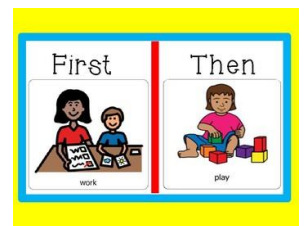


ASD Family Help

Registered Charity No. 1135718

5 Top Tips Time Autism and Communication

1. Always say your child's name first to gain their attention, then give your instruction. Sometimes an object can help gain their attention.
2. Keep your language simple, sometimes we have to chunk instructions down into steps. When we say too much we can overwhelm them. Now and Next / First and Then boards can be helpful. Or just writing a list.
3. Learn to 'Pause' give them time to process. Some of our autistic young people may need 6 to 10 seconds to process. If you need to repeat – repeat your instruction exactly the same way.
4. Use visuals – pictures, objects and symbols can really help with their understanding. Sometimes more important than words on their own. It helps them focus on what is being communicate as well as them communicating with us. Schedules, Timetables and Task strips all help build on independence.



5. Build in choices as much as you can during the day - what would they like to wear, eat, games to play etc. The number of choices will depend on the young person. We often start with just two choices first and work our way up to 3 or 4.

**REMEMBER: Attention – Simple – Pause – Visual -
Choices**