

Supporting children with autism

Strategies

- Have a clear **structure** that is followed consistently.
- Give clear **rules**.
- Be **consistent** – if you say you are going to do something, do it.
- Do not rely on verbal communication alone – use **visual support** wherever possible.
- Build in **planned** breaks within an activity – tell the child when the breaks are going to be.
- Recognise when the child is stressed so you can calm the situation as soon as possible.
- Begin instructions with the child's name to help focus the child's attention.
- Allow **time** for processing.
- Give lots of **praise**.
- **Visual support** and structure will help to reduce anxiety and confusion and will help the child to understand what is going to happen next.
- Use **Start/Finish boxes**. This will help the child see what he/she has to do and what he/she has achieved.
- Give the child their own **workstation** – this is an individual workspace that provides a quieter place for them to work. Make things the least distracting as possible – have a blank screen in front and at the sides.
- Use a **visual timetable** to encourage independence, help with transition into new activities and allow the child to structure thoughts and organise what they are going to do.

