



PATIENCE FOR SELF AND OTHERS AND TOLERATING DELAY

PARENT COUNSELING & TRAINING
CARMEL CENTRAL SCHOOL DISTRICT



INTRODUCTION


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AGENDA

- Characteristics of autism and related challenges
- Teaching patience in general
- Teaching patience for self
- Teaching patience for others
- Teaching toleration of delay

CHARACTERISTICS OF AUTISM AND RELATED CHALLENGES

rule rigidity
governed routines
perfectionism insistence
behavior
comfort
sameness



TEACHING PATIENCE IN GENERAL

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- When your child asks for something you're willing to give, answer, "Yes, but you'll have to wait for _____ (amount of time)." Then give that item only if your child has waited without problem behavior and without repeatedly asking (begging). Start with very short delays (wait two minutes for a snack) and build up until your child can wait for weeks or months (wait until a birthday for a major gift).
- When it is drizzling or showering out, have your child set out a shallow container within easy view of a window and tell them they can have a specific item or activity when the container has filled with water (or snow).
- Play games that require turn-taking (and waiting one's turn).
- Use a signal that defines whether you are or are not available to talk or manage requests. For example, if you are on the phone, you could use a lifted index finger to show that you are not available to talk or to take requests until the call is done.
- When your child wants a specific item, game, or activity, allow your child to earn money toward that purchase, and wait until they have earned the full amount before you allow access to that purchase or activity.



PATIENCE FOR SELF

TACTICS FOR TEACHING PATIENCE FOR SELF

- Develop a list of about 5 stumbling blocks to patience that your child has. Then turn each of those stumbling blocks into stepping stones – reframe those as positive characteristics.
- Sample Social Stories are available online, but many of them are behind a paywall and you might pay for a story that doesn't meet your child's needs very well.
- Develop customized Social Stories for your child. Read them together with your child frequently, so that when a mistake occurs, you can refer to the Social Story.

SOCIAL STORY: MAKING A MISTAKE

<https://benziesangmassocialstoriesforautism.blogspot.com/2011/11/making-mistake.html#!/2011/11/making-mistake.html>

Sometimes I make mistakes.

I might make mistakes in my work for my teacher.

I might make mistakes by saying bad words.

Sometimes I might make a mistake by breaking rules at school or at home.

I might get angry or upset at myself.

I might feel like crying.

I can take a deep breath in and let it out.

I can tell myself that it's okay to make mistakes.

Everyone makes mistakes.

I can go back and fix my work for my teacher.

I can say sorry if I made mistakes by saying bad words or breaking the rules at school or at home.

I can always try to fix my mistakes.



PATIENCE FOR OTHERS

TACTICS FOR TEACHING PATIENCE FOR OTHERS

- Siblings: Explain to sibling that rule violation really bothers their sibling. Explain to the child with a disability that it is okay if the sibling bends or breaks a rule.
- Make effective use of space: Use your physical presence to make room between your child and strangers (for example, when waiting in line)
- If taking turns is a challenge, provide EXTRA opportunities to practice turn-taking (games, swings, computers, iPads).
- Gradually increase duration between turns during turn taking practice.



TOLERATING DELAY

TACTICS FOR TEACHING TOLERANCE OF DELAY

From Teaching Patience
By Scholastic Parents

- **Model patience.** Your child is always learning from you, so be aware of the words and body language you use when you have to wait for something. Instead of acting anxious when you're stuck in traffic, put in a relaxing CD, for example.
- **Use reflective listening.** Some children don't have the words to express what they're feeling, but you can help verbalize those emotions. In the checkout line, you might say, "I know it's hard to wait. This is taking a long time, but you're doing a great job waiting." For many children, if you acknowledge your child's struggle, he'll naturally try harder.
- **Keep expectations reasonable.** Asking a child with special needs to wait an hour for food is just too long. At a restaurant, ask your server to bring bread or crackers as soon as you sit down, and have a book or quiet game handy to keep your child occupied.
- **Help her develop strategies for waiting.** When you must wait, help your child figure out what she can do to pass the time. Say, "What can we do while we're waiting? Should we sing songs or read a book?"
- **Use a timer to help your child visualize the wait.** If he is begging for a story, but you need time to finish what you're doing, set a digital timer for 5 minutes and tell him that when the sound goes off, you'll read the book.



MEDITATION FOR PATIENCE AND ACCEPTANCE

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<http://leighb.com/patience.htm>

Please put your attention on the breath for a few moments.

Find patience and acceptance in your heart for your own difficulties, your own mistakes, ...for all the things that you think about yourself which you might not like. Find the acceptance and the patience to endure that in your heart. Let the patience and acceptance grow so that they fill you from head to toe, a feeling of ease. And with that love arises and you can surround yourself and embrace yourself with love.

Pick out one person who is present here and accept that person fully. And with the acceptance have patience for that person. No demand. No pressure. No wanting. Just acceptance. Fill that person with that acceptance, with that non demanding patience, and then surround him or her with love.

And now extend that to everyone here. Accept everyone the way they are and have that non demanding patience for each person. No pressure. Nothing you want. Everything is. Everyone is. And then surround everyone with love.

Now think of your parents. Fill them with your acceptance. Non demanding patience. Surround them with your love.

Now think of those people who are closest to you. Those you might live with. Patience and acceptance. Lovingness. Embrace them with those. Fill them with those. Nothing else works.

Now think of your good friends. Accept them exactly the way they are. Do not wish them to become other. Let patience with them arise, which is non demanding, and non judgmental. Fill them with that and then embrace them with your love.

Now think of neighbors, acquaintances, relatives, people at work. Accept them exactly as you know them. Fill them with that acceptance, with that non demanding patience and non judgmental attitude, and then embrace them with your love .

Now think of anyone whom you find difficult. Accept that person exactly the way he or she is. With non demanding patience. Fill him or her with that acceptance and patience. Then embrace him or her with love.

Now have a look inside to see if there is anyone or anything that you dislike, whatever it maybe, whoever is may be, small or large, and then accept that the way it just is, or accept the person or the ideas or the situation. Just accept it and have patience with whatever it is. Reach out with that acceptance and patience to the person or situation involved.

And now imagine that your acceptance and your patience is like a rose colored cloud coming from your heart and going far and wide, giving people joy and peace by seeing this lovely patience and acceptance that comes to them on this rose colored cloud which can reach very far. First to people around here and then further and further afield. Bringing patience and acceptance and love onto this planet, into this universe.

Now put your attention back on yourself and feel yourself filled with patience, acceptance, and love. Let that be your inner being. The warmth of the love. The peacefulness of the patience and acceptance with yourself.

May all beings have patience with each other.



DISCUSSION



THANK YOU!

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