

RVHS Information for Parents on... Autism and Autistic Spectrum Disorders (ASD)

www.autism.org.uk



Autism Helpline 0808 800 4104

What is Autism? Autism is a lifelong developmental disability which affects how people view the world and interact with others. Autism is also referred to as Autism Spectrum Disorder (ASD). It decreases the individual's ability to communicate and relate emotionally to others. There is no cure for autism,

however there are many strategies and approaches to aid learning and development. Autism occurs generally four to five times more often in boys than in girls.

Autistic people may act differently:

- They may find it hard to communicate and interact.
- They may find it hard to interpret how other people think and feel when using facial expressions, body language, tone of voice, jokes and sarcasm.
- They may find loud noises and or bright lights overwhelming, uncomfortable or stressful.
- Get anxious or upset about change, unfamiliar situations and social events.
- Do or think the same things repeatedly on a daily basis
- Take longer to understand information – give them time to process what has been said.

Helping your Child with Autism during COVID-19

1. Sit down with your child and discuss how the daily timetable will fit together, incorporating school work, fun time and not forgetting exercise.
2. Encourage your child to prepare his/her own lunch and wash and tidy up after.
3. Learning to bake is a brilliant way of bringing different skills such as science, math, reading to understand and food technology together in one activity.
4. Keep a structure and a routine. Ensuring they follow their normal pattern for the day as they would for school, and are ready for their day according to the times that have been set and discussed with yourself and your child.
5. Use their school bag and pencil case to aid familiarity and routine.
6. Encourage your child to stay in contact with friends and family, through phone, email or social media platforms. This will help with their mental wellbeing and allow them to

feel safe and secure. This is only a guide to help, however can be changed, in accordance to the discussion that you hold with your child.

Useful Links

The National Autism Society site and helpline number above provides a variety of useful information and a podcast that may help with day-to-day life and school routines, education and parent partnerships.

www.ambitiousaboutautism.org.uk – site provides information that can help answer many questions ranging from early years, education and preparing for adulthood.

www.net-aware.org.uk – Provides parents practical advice on privacy settings and a guide to social networks, apps and games

www.familiesonline.co.uk/online-events - Provides up to date information, online events and articles.