

TOP TIPS FOR COMMUNICATION OVER CHRISTMAS

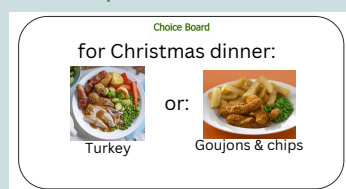
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Use daily planners where possible to help children and young people prepare for what is planned.



2

Allow use of choice within these schedules to give some control over certain activities and preferences.



3

Encourage use of visual aids to make choices as opposed to use of speech, this will take the pressure off the child.



4

Avoid asking direct questions, and if possible prepare your guests for this also.



5

Use comments instead of direct questions i.e.- "I love your headphones" or "I see you like Lego"



6

If you do ask questions, try to use closed instead of open questions.



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Don't insist on verbal exchange with guests, even if the child or young person is verbal.



8

Allow child or young person to opt out of family group activities if they are feeling it's all too much.



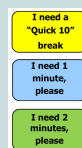
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Don't insist on the child or young person saying "hi" or 'bye" to visitors – ask them first if they wish to do this ahead of time.



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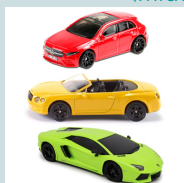
Allow other means of communication to be used i.e. - text, white board or other devices to send a message to an adult when the environment is busy.



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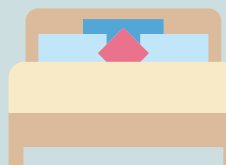
Have an agreed 'secret form of communication'

See Social Media -
Middletown Centre For Autism
(middletownautism.com).



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Provide and support down time and time away from a bustling household.



See also previous links for Top Tips for Supporting Communication
Social Media - Middletown Centre For Autism (middletownautism.com)