

Strategies to help ...

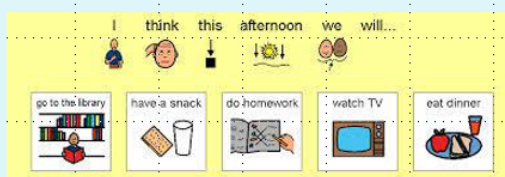
Think about the LANGUAGE you use:



- ▶ Use your child's name first
- ▶ Reduce your language (especially when your child is upset)
- ▶ Allow processing time between instructions or information
- ▶ Break instructions down into stages
- ▶ Think about literal interpretation of language- "Go and wash your hands in the toilet!"
- ▶ Teach what sayings mean
- ▶ <https://www.youtube.com/watch?v=xHHwZJX67-M>

Strategies to help

Use VISUALS where ever possible



- ▶ Visual timetables, calendars, schedules & lists
- ▶ Use visual reward charts with a tangible motivators
- ▶ Use social stories and cartoon strip conversations to help social understanding
- ▶ Clip to show how visuals help...

Be aware that changes can cause anxiety...

- ▶ Stick to routines as much as possible
- ▶ Give advance warnings of any changes e.g. new people, new places (use the internet!)
- ▶ Help teach your child about understanding their emotions
- ▶ Help teach your child about how they are expected to behave in different social situations



Sensory processing differences:

- ▶ The autistic brain processes information differently.
- ▶ This means that sensory perception is affected.
- ▶ Sometimes the senses can be over sensitive (hyper) or under sensitive (hypo).

- ▶ NAS clip **Too Much Information**

https://www.youtube.com/watch?v=Lr4_dOorquQ



Further information and support:

- ▶ National Autistic Society



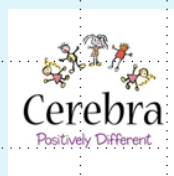
- ▶ Autism West Midlands



- ▶ Contact



- ▶ Cerebra



- ▶ Autism Education Trust

