

The Simplicity Review

Why Less is More for Children.

This exercise is based on the principle that many emotional, social and behavioral difficulties can be helped when the complexity of life is eased and a greater level of simplicity and predictability are present. It is a collection of ideas developed and put into practice by parents, educators and care givers who as a result of using them reported very positive changes came into their classrooms and families.

How Does it Work?

1. Look at the list of topics below and make a rating on how you think this particular area is for your child right now.
2. Choose two or three topics that you would like to improve.
3. Now order them in terms of the one that seems 'do-able' right now, which can follow after that and so on. This is the 'Change Rating'.

From Sensory Overwhelm...

... To Safety & Wellbeing

1. Environment

	<i>Complex and/or Too Much/Many</i>		<i>Sort of OK</i>		<i>Fine/ Simple Predictable</i>	<i>Change Rating</i>
	1	2	3	4	5	
Visual Clutter	<div style="position: absolute; left: 0px; top: 0px; width: 100%; border-left: 1px solid black; border-right: 1px solid black; border-bottom: 1px solid black;"></div>				
Toys	<div style="position: absolute; left: 0px; top: 0px; width: 100%; border-left: 1px solid black; border-right: 1px solid black; border-bottom: 1px solid black;"></div>				
Books	<div style="position: absolute; left: 0px; top: 0px; width: 100%; border-left: 1px solid black; border-right: 1px solid black; border-bottom: 1px solid black;"></div>				
General Stuff	<div style="position: absolute; left: 0px; top: 0px; width: 100%; border-left: 1px solid black; border-right: 1px solid black; border-bottom: 1px solid black;"></div>				
Cleaning Products, After Shave & Perfumes	<div style="position: absolute; left: 0px; top: 0px; width: 100%; border-left: 1px solid black; border-right: 1px solid black; border-bottom: 1px solid black;"></div>				
Other	<div style="position: absolute; left: 0px; top: 0px; width: 100%; border-left: 1px solid black; border-right: 1px solid black; border-bottom: 1px solid black;"></div>				

2. Sustenance

	<i>Complex and/or Too Much/Many</i>		<i>Sort of OK</i>		<i>Fine/Simple Predictable</i>	<i>Change Rating</i>
	1	2	3	4	5	
Choices of Food	<div style="position: absolute; left: 0px; top: 0px; width: 100%; border-left: 1px solid black; border-right: 1px solid black; border-bottom: 1px solid black;"></div>				
Meal Times	<div style="position: absolute; left: 0px; top: 0px; width: 100%; border-left: 1px solid black; border-right: 1px solid black; border-bottom: 1px solid black;"></div>				
Bed Times	<div style="position: absolute; left: 0px; top: 0px; width: 100%; border-left: 1px solid black; border-right: 1px solid black; border-bottom: 1px solid black;"></div>				
Other	<div style="position: absolute; left: 0px; top: 0px; width: 100%; border-left: 1px solid black; border-right: 1px solid black; border-bottom: 1px solid black;"></div>				

3. Schedule

	<i>Complex and/or Too Much/Many</i>		<i>Sort of OK</i>		<i>Fine/Simple Predictable</i>	<i>Change Rating</i>
	1	2	3	4	5	
Parents Daily Rhythms					
Transitions					
Child's Daily Rhythms					
Car Journeys					
Child in Busy & Noisy (including background radio, music etc) Environments					
Other					

4. Information & Involvement

	<i>Complex and/or Too Much/Many</i>		<i>Sort of OK</i>		<i>Fine/Simple Predictable</i>	<i>Change Rating</i>
	1	2	3	4	5	
Screen Media					
Exposure to Adult Conversation					
Exposure to Older Siblings Conversation					
Choices					
Other					

5. Discipline

	<i>Complex and/or Too Much/Many</i>		<i>Sort of OK</i>		<i>Fine/Simple Predictable</i>	<i>Change Rating</i>
	1	2	3	4	5	
Unrealistic Requests					
Requests Not Followed Through					
"If...then" Statements					
Other					