

## Autism Tips for Parents and Teachers

### For Parents

**Visual Schedules:**

Use pictures to share a plan for the day. It is best to use realistic pictures. You can use Google Images to explain where the child will be going, or you can use a visual book for the child.

**Social Stories:**

This is a short story that will describe the situation that the child may experience, and will provide a strategy on how to get through this situation in a positive way.

**Personal Communication Passports:**

This can be a book, which contains the child's interests, triggers, and other information about the family/child's environment. This is good for making sure the system stays consistent.

**Routines:**

Having a predictable routine can be beneficial for the child. Children with Autism may experience lower levels of anxiety because the routine is reliable.

### For Teachers

**Visual Schedules:**

Having a visual schedule in the classroom will be beneficial for the student. The student will gain confidence in completing tasks, and anticipating what will happen next.

**Power Cards:**

The teacher can explain their expectations of the child by using a character that the child likes. After the explanation, the child is given a power card, that shows the steps that the child needs to take. It can have a drawing of the character doing the same steps, which will allow the child to imitate the characters.

**Picture Exchange Communication System:**

This is a step-by-step system that teachers can use with children. For example, if the child completes the work, then they can take a picture of an iPad to the teacher, and exchange the picture for the actual iPad. This also can be used for recess or needing breaks.

**Routines:**

Having a predictable routine can be beneficial for the child. Children with Autism may experience lower levels of anxiety because the routine is reliable.