



Support, Guidance and Hope for Parents of Children with Autism



# Timely Tips for Time Management

Use timelines, checklists and charts -- as well as productivity apps on your smartphone -- to help your child map out school projects, household responsibilities and leisure time. Don't expect him to automatically know how to plan and manage his time. It's a special skill that is developed gradually.

Help your child develop a better **sense of time** by showing him how to time the various tasks he does throughout the day: brushing teeth, emptying the trash, reading a chapter for school, practicing piano and so on. He may think each task takes an hour -- or longer. Just imagine the anxiety that creates! And when he discovers that some jobs take 5 minutes while others take 20 or 30 minutes, imagine the utter relief.

Find out if your child knows how to create and use a timeline. It's an essential tool -- especially for reading assignments and large school projects. For more tips on managing time, contact me at [Debora@autismresourcemom.com](mailto:Debora@autismresourcemom.com).

As the mother of a son with autism, I've committed myself over the years to learning, understanding and sharing the most effective ways to nurture, protect and prepare a child with autism.

**For a complimentary consultation, call Debora at 714-501-8735. The talk is free. The information is priceless.**





## Our Mom Speaks

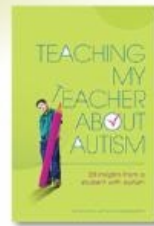
Free speaking engagements for professional and parent groups. *Book now.*



## Our Mom Advises

Free one-hour consultation for parents of children with autism. *Inquire now.*

## Our Mom Wrote the Book



Her latest book: "Teaching My Teacher About Autism," is just \$9.95. *Order now.*

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*Try it FREE today.*

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