



SPOTLIGHT ON SEND



Also referred to as ASC or ASD

If you have any questions please contact Mrs Downs, our Inclusion Leader.

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Are You Autism Aware?

Be Sensitive

Avoid sensory overload – loud noises, flashing lights and sudden visual or aural stimuli. Be aware of touch as well – how comfortable is it to sit on that carpet?



Be Flexible

All people are different and what works for one person may not work for another. Keep an open mind and prepare to change what you do. Anticipate changes in routine.



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Be Clear

Use clear, simple language. Say what you mean. Don't exaggerate or use metaphors or sarcasm, e.g. 'This classroom is a pigsty!'

Find a Safe Place

When feeling overwhelmed or anxious, Autistic children may need a quiet, stress-free, safe place where they can go.

Use Visuals

Most Autistic people find it easier to understand the world through visual cues and images.



Facts About Autism



We want to have friends.



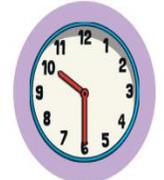
We enjoy playing games.



We can learn new things.



We might not understand how you are feeling.



Please tell us if something is going to change.



Words can be confusing for us.



Pictures help us to understand.



We might not like loud noises.



Be patient with us.



If we are upset, we need a quiet space to calm down.



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awareness is passive
ACCEPTANCE is ACTIVE

ASK QUESTIONS
UNDERSTAND
TELL A FRIEND
INCLUDE
SHOW YOUR SUPPORT
Make a DIFFERENCE

ADAPTED FROM @PINTEREST.COM/CENTERFORAUTISM

www.HelpingTheSpectrum.com

When your child's friend has autism, one of the ways you can help is by supporting the child. Their parent will appreciate that you want to learn about how to support their child and support the growing friendship. Here are some suggestions:

- Find out about the interests of the child, and ask him or her about them. Children with autism will be more willing to interact to the best of their ability if you ask them about something that is important to them.
- If the parent is comfortable sharing, ask them if there are certain triggers that may upset their child or lead to meltdowns.
- Keep your language as simple and concrete as possible, as people with autism are often very literal. But be sure to understand the difference between spoken language and body language/facial expression.

Many children with autism who may not be able to speak are fully capable of understanding what you are saying.

- Figure out where the child is most comfortable. For some families, it is easier if you go to their houses. Some children with autism are more comfortable in their own homes. Some families may want to visit your home. If this is the case, you may want to ask the parent how you can make the visit the most comfortable for the child.
- Provide your children with information about how to best interact with the child with autism. Keep in mind that not all families tell their child about the diagnosis.

FACTS ABOUT AUTISM SPECTRUM DISORDER

- 1 in 54 children are diagnosed with autism spectrum disorder
- Boys are 4 times more likely to be diagnosed with ASD than girls
- Autism can be reliably diagnosed as early as 18 months of age

Common Signs of ASD Are



What is Autism Spectrum Disorder (ASD)?
 ASD is a developmental disability that can cause social, communication and behavioral challenges.