

## TIP SHEET: KEEPING YOUR CHILD ENGAGED

Keeping your child engaged throughout their day may prevent boredom or challenging behaviours and may increase their skills.

### WHAT ARE ENGAGING ACTIVITIES?

- Activities that your child can focus on and interact with
- Activities that your child can remain engaged with that are appropriate for them
- Activities can be preferred and non-preferred (be sure to mix and vary the activities presented)
- Activities can be independent or for the whole family
  - ✓ Try to incorporate school and therapy tasks (if appropriate)
  - ✓ Incorporate physical activity each day
  - ✓ Incorporate outdoor activities if possible

### HOW TO PROVIDE ENGAGING ACTIVITIES?

- Use a timer to show your child how long they are expected to remain on task
- Use visuals/text to show your child the order of activities (if appropriate)
- Offer your child 2-3 activities to choose from
- Reward your child for engaging in the activities, especially if they're non-preferred



Source: <https://pixabay.com/photos/kid-child-baby-colored-pencil-2605810/>