

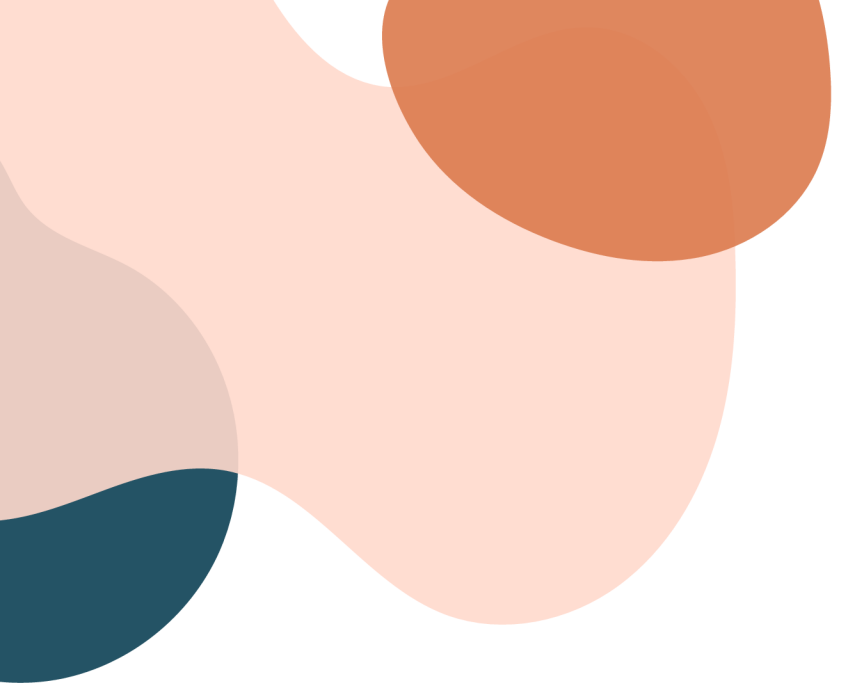


# **SUMMER RHYTHMS FOR AUTISTIC PARENTS & CARERS:**

## **LOW-DEMAND PARENTING, MANAGING ENERGY & SENSORY NEEDS**

Helen Edgar - Autistic Realms





A practical guide for Autistic  
parents and carers to support  
energy flow, sensory regulation,  
and family balance through the  
summer holidays.



# WHY SUMMER CAN FEEL HARD

- Routines fall away
- Sensory input increases
- Executive functioning overload
- Support services pause
- Emotional and sensory needs spike  
(more meltdowns/shutdowns)



# LOW-DEMAND PARENTING

Reducing non-essential pressure  
Supporting PDA and Autistic needs  
Flexible transitions  
Embracing screens and comfort  
Co-regulation over control





# FAMILY SENSORY SURVIVAL KITS

Headphones or ear defenders

Fidget/stim tools

Cooling sprays or soft textures

Grounding objects (stones, scented items/ soft comforters)

Weighted items

Favourite snacks on hand

Don't forget yourself as parent/carer!



# SPOON THEORY

Spoon Theory (Miserandino, 2003)

Energy = spoons;

Plan by spoons, not time

One activity per day may be enough

Allow cushioning time before and after  
events

Flow + rest are valid

Think about what replenishes your  
spoons and energy



# MONOTROPISM & FLOW

Autistic minds thrive in deep focus

Flow when engaged in your passions and interests is regulating

Repetition = safety

Embrace interests

Support alone time or parallel play and body doubling





# BALANCING NEEDS, WITHOUT SHAME

Family needs often conflict, preparation and collaboration helps

Low demand scripts and modelling may help:

“I want to help, but I need a pause for a few mins”

“Let’s find a way we both feel okay what do you think about....”





# **CLOSING THOUGHTS**

## **YOUR REGULATION MATTERS**

### **FLOW IS HEALING**

### **REST IS PRODUCTIVE**

## **HAPPY HOLIDAYS!**





# Thank You

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