

HOME STRATEGY GUIDE

Home Strategy Quick-Reference Guide

Seven proven, everyday strategies — visual schedules, child-led play, positive reinforcement, simple language, and more — explained simply and practically so you can start using them today.

● 7 Proven Strategies

● Simple Explanations

● Ready to Use Today

AT A GLANCE



01

Visual Schedules



02

Child-Led Play



03

Positive Reinforcement



04

Simple Language



05

First-Then



06

Consistent Routines



07

Modeling & Prompting

Use one strategy at a time —
consistency beats variety.



How to use this guide: Pick one strategy to try this week. Keep it simple, stay consistent, and celebrate small wins — progress builds gradually with repetition.

Strategies 1–4

Try one at a time



STRATEGY 01

Visual Schedules

Picture or word sequences that show what's happening now and next, lowering anxiety and building independence.

TRY IT TODAY

- Create a simple 3–5 step picture strip for routines like mornings or bedtime.
- Point to and check off each step as it's completed.
- Keep it posted in the same visible spot every day.



STRATEGY 02

Child-Led Play

Joining your child's chosen activity instead of directing it, to build engagement, connection, and language naturally.

TRY IT TODAY

- Get down on the floor and imitate what your child is doing.
- Narrate their play in simple words ("ball rolling!").
- Wait and watch before jumping in with a new idea.



STRATEGY 03

Positive Reinforcement

Immediately rewarding a desired behavior so your child is more likely to repeat it.

TRY IT TODAY

- Praise or reward right after the behavior happens, not later.
- Be specific ("Great job putting on your shoes!").
- Pair praise with something your child enjoys — a high-five, a favorite toy, a snack.



STRATEGY 04

Simple, Clear Language

Using short, direct phrases matched to your child's language level so instructions are easy to understand.

TRY IT TODAY

- Say "Shoes on" instead of a long, wordy request.
- Give one instruction at a time.
- Pause and give your child time to process before repeating.

Strategies 5–7

Keep it consistent

STRATEGY 05



First-Then Statements

Pairing a less-preferred task with a preferred one to build motivation and predictability.

TRY IT TODAY

- Say “First brush teeth, then story time.”
- Show a picture of both steps if your child benefits from visuals.
- Always follow through on the “then” part.

STRATEGY 06



Consistent Routines & Predictability

Repeating the same steps, in the same order, at the same times, so your child knows what to expect.

TRY IT TODAY

- Keep morning, meal, and bedtime routines in the same sequence.
- Give a heads-up before transitions (“2 more minutes, then bath”).
- Use the same words each time you introduce a routine step.

STRATEGY 07



Modeling & Prompting

Showing your child what to do, then offering just enough help for them to succeed — and gradually fading it.

TRY IT TODAY

- Demonstrate the action first (“Watch me wash my hands”).
- Use the least amount of help needed — a gesture before a full hand-over-hand.
- Fade your prompts as your child gains independence.



Small, steady steps work best. Pick one strategy, practice it for a week, and layer in another once it feels natural — for you and your child.