

PSG Session with OT Jit Kuan & Ivy on 15 Sept

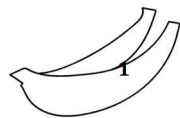
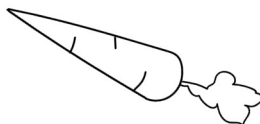


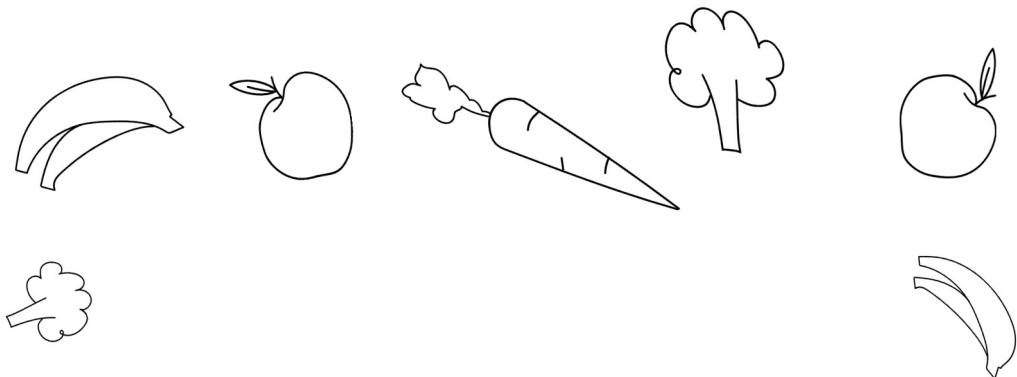
Facilitating DLS at home: Meal Preparation

The stresses of involving our children and young adults with autism in meal preparation may seem daunting. However, by adopting ASD-friendly strategies and tools, engaging them actively before their mealtime can be an enjoyable and fruitful process. It not only equips them with useful kitchen skills, but also boosts their confidence and self-esteem and, at the same time, increases quality time with family.

Some simple yet effective tips that parents gathered from the session:

1. Break down the process into very simple steps e.g. take a packet of bread, remove the tag, take out one piece, put on a plate, take a bottle of bread spread, remove its cover, etc. Tailor the step size to your child's level of learning. This also helps to introduce small successes progressively but surely.
2. Provide a step-by-step visual instruction guide – a picture speaks a thousand words, remember to zoom in on the specifics, make it clear and concise
3. I-do, We-do, You-do
Prepare two similar sets of ingredients and utensils
 - a) First, demonstrate - your child watches you do
 - b) Next, get him to follow, and support him with prompts
 - c) Finally, let him try by himself





5. How to teach measurement skills

e.g. put a sticker to mark on the cup, or just use a smaller cup – it is about differentiating the measurement visibly in a way that works best for your child

6. Using too much strength to stir and mix the ingredients

Sensory issue, motor skill or does he just want to do it fast?
Determine the root cause and develop the strategy accordingly
e.g. whether to use heavier equipment, make the dough harder, or just for a start, let him do less or the last part only.

