

<https://www.merakilane.com/aba-therapy-activities-autism/>

ABA therapy activities for parents to try at home

<https://echoautism.org/resources/>

Parent guides on Behavior, Toilet Training, Tool Kits for ASD and so much more!


<https://youtu.be/LMvGESjOGFw>

Internet Safety Tips

Video by SARTAC (Self Advocacy & Beyond)

<https://www.cdc.gov/ncbddd/disabilityandhealth/healthyliving.html>

Healthy Living Resources for persons with a differing ability

- Be physically active every day. [Learn about physical activity.](#)
- Eat healthy foods in healthy portions. [Learn about nutrition.](#)
- Don't get too much sun. [Learn about preventing skin cancer.](#)
- Get regular checkups. [Learn what health services and screenings may be good for you.](#)
- Don't smoke. [Learn how to stop smoking.](#)
- Use medicines wisely. [Learn about medication safety.](#)
- If you drink alcoholic beverages, drink in moderation. [Learn about alcohol.](#)
- Get help for substance abuse. [Find treatment services near you](#) .
- Stay in touch with family and friends.
- If you need help, talk with your health care professional.