



How can I help at home?



Top strategies for helping your child with an Autistic Spectrum Condition.

The brain relies on intricate wiring to process and transmit information.

However for children who experience developmental difficulties, including those with autism, the brain works differently leading to communications between brain cells which can result in the person behaving in ways which are difficult for others and themselves to manage.

There are many strategies you can explore to make everyday life easier for you and your child at home:

Use visual timetables to inform the young person of what is due first/next. Give prompts and motivators to start tasks

Increased structure in the environment or in an activity can help with children who find it difficult to begin tasks. Building in routines for everyday activities is often important, as routine tasks and their completion become more automatic, reducing the need for independent initiation.

Teach coping skills (such as deep breathing) that can help children to think more rationally before reacting.

The card game Snap requires self-restraint, as you have to wait until the right moment to shout "snap", therefore playing this game can help the young person to practice their inhibition skills.

It may be helpful for you to model appropriate emotional responses. You could talk aloud through a situation that could provoke feelings of anger or sadness and explain how you will deal with your feelings.

Explain to your child that things don't always go to plan, so it's best to prepare for these situations. Come up with a 'Plan B' for some situations that the your child may face on a daily basis, e.g. activity is cancelled, item is unavailable, etc.

Give your child step-by-step instructions (e.g. "put your shoes on") one at a time instead of generic tasks (e.g. "get ready to leave"). Ask them to repeat the instruction back to you.



Help your child form associations that connect different details and make them more memorable. For example, Mr. BULK says (B)AG (U)niiform (L)unch (K)ey.

Make checklists: ask your child person to think about what they will need for an activity (e.g. swimming) and get them to check off each item as they pack it.

Working with your child to create daily routines can help them remember everything they need to do as repeating the same tasks in the same order each day will form habits.

Below are links to some videos about receiving and understanding an autism diagnosis from some young people.

It may help to watch some of these too!

<https://www.autismeducationtrust.org.uk/receiving-and-understanding-a-diagnosis/>

Also see [Amazing Things Happen](#) for a brilliant explanation that can be shared with people of all ages.

What is Autism?

<https://www.optionsautism.co.uk/resources/>