

Autism Hub

making a difference

Scale

When making a daily schedule, or when organising a learning activity, start by asking your child to help you rate the **'like doing'** versus **'don't like doing'**. Sort the schedule to start with a **'like doing'** task followed by a **'don't like doing'** task, and finish with more **'like doing'** tasks. Remember the time spent on **'like doing'** versus **'don't like doing'** do not have to be the same.

Like doing

As you identify and make a list of your child's interests, you will be able to include these **'like doing'** activities to:

- occupy during free time
- build a shared interest between siblings and other family members or an online community/hobby group
- think and talk about; research; teach others; and create
- calm and soothe
- motivate and inspire learning.

Don't like doing

It is also important to make a list of **'don't like'** activities. This will be helpful information for preparing for learning@home. Ask your child, other family members, friends and school teams to help you think of alternatives, so that tricky tasks can be broken down and made more successful.

Identify

Identify your child's interests. Some children may have many interests. For other children, you might need to make time to do observations during their free time, interview your child for ideas or ask other family members and school staff for their suggestions and ideas.

Flexibility

For some children, interests will change over time or change frequently within the one day to the next or from morning to afternoon. Using interests for both learning and activities or jobs around the house, will help build success. Always check in with your child before starting a new activity or using an interest to motivate.

Be creative

Interests can also be used as the materials and resources for tasks, topics for subject areas, decoration on books, pencils and learning spaces, reason for jobs around the house and rewards – be as creative as you like!

**Using interests
to promote
engagement**

