

Exercise (ECE) ---Parent's Guide---



This parent introduction to ECE was designed as a supplemental resource to help answer basic questions about this practice.

To find out more about how ECE is used with your child, speak with:

**For more
information visit:**
www.afirm.fpg.unc.edu

This introduction provides basic information about exercise.

What is ECE?

- Exercise is the physical activity in which we engage in order to achieve a healthier level of physical fitness.
- Exercise can be used as an intervention for learners with ASD to increase desired behaviors and decrease inappropriate behaviors.

Why use ECE with my child?

- Learners with ASD often have lower levels of physical activity than their peers; exercise can improve physical fitness and may also create opportunities for interactions with peers.
- Exercise has been used successfully as an intervention to increase desired behaviors such as being engaged in academic work, staying on task, responding correctly, and completing tasks.
- Exercise has also been used as an intervention to decrease inappropriate behaviors such as aggression, self-injury, self-stimulatory/stereotypic behaviors, and being off task.

What activities can I do at home?

- Notice what kinds of exercise or movement activities your child seems interested in and try to schedule time for practicing that activity or skill.
- Find opportunities to teach, practice, and encourage engagement in new exercise or movement activities when possible; this might include riding a bike, jumping rope, doing stretches, throwing a ball, participating in a sport, or doing yoga.
 - These may be individual or group activities – with a peer group or just with your family.
 - This may include opportunities in the community for your child to engage in exercise activities with structure and support.
- Consider planning exercise activities in your schedule at home prior to times that are sometimes challenging for your child; for example, have your child engage in an exercise activity before completing homework or household chores.