

WHY IS STRUCTURE & ROUTINE IMPORTANT

FOR CHILDREN WITH AUTISM



FEEL SAFE AND SECURE



REDUCE ANXIETY AND UNCERTAINTY



**KNOW WHAT TO EXPECT
THROUGHOUT THE DAY**



IMPROVE ATTENTION AND LEARNING



INCREASE INDEPENDENCE



MAKE TRANSITIONS EASIER



**REDUCE FRUSTRATION AND
CHALLENGING BEHAVIORS**



BUILD CONFIDENCE AND SUCCESS

REMEMBER:

Structure doesn't mean every day has to be exactly the same. It means providing the predictability and support children need to understand their world, participate more independently, and thrive.

