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Autism101
Parent Training
17 January 2023

Introductions

Presenters:

Elementary & Secondary
ABC, SAILS, and FLaSH Specialized Programs

Program Managers

Chandeep Kohli

Leah Cross





Please mute your microphones



Open your mind to new information



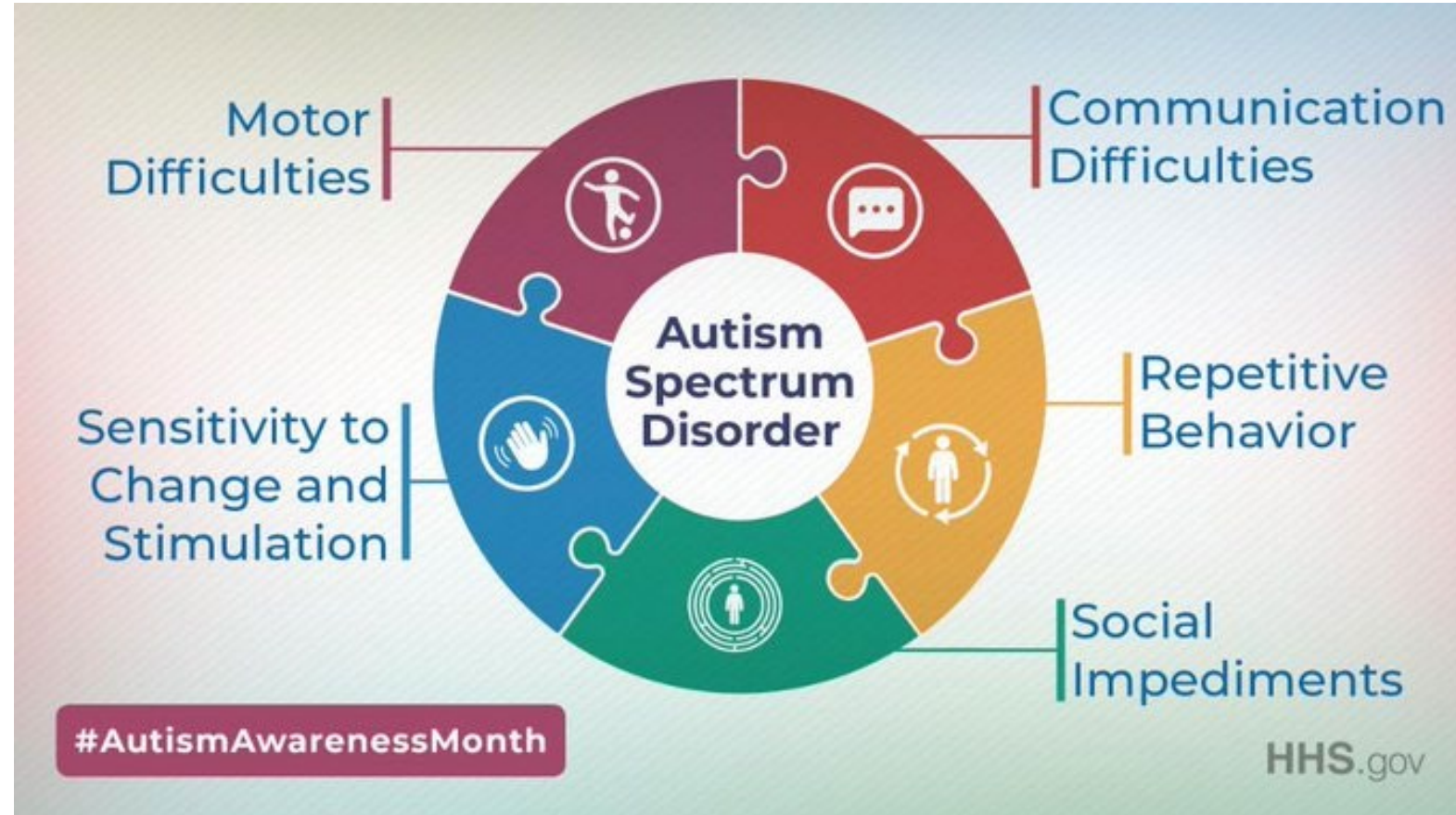
If you have a question, there will be an opportunity for discussion after each cluster and you are also welcome to utilize the chat box.

- Impact of Autism
 - How to help my child succeed in communication, social skills, sensory factors, and behaviors
 - Resources
- Parent Input and Questions



Specific Areas to be Addressed

- Communication Skills
- Sensory Needs
- Behavioral Issues
- Social Interaction Skills



How to Help My Child Succeed



What does it mean to communicate?

Difficulty understanding when they need help or how to ask for help

Difficulty communicating wants and needs




















Receiving messages very literally and responding inappropriately



How You Can Help

















Encourage play and social interaction

 I want	 I see	 thank you			
 drink	 biscuit	 apple	 cake	 crisps	 banana
 book	 sand	 bricks	 pens	 farm	 puzzle
 shoe	 jumper	 trousers	 coat	 sock	 hat

Use visual supports to support non-verbal or limited verbal communicators



Be patient and give your child time to communicate

I feel					
 happy	 sad	 med	 tired		
 silly	 sick	 hungry	 curious		
 confused	 excited	 cold	 hot		

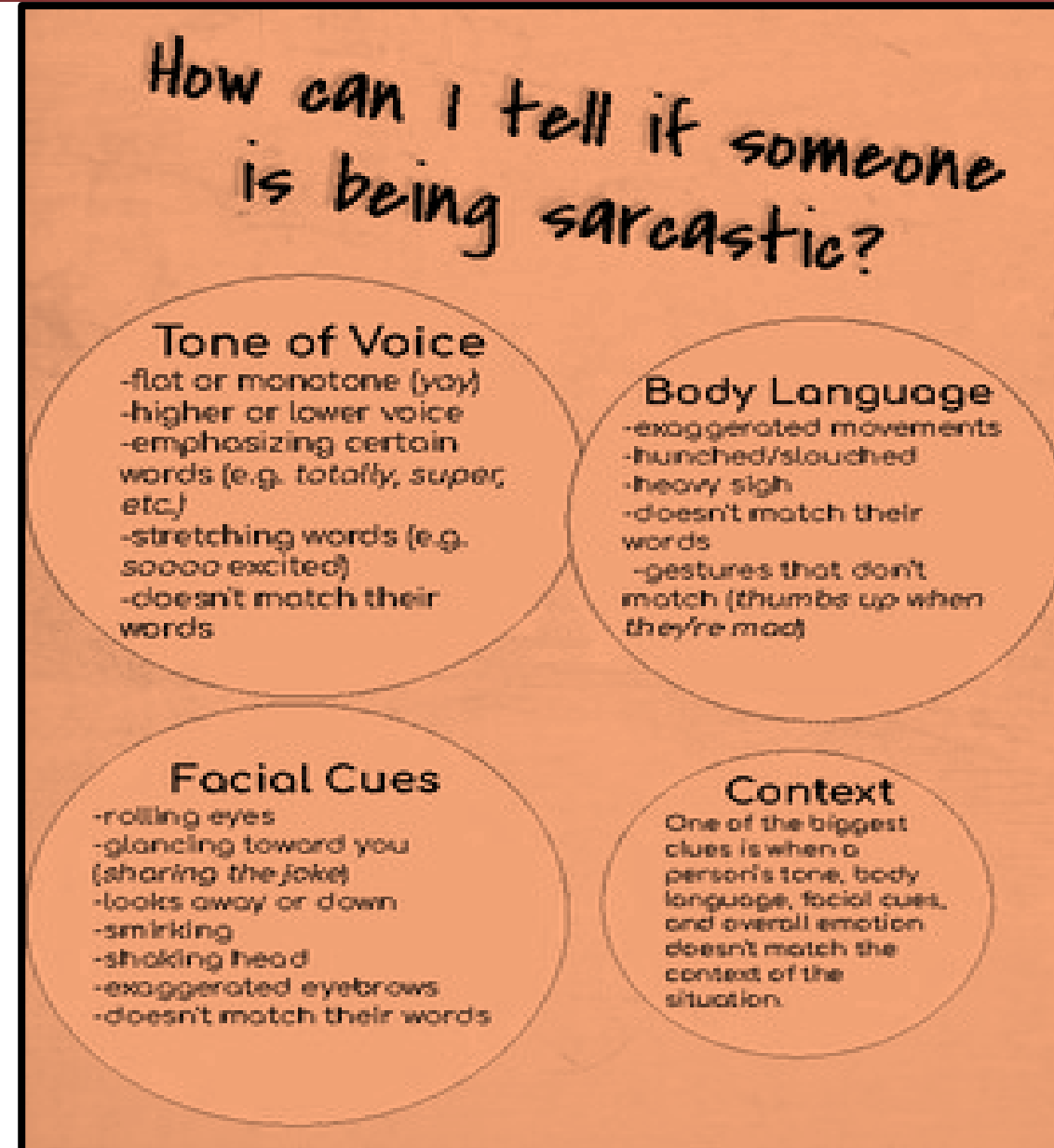
Use simple, Concrete and Concise language



Maintain engagement by using their interests as a topic of conversation

How You Can Help

- Explain metaphors, idioms, and words with a double meaning
- Help the student find a phrase or signal for when he or she does not understand directions
- Teach ways to express their thoughts without offending



Occurs when one or more senses are receiving too much information.

Sensory information overload comes from your immediate environment or the place you are in at the time.



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Autism and 8 Senses

Sensory Differences

Visual
(sight)



Olfactory
(smell)



Gustatory
(taste)



Vestibular
(balance)



Auditory
(hearing)



Tactile
(touch)



Proprioception
(body awareness)



Smith-Myles, B, Cook, KT, Miller, N, Rinner, L, and Robins L. (2000) *Asperger Syndrome and sensory issues: Practical solutions for making sense of the world*. Shawnee Mission, KS: Autism Asperger Publishing Company. Used with permission by Autism Asperger Publishing Company.

How You Can Help

- Recognize need for different kinds of input
-

- Don't automatically assume it is "inappropriate behavior"



How You Can Help

3 Ways to Calm Down Sensory Overload

Choose sensory-friendly events, places and services



Examples:

- Movies
- Performances
- Shopping times

Manage your sensory experience by taking breaks



Examples:

- Quiet zones
- Movement breaks

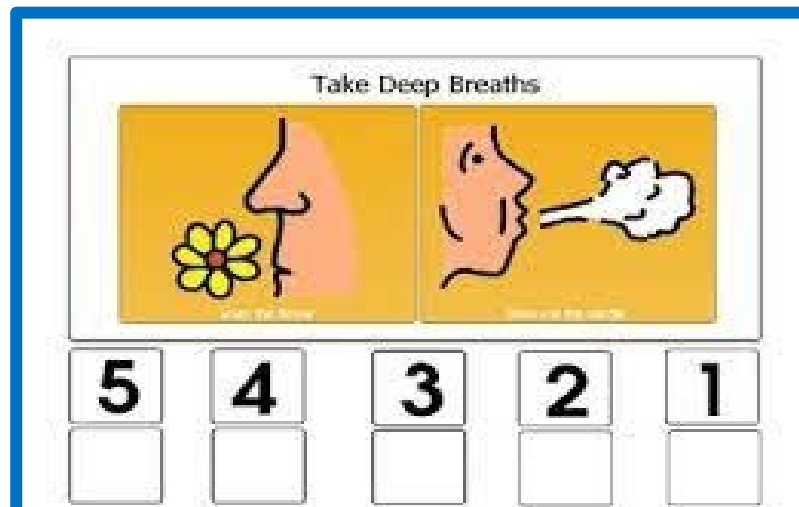
Reduce sensory input



Examples:

- Noise-cancelling headphones
- Sunglasses

How You Can Help



What to lookout for:

- ❖ Egocentric, selfish actions
- ❖ Tend to state exactly what is on their mind
- ❖ A perfectionist
- ❖ Odd, intense fixations
- ❖ Easily annoyed, agitated and impatient



What to lookout for:

- ❖ May be distracted by internal stimuli
- ❖ Focus may appear poor due to the inability to focus on the “correct” stimuli
- ❖ May be disorganized
- ❖ Difficulty recognizing what is relevant and what is not



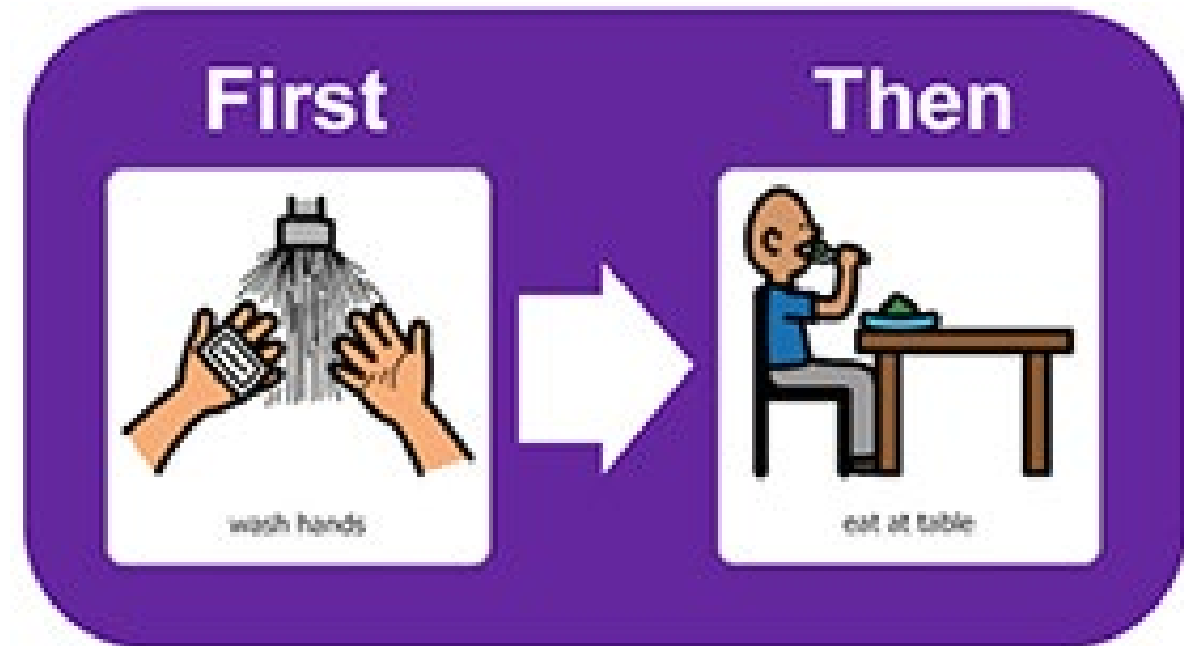
How you can help

- ❖ Provide a high degree of external structure
- ❖ Home expectations are clear and visible
- ❖ Positively reinforce rule adherence



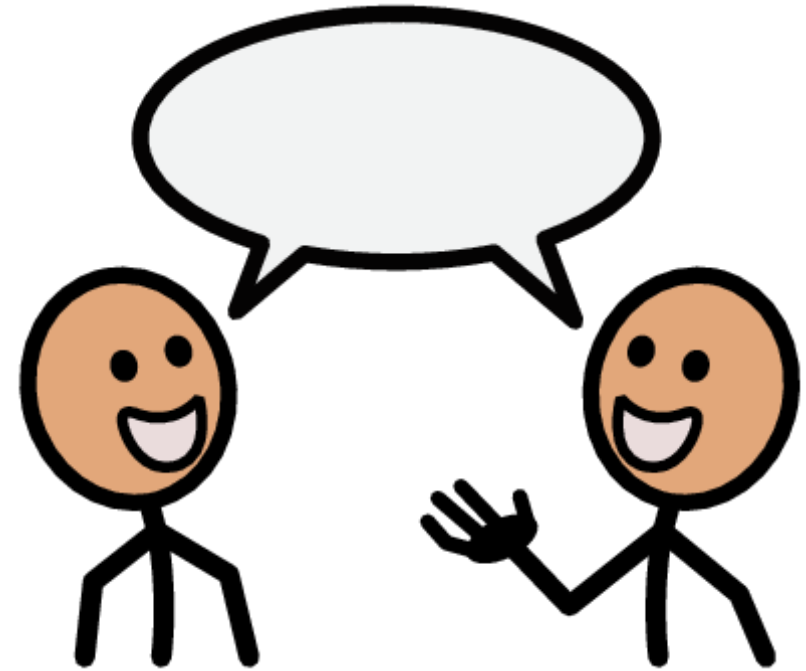
How you can help

- ❖ Set firm expectations for completing activities that fall out of interest ranges
- ❖ Limit perseveration on high interest areas to specific times and settings
- ❖ Build appropriate activities around interest areas



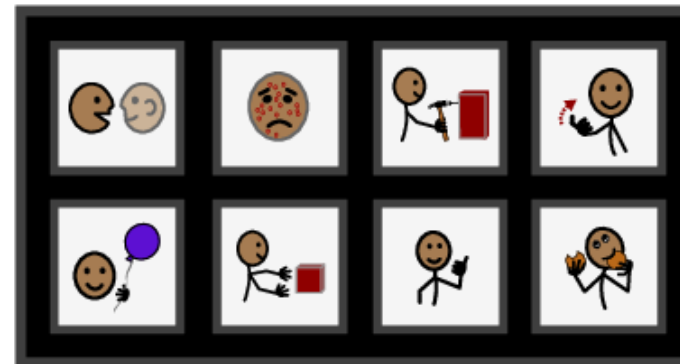
What are “Social Skills”?

Social skills are the skills we use every day to interact and communicate with others.



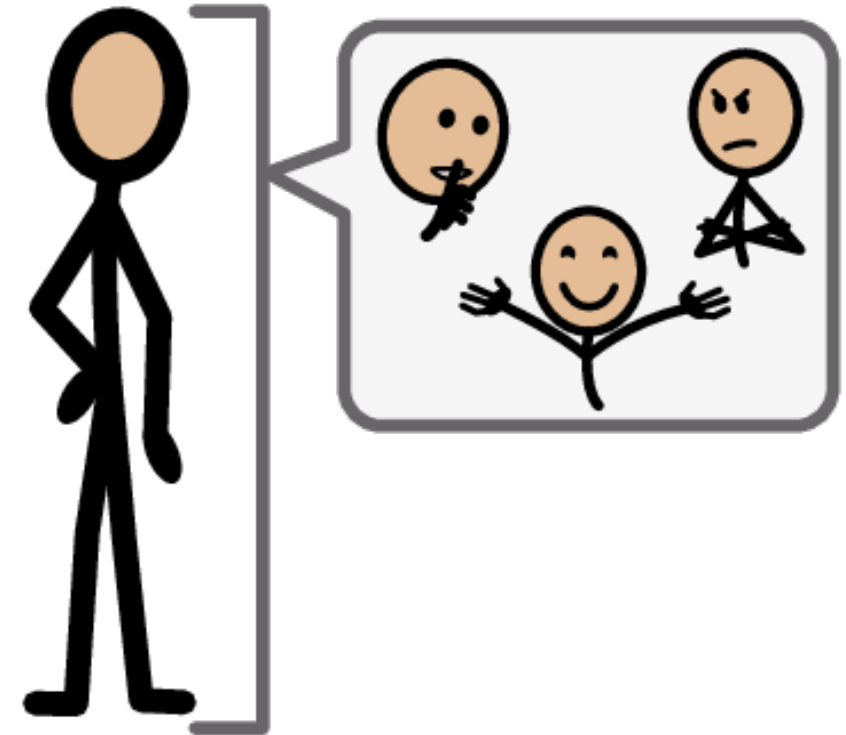
What are “Social Skills”?

They include verbal, limited-verbal communication and non-verbal communication



What are “Social Skills”?

Non-verbal communication include gestures, facial expressions and body language.



Social Skills

Difficulty with Social Skills include:

Inability to read facial cues or body language

Difficulty judging social distance

Unresponsive or misinterpretation of social cues

Repeatedly talks about same topic(s)

Difficulty initiating and sustaining conversations

Trouble understanding their emotions and the emotions of others



Difficulty with Social Skills include:

Talks at people
instead of with
them

Difficulty making small talk,
holding conversations and
staying on topic

Well-developed
speech, but poor
communication

Mis-interrupts
social stimuli and
overacts to
situations

Often labeled “Little Professors”
because their speaking style is so adult
like (using words like: Actually,
Technically, Basically)



Social Skills

Characteristics to be mindful of:

Difficulty in making and maintaining friendships

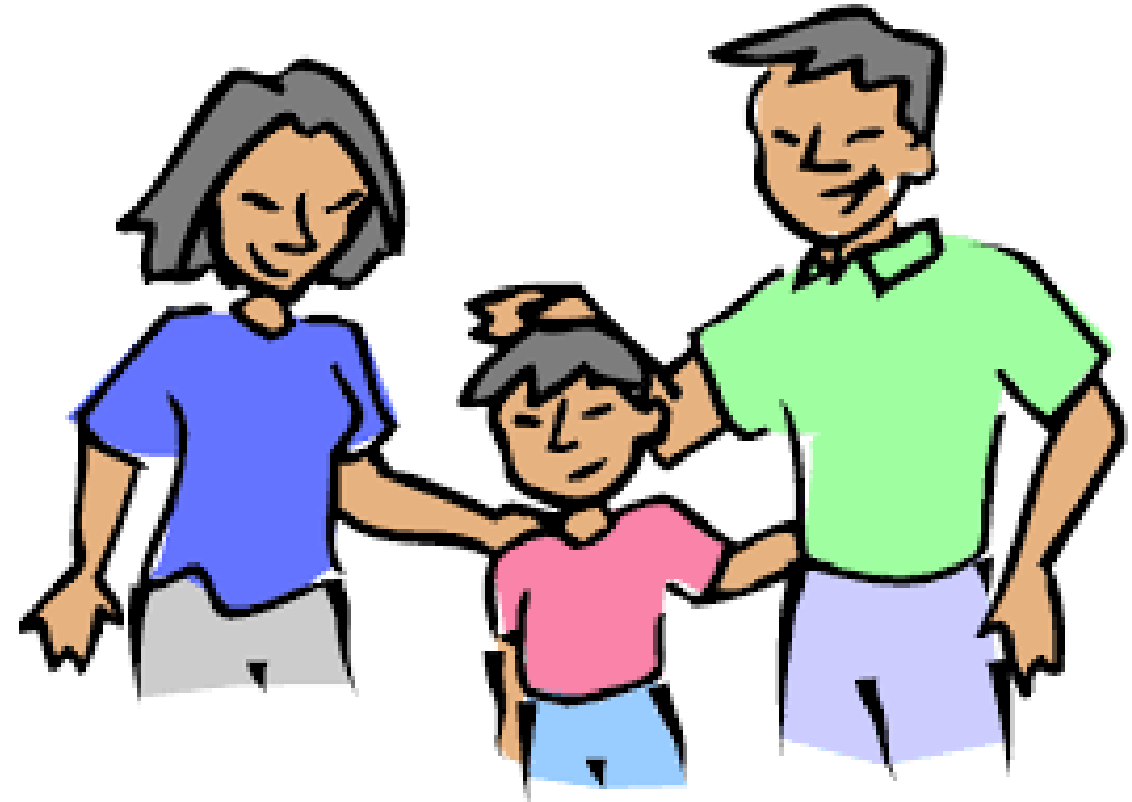
May not have a desire for friends

May not like physical contact

May rarely seem relaxed

May become easily overwhelmed when things are not the way they expect or want them

Self-esteem may be low; Easily taken advantage of; May be prone to depression (especially adolescents)



Social Skills

Characteristics to be mindful of:

May have inappropriate eye gaze and body language

May seem insensitive or lack tact

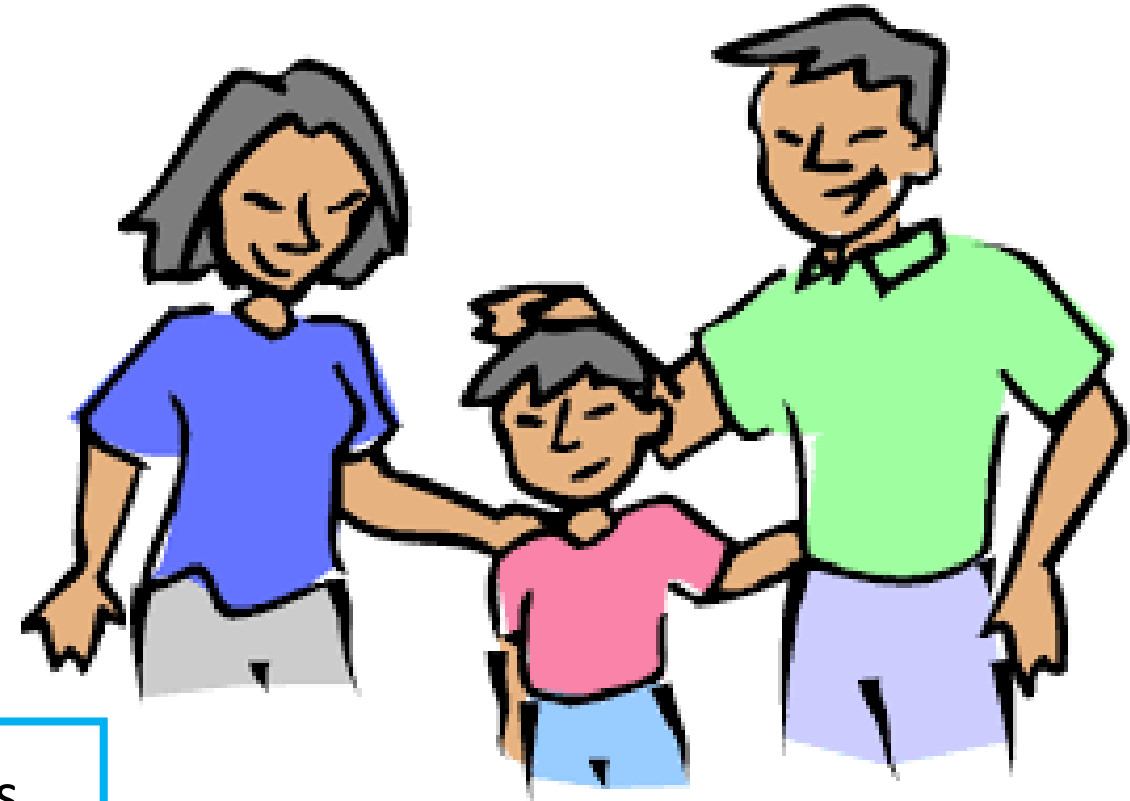
May be easily stressed due to inflexibility

May not understand jokes, ironies, or metaphors

May have a monotone, stilted, unnatural tone of voice

May display temper outbursts in response to stress/frustration

Extremely egocentric



Social Skills

How can you help in at home:

- Provide consistency to reduce stress
- Recognize potential upsetting situations and prepare them in advanced.
- Prepare in advance for changes in routine.



Social Skills

How can you help at home:

- Help them develop concrete coping skills to manage stress
- Be calm and predictable during interactions
- Encourage awareness of their own feelings

5

I can't stand this and ready to explode.

I want to hit someone, something, or throw something. I need an adult to help me go to a safe place so I can calm down.



4

I am getting too angry.

My brain isn't working clearly. I might say or do something I will be sorry for later. I need to go to my safe place to calm down.



3

I am getting really irritated.

I need to walk away from a bad situation. I will tell my teacher that I need a break.



2

I am doing OK.

I'm not pleased, but I'm not upset. I can stay where I am and keep working. I can control my anger by myself.



1

I am doing great.

I feel good about myself and about what is going on around me.



Social Skills

How can you help:

- Help them understand why their responses are perceived as rude or insulting
- Plan play dates with peers
- Role play appropriate interactions
- Help them understand what bullying is and how to recognize it



How can you help:



- Be aware of symptoms of depression
- Provide rules for making social judgments

- Focus on identifying/reacting to social cues
- Focus on identifying/reacting to emotions of others

Social Skills

How can you help:

- Help family and friends understand ASD and how to respond
- Help the student understand the use of humor
- Help the student develop self-preservation and conflict resolution skills



- Help the student look to peers to learn how to act

Final Questions or Comments



- Target skills most critical for your child's independence
- Work with your child's teacher so that the skill can be practiced across the whole day.



Request for Additional Resources

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