

# HOW TO SUPPORT AUTISTIC CHILDREN DURING COVID-19



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## KEEP YOUR DAY AS CLOSE TO THE SCHOOL DAY AS POSSIBLE

Autistic children may feel anxiety about unexpected changes and events. Keeping to a good routine helps you and your child maintain some control.

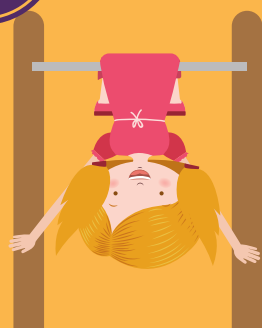
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## CREATE A VISUAL TIMETABLE TO SUPPORT DAILY ROUTINES

A visual timetable helps children to know exactly when they are learning, eating and have free time to play, as well as process information in multiple formats.



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## BUILD ON STRENGTHS AND TALK ABOUT THEIR INTERESTS

Get to know and connect with your child in creative ways. Ideas include custom-made emotion cards to help them communicate how they are feeling, bite-sized visual instructions and rewards based on their interests.

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## OBSERVE THEIR PLAY, GET INVOLVED & FOLLOW THEIR LEAD

Depending on your child, you could read stories, bake fun biscuits, sing songs (nursery rhymes for younger children), try different exercises, yoga/ relaxation techniques, or using sensory objects to have calming down time.



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## BE AVAILABLE TO ANSWER ANY QUESTIONS

It's normal for your child to feel nervous or anxious about COVID-19, so talk to your child about what is going on and answer any questions in a clear and easy-to-understand way. Remember that an autistic child has a different way of learning and communicating,

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## A FINAL MESSAGE FOR PARENTS

We recommend parents to take turns and have a rest at a certain point in each day, and take 30 minutes each day doing something to de-stress like guided visualisation, yoga or reading. Looking after your own wellbeing is just as important.

