

# February Wellbeing Newsletter



## Top Ten Strategies for Supporting Students with Autism

- 1-Use visual support.
- 2-Use routine.
- 3-Create opportunities for communication and learning.
- 4-Use their interests.
- 5-Have fun and be fun.
- 6-Keep any instructions short and specific.
- 7-Try to avoid instructions using any figurative language or anything non-specific.
- 8-Give time.
- 9-Celebrate the small steps.
- 10-Be prepared to change your plan.



## Top tips Challenging behavior at home Create Routines



Children thrive on routines. Routines make children feel safe as they know what is expected of them and when. Set clear routines for the most challenging times of the day - such as getting ready for school or bed - and break the routine into small, timely steps. You may wish to use a visual display to help your child with routines like these Morning and Evening Routine Cards, this My Summer Holiday Routine Activity or these Now and Next Themed Visual Aids. for older children, this hygiene routine will help them to stay focused.

## Children's Mental Health: Hearing Your Child's Voice

## Conversation Starters

What was the  
best part of your  
day?

Is there  
something on  
your mind that  
you'd like to talk  
about?

What  
made  
you laugh or  
smile today?

If you could  
change one  
thing about  
today, what  
would it be?



How can I  
support you  
right now?

Can  
you tell me  
about a challenge  
you faced today and  
how you handled  
it?

We hope you find the information on our website and resources useful. As far as possible, the contents of this resource are reflective of current professional research. However, please be aware that every child is different and information can quickly become out of date. The information given here is intended for general guidance purposes only and may not apply to your specific situation.



Is there anything you'd  
like to do together this  
weekend?

What's  
something  
you learned  
that was  
interesting?