

What you can do at home

Helping your child can be challenging, especially if you're not confident yourself. However, be patient, you can always help by strengthening your child's self-esteem. Here are some things to try:

- Mutually agree a routine to increase security and consistency
- Say your child's name first before you give the instruction
- Always give them time to respond
- Give a clear warning when something is going to stop or change
- Offer fixed choices (this or that)
- Have a calm, quiet manner and voice to reduce your child's anxiety
- Create a safe space for them
- Understand what upsets/distresses your child
- Don't compare your child to others, celebrate their individuality.
- Reward good behaviour, praise effort
- Build on your child's interests and strengths
- Seek advice/support from support groups.

What we do at Glebe

We ensure that all teaching and classrooms are autism friendly by:

- Providing teaching that meets each child's needs
- Adopting a multi-sensory approach to teaching
- Giving children chance to complete work at their own pace or at a later date
- Ensuring interactive whiteboards have a low contrast background
- Giving support with taking notes or giving children the necessary skills to do so
- Giving corrective feedback to develop word recognition skills
- Structured practice
- Supporting longer writing tasks with a scaffolding framework
- Providing phonics booster sessions
- Providing small group interventions
- Modelling appropriate behaviour in social situations



Glebe Junior School

Developing successful lives

An

Autism

Friendly School

What is Autism?

Autism Spectrum Disorder (ASD) is a diagnosis that describes significant social, communicative and behavioural challenges. People with ASD process information differently in their brain. There are many different forms of autism and it affects each person in different ways.

People with Autism tend to share three main areas of difficulty:

- Social communication
- Social Interaction and maintaining friendship
- Social imagination

What causes Autism?

The exact cause of autism is not clear, but research suggests that both genetic and environmental factors may account for mild changes in brain development. It cannot however, be caused by a person's upbringing and is certainly not the fault of the individual or their parent.

What are the signs of Autism?

People with autism may have difficulty:

- Expressing themselves clearly
- Understanding emotions, facial expressions and body language
- Understanding jokes/sarcasm
- Maintaining a two-way conversation with appropriate eye contact
- Recognising the social norms of particular situations/environments
- Predicting what might happen next
- Being aware of danger
- Coping with change/new situations

They may also:

- Have highly focussed interests
- Repetitively line up objects
- Prefer their own company
- Be over or under sensitive to sight, touch, sound, taste or smell
- Feel anxious when they are not in control
- Avoid demands and expectations
- Have delayed speech and language skills

However, not all students who have these difficulties have autism. Formal testing is the only way to confirm a diagnosis of suspected autism.

How is it diagnosed?

A diagnosis can only be given by a medical professional. These can be neuropsychologists, clinical psychologists, behavioural paediatricians or a neurologist.

Assessments usually include detailed observations in a range of environments together with a good account of the child's development.

Do I need a diagnosis?

A diagnosis can help people with autism and their families. It can also help their school, and the community, to better understand their needs. It may also allow access to specific support. At Glebe, we treat children according to their needs, as well as their diagnosis.

How is autism treated?

Autism cannot be cured and is a lifelong condition. However, it can be managed. With help, people with autism can live perfectly normal lives.

Some strategies to help manage autism, and what we do at Glebe are listed on the back.