



Parent Network has social skills stories available for download!

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New topics are added regularly.
All stories are available in English and Spanish.

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Access the stories here:

<https://parentnetworkwny.org/social-stories/>



Why is structure and routine important?

- Helps kids to feel safe and secure.
- Knowing what to expect makes transitions easier.
- Reduces stress associated with the unknown.
- Creating structure will help your child to succeed. Experiencing success improves self-esteem, boosts confidence, and is beneficial for overall well-being.
- Structuring the day can help keep thoughts, emotions, and behavior composed.

Things to consider when creating a routine

- Use your **child's strengths, skills, and interests** to help create the schedule/routine that is appropriate for your child and your family.
- **You child's attention span.** Depending on how long your child can maintain attention and focus, add breaks into the schedule for any task or activity that may take more time than your child can maintain attention.
- **Fun and engagement.** If you are working from home or if you have to report to work, schedule time for fun and engaging activities with your child.
- **Time for yourself.** Being a parent/caregiver of a child with a disability is stressful. Schedule time for yourself to relax and de-stress so that you can be at your best.

Upcoming Events

Date/Time	Topic	Link
Monday, June 15 @ 7:00pm	Family & Caregiver Niagara Autism Group	https://parentnetworkwny.org/event/niagara-county-family-caregiver-autism-group-3/
Wednesday, June 17 @ 8:30am	Screen Time: Setting & Enforcing Limits	https://zoom.us/meeting/register/tJ0kcuyorzkrGtNp60_5ofiRwx2SYC3M1I2Z
Thursday, June 18 @ 7:00pm	Buffalo Parent & Caregiver Chat Session	https://global.gotomeeting.com/join/174359397
Friday, June 19 @ 1:00pm	Family & Caregiver Group for Parents of Children with Developmental Disabilities	https://global.gotomeeting.com/join/805112789
Friday, June 19 @ 5:00pm	Family Fun Hour: Father's Day Craft	https://tinyurl.com/y82vwdvb



The contents of this document were developed under a grant from the US Department of Education, #H325160003. However, those contents do not necessarily represent the policy of the US Department of Education, and you should not assume endorsement by the Federal Government. Project Officer, Carmen Sanchez.