

My Child



Autism Spectrum
Information Advice
and Meeting Point

While our range of handbooks for students, parents and teachers on autism are invaluable for getting an overview on the challenges of people with autism it is also important to realise that no label defines anyone and that every person on the spectrum is affected in different ways, to varying degrees by autism.

This booklet will enable parents to share with teacher's specific information about their children with autism.

This book is all about my child:

SENSORY

Coping with certain environments and surroundings (noises, smells, textures) can be a source of great discomfort, anxiety and distress for many people with autism. Different environments challenge different individuals and it is important to understand the specific sensory processing challenges of each individual with autism.

My child struggles with environments such as:

My child will get distracted or upset by the following smells, noises or textures:

COMMUNICATION

Communication is a key problem for people with autism. Some people with autism are verbal while others are not. Many with the condition find it hard to articulate feelings or to initiate conversation / ask questions. Understanding and comprehending language can also be difficult and this can be a source of distress - as many with the condition are literal thinkers and so find humours, terms of expression or narrative instruction difficult.

My child finds it difficult to understand...

My child finds it difficult to communicate when...

My child manages instructions / directions best when they explained by...

CONCENTRATION

Concentration or sitting still for long periods are a particular challenge to many on the Spectrum. It can be especially difficult for a child to hold concentration when they are not being stimulated or are distracted by their surroundings or anxiety.

My child finds it difficult to concentrate in school when...

He/She finds it easier to concentrate when...

Ways to help my child's concentration are...

IMAGINATION

It can be difficult for my child to imagine or understand things they can't see or visualise. This can make certain aspects of the curriculum challenging.

My child finds it hard to understand or imagine...

STRUCTURE / ROUTINE

Routine and structure are important to most people with autism as they reduce anxiety by removing or limiting the unexpected.

My child's routine for school is...

**Changing things like seating plans or the schedule for the day can be stressful for my child.
You can help reduce this stress by ...**

ORGANISATION

Some people with autism find deadlines and things like keeping bags/lockers/baskets tidy or remembering equipment difficult.

My child has the following problems with organisation...

We try to help my child stay organised by...

BEHAVIOUR

At times people with autism can display challenging behaviour. This is often because they are anxious about something or struggling to communicate or process their surroundings. It is important to understand the difference between these frustrations and how they should be addressed and defiant or deliberately 'bold' behaviour.

My child often displays more challenging behaviour when...

My child behaves the following way when they are upset or frustrated about something, related to aspects of their condition:

You can often tell when someone with autism is having a bad day or is about to experience mood change or display challenging behaviour. You can see this in my child because...

When we experience challenging behaviour at home we...

We try to avoid the following interventions as they tend to escalate the situation...

ANXIETY

Anxiety is a major challenge for many with autism. When a person with autism is anxious their other challenges or difficulties can often become more pronounced.

My child is likely to get anxious when...

When my child is anxious you can tell by...

Ways which we find useful for preventing anxiety are...

When my child gets anxious, approaches which have worked for us are...

SOCIALISING

Many people with autism find socialising with their peers difficult.

My child finds the following aspects of socialising difficult...

My child finds it easier to mix with peers when...

Ways the school could help my child learn to socialise/mix with their peers are...

ADDITIONAL LEARNING NEEDS / DISABILITIES

Many people with autism also have additional learning needs or disabilities.

The additional learning needs of my child are...

As well as autism, my child also has a diagnosis of...

The additional learning needs / supports required for this diagnosis are...

STRENGTHS / INTERESTS

The challenges of autism are just one small part of my child. My child has some interests and abilities which are actually linked to their condition. This can be really good - though sometimes we may need to restrict their talking about this and try and broaden their interests. Equally, like every other child, they are full of talents.

My child's special interest is...

My child is also interested in...

YOUR SUBJECT

In every subject my child studies they may find different aspects of it challenging because of their condition, equally they excel in some areas while struggling in others.

My child's past experiences studying your subject are...

My child find's the following aspects of your subject most difficult...

My child's favourite or strongest part of your subject are...

We try and focus on my child's strengths and use them as a way to make other things interesting and easier. Ways we could tie your child's interests in to your subject are...

OTHER

Other useful information about my child...