

General Outings

In My Shoes
Pointers for Parents

Playgrounds

On The primary DVD Josh enjoys the mouse wheel in his school playground. Visit nearby playgrounds during the weekend (country school playgrounds are usually empty) and find some equipment that interests your child. You might find a fort, sandpit, slides, swings, climb on tractor, flying fox, obstacle course etc. You might also be able to hire a school pool key during the summer holidays.



Shopping Mall

1. When going to crowded places in the community, such as the mall, take aids with you to allow your child to block out visual or auditory over load
 - a) Visual blockers – psp, sunglasses, hat.
 - b) Auditory blockers dc, ipod, earphones.
2. Make a visual map of the mall and mark on the map the places you are going and why. Finish the trip with a visit to a high interest shop e.g. ice cream shop, games arcade, video shop, toy shop. Keep trips short and take your child frequently, to help them get used to the environment. Choose quiet times e.g. evenings.
3. Take a bag of toys or favourite food and give positive reinforcement all the way around the mall.

