

AUTISM: MANAGING DIFFICULT SITUATIONS IN DAILY LIFE

ONLINE TRAINING FOR FAMILIES

For parents, grandparents, and family caregivers of autistic children or adults

Prevent and manage difficult behaviors with concrete, immediately applicable strategies

Duration : 2 to 3 hours	Modules : 5 modules
Lessons : 18 lessons	Audience : Parents and relatives of autistic individuals
Format : 100% online, asynchronous	Provider : N° 11757351875
Certification : Qualiopi	Price : On request

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Course description

This online training helps you understand why your autistic child or loved one exhibits difficult behaviors and how to respond appropriately. You will learn to identify warning signs before a crisis erupts, arrange your environment to reduce tensions, and intervene effectively when situations escalate. Through concrete explanations and immediately applicable strategies, discover how to transform daily life to better support your child while maintaining your own balance. Progress at your own pace, whenever you wish, with 100% online access from your computer or tablet.

Module summary

MODULE 1	Understanding to Better Support	4 lessons
MODULE 2	Preventing Daily Crises	5 lessons
MODULE 3	Managing the Crisis When It Arises	4 lessons
MODULE 4	Taking Care of Yourself to Go the Distance	3 lessons
MODULE 5	DYNSEO Applications	2 lessons

Learning objectives

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- Understand the three main differences in autism and their impact on behavior
- Identify the 5 reasons for difficult behaviors: sensory overload, misunderstanding, frustration, routine changes, transitions
- Use the two questions tool to analyze and adapt your response
- Recognize warning signs before a crisis explodes
- Arrange your home: create a calm corner, reduce stimuli, structure the environment
- Implement visual schedules and ritualize key moments of the day
- Prepare transitions using three announcements, visual timers, and transitional objects
- Use effective visual tools: communication cards, first/then boards, emotion thermometers
- Adopt the right posture during crisis: remain calm, speak softly, secure the environment
- Help your child calm down with sensory objects, deep pressure, and breathing techniques
- Manage the post-crisis period: comfort, gradually re-engage, understand what happened
- Recognize signs of exhaustion and organize vital respite without guilt

General information

Duration	2 to 3 hours of online training divided into 5 progressive modules
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Target Audience	Parents, grandparents, family caregivers, and relatives of autistic children or adults
Prerequisites	None - training accessible to all adults
Price	On quote - VAT not applicable (article 261-4-4° du CGI)
Certification	Qualiopi - Certificate of completion
Training Organization	DYNSEO - Registration number: 11757351875

Lesson 1 - Introduction: Learning Objectives

- Discover the training structure and key learning outcomes
- Understand how concrete strategies will help in daily life
- Prepare to transform your approach to difficult behaviors

Lesson 2 - Lesson 1: Three Major Differences in Autism

- Understand communication difficulties: abstract language, complex instructions, vague time concepts
- Recognize sensory hypersensitivity: amplified noises, lights, textures, smells
- Identify hyposensitivity: seeking intense stimulation, need to touch and move
- Measure the impact of constant anxiety: unpredictable world, fear of changes
- Create safety through predictability and routines

Lesson 3 - Lesson 2: Five Reasons for Difficult Behaviors

- Identify sensory overload: too many stimuli, end-of-day saturation
- Recognize misunderstanding: vague instructions, steps not broken down
- Understand frustration: inability to obtain or succeed at something
- Anticipate the impact of changes and breaks in routine
- Prepare transitions from one activity to another

Lesson 4 - Lesson 3: Two Questions Tool

- Ask "What caused this?" to identify the trigger
- Ask "What is the goal?" to understand the behavior's function
- Analyze if seeking attention, escape, access, or sensory stimulation
- Adapt the response based on the identified cause
- Propose solutions that respect the child's needs

Lesson 5 - Lesson 4: Essential Tools for Understanding Your Child's Profile

- Create a Sensory Needs Map based on 7 senses
- Build My ASD Passport: communication, strengths, challenges, sensitivities
- Identify what helps and signs of distress
- Document what to absolutely avoid for your child

Lesson 1 - Lesson 1: Identifying Warning Signs

- Detect behavioral signals: accentuated stereotypies, agitation, withdrawal, rigidity
- Observe vocal signals: increased volume, repetitions, unusual sounds
- Recognize physical signals: redness, rapid breathing, crying
- Intervene immediately at first signs: offer break, quiet place, reassuring object
- Reduce stimulation before escalation occurs

Lesson 2 - Lesson 2: Organizing the House and Structuring the Days

- Create a quiet corner: teepee, cushions, sensory objects, noise-canceling headphones
- Reduce visual stimuli: fewer decorations, closed storage, soft colors
- Manage noise: turn off sounds, sound-absorbing rugs, headphones available
- Set up visual schedule: photos or pictograms in daily order
- Ritualize key moments: waking, meals, bath, bedtime always in same order

Lesson 3 - Lesson 3: Preparing Transitions

- Apply three announcements technique: 10 minutes, 5 minutes, 1 minute warnings
- Use visual timer to represent remaining time
- Create a song or ritual phrase for each transition
- Offer a transitional object to accompany the change

Lesson 4 - Lesson 4: Visual Tools and the Power of Choices

- Use communication cards: pause, too much noise, hunger, pain, misunderstanding
- Set up first/then board: effort then reward
- Create emotion thermometer: scale 1 to 5 with colors

- Offer limited choices: two acceptable options shown visually

Lesson 5 - Lesson 5: 6 Online Tools to Prevent and Defuse

- Warning Signs Map: gather behavioral, vocal, and physical signals
- Visual Timer: make time concrete with colored decreasing zone
- Emotion Thermometer: identify and express emotional intensity with colors and levels
- Crisis Management Plan: establish autopilot protocol according to level
- Visual Social Scenarios: prepare specific situations with illustrated stories
- Motivation Chart: set achievable goals with chosen rewards

MODULE 3

Managing the Crisis When It Arises

4 lessons

Lesson 1 - Lesson 1: Posture During the Crisis

- Breathe deeply to stay calm: your calm regulates the child
- Speak softly with simple words: no explanations or negotiations
- Keep your distance while remaining present
- Secure the environment: remove dangerous objects, use cushion if needed
- Do not take it personally: child is in distress, not against you

Lesson 2 - Lesson 2: Helping to Calm Down

- Reduce stimulation: lower lights, cut sounds, distance from people
- Offer quiet corner without forcing
- Provide soothing objects: stuffed animal, weighted blanket, stress ball, cool water
- Offer deep pressure if child accepts: firm hug, weighted blanket
- Accompany with slow and visible breathing

Lesson 3 - Lesson 3: After the Crisis

- Comfort without judging or moralizing immediately
- Gradually resume activities with calm moments
- Seek to understand later with visual aids if needed
- Protect yourself without violence: distance, call for help if necessary
- Take a moment for yourself after distressing crisis

Lesson 4 - Lesson 4: 3 Tools to Manage the Crisis and the Aftermath

- Wheel of Choices: help child choose calming strategies
- Stop - Think - Act: debriefing tool to identify crises and find solutions
- Facial Expression Decoder: learn to recognize 6 basic emotions

MODULE 4

Taking Care of Yourself to Go the Distance

3 lessons

Lesson 1 - Lesson 1: Recognizing the Signs of Exhaustion

- Identify physical signs: constant fatigue, headaches, frequent illnesses
- Spot emotional signs: easy crying, irritability, feeling of emptiness
- Detect mental signs: difficulty concentrating, rumination, impossible decisions
- Observe relational signs: isolation, conflicts, impatience
- Ask for help before burnout: partner, family, friends, associations, professionals

Lesson 2 - Lesson 2: The Vital Respite

- Take daily break: 15-30 minutes just for yourself
- Organize weekly break: few hours away from home
- Plan monthly or quarterly break: full day or weekend
- Use existing resources: SESSAD, adapted receptions, respite structures
- Let go of guilt: taking care of yourself allows better support

Lesson 3 - Lesson 3: Accepting That It Is Difficult

- Recognize that it is objectively difficult, not a matter of skill
- Allow yourself to say it is hard and ask for help
- Celebrate small victories every day: successful transition, shared joy
- Praise yourself for your parenting efforts: you are doing your best

Lesson 1 - Lesson 1: COCO THINKS and COCO MOVES

- Stimulate cognitive learning: memory, logic, language with over 30 games
- Benefit from automatic sports breaks every 15 minutes
- Develop emotional recognition and expression with Mime an Emotion game
- Progress at own pace with adaptable levels and game filters
- Track child's progress through parent interface

Lesson 2 - Lesson 2: MY DICTIONARY

- Use visual dictionary to communicate without speaking
- Customize with your own images: objects, routines, familiar places
- Allow child to express needs, wants, emotions: hunger, play, tiredness, pain
- Hide impossible activity cards to avoid frustration
- Gain independence and reduce misunderstandings

Teaching methods

- 100% online training accessible from computer or tablet
- Self-paced learning without time constraints
- Progressive modules with concrete, immediately applicable strategies
- Downloadable tools: sensory maps, ASD passport, visual schedules, crisis management plans
- Bonus access to DYNSEO applications: COCO THINKS & COCO MOVES, MY DICTIONARY
- Certificate of completion upon finishing the training