's Name: _____

Triggers: What situations or events often lead to distress?

Calming Strategies: What helps your child calm down? (e.g., deep breathing, favorite toy, quiet space)

Supports: Who can provide support during a meltdown? (e.g., parent, sibling, teacher)

Emergency Contacts: Who to call in case of a crisis.

Notes: Additional information or specific instructions.

Tip: *Share this plan with family members, caregivers, and teachers. Update it regularly as needed.*

Family Safety Checklist – Wandering/Elopement

This checklist helps you prepare your home and community to minimize wandering risks and ensure your child's safety.

- Secure doors and windows.
- Install alarms on doors and windows.
- Teach your child about safety rules.
- Have a recent photo of your child.

- Register your child with local authorities if applicable.
- Alert neighbors and community members about wandering risks.
- Practice safety drills (e.g., what to do if lost).

Notes: Additional safety measures.

Tip: Regularly practice safety drills with your child and family.

Sibling Support Worksheet

This worksheet provides prompts for siblings to express their feelings and experiences related to having a sibling with autism.

Sibling's Name: _____

What do you enjoy most about your sibling?

What is sometimes challenging?

How do you feel when your sibling needs extra attention?

What can your parents do to support you better?

Tip: Encourage open communication and validate sibling's feelings.

Parent Self-Care Plan

This worksheet helps parents track self-care activities, identify support systems, and set personal goals to prioritize their well-being.

Self-Care Activities:

- Exercise
- Reading
- Meditation
- Hobbies
- Socializing

Support Systems: Who can you rely on for help and emotional support?

Personal Goals: What do you want to achieve for yourself?

Notes: Additional self-care strategies and reminders.

Tip: *Remember, taking care of yourself is essential for effectively supporting your family.*

Summary:

This document provides four worksheets to support families coping with autism: Daily Calm-Down Plan, Family Safety Checklist, Sibling Support Worksheet, and Parent Self-Care Plan. These tools aim to promote understanding, safety, and well-being for every family member.

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This resource is provided by Averi Speaks to support families, caregivers, and communities impacted by autism.

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Together, we can create a more inclusive world.