



Communication and Autism Team (CAT) Supporting your autistic child/young person at home.

Many autistic children and young people are self-directed. Here are some ideas to help you do things together while you are at home:

- If your child is pre-verbal and it is difficult to engage them in activities, join in with activities they enjoy, even if you don't understand why they enjoy them! Copy their actions and vocalisations and join them in "their world". Even if your child is verbal, it is important to spend time doing the things they enjoy with them, as you are showing that you are valuing their preferences.
- It is important for a child or young person to know why they are taking part in an activity. Explain in words; write a short explanation script; or explain it using a flow chart.
- If using a visual or written timetable, make sure it contains break times and times when your child can do things they really enjoy.
- Do life skills tasks together (e.g. putting washing out), otherwise they may feel that they are doing lots of jobs! Also, you are modelling how to do the activity.
- Encourage them to do short bursts of work sent from school and build up, if they are reluctant. Praise for even small efforts – not just with a "well done", but by saying things like "you concentrated really well on that piece of work" or "you found out some really interesting facts!"

