

TIP SHEET: SAFETY AT HOME

Consider how your home is set up to determine its level of safety to prevent your child from engaging in challenging behaviour and how to respond if they do.

WHAT?

- Organize your home to keep you child safe
- Provide a space for your child to calm
- Arrange the space to eliminate triggers for challenging behaviour

HOW?

- Consider your child's favourite items/activities and any challenging behaviours they may have
- Certain items may need to be moved or placed out of reach to avoid items being dumped, thrown, or used to harm themselves or others (even if unintentionally)
- Doors to the outside may need to be locked to prevent your child from exiting the home without supervision
 - Consider chimes/bells to place on windows and interior doors to alert you if your child opens them
- Gates/fences should be locked at all times to help prevent your child from leaving your property without supervision
- If your child engages in challenging behaviour that may result in injury to themselves or others, consider having a soft item nearby to protect them and/or others (e.g., gym mat, gardener's mat, firm pillow)
- Set a predictable routine
 - Use visual/written schedules to show the order of activities/tasks
 - Use timers to indicate when activities will end
- Consider preparing siblings or others in the home for what they should do if your child engages in challenging behaviour



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