

Welcome to our first newsletter from Southwark's Autism Support Team. During this time of school closures, we are all still available to offer our support to parents/carers and educational staff.

We have set up a telephone support service from Monday – Friday, 9am-5pm.

Please refer to the full details on this link: [here](#)

We aim to bring to you a fortnightly newsletter, inclusive of ideas, helpful links and possible resources. We invite you to share your own ideas and raise questions with us too, so that we can include these and offer a response.

To be added to our newsletter mailing list or to contact the team with a question/request for a forthcoming newsletter please contact us on:

AutismSupportTeam@southwark.gov.uk

Clicking on links in this document take you to google drive where the resources can be downloaded. If you would like us to email you any of the resources, these can be requested at the email address above.

Question Corner...

Q. How do I motivate my child to read more and complete home work set by school?

A: Offer your child the choice of the order in which, or time at which, tasks are completed.

For more information about this please read our guide to getting your children to complete work help sheet [here](#)



Games Corner

Each newsletter will provide simplified instructions to a game you might have at home.

This week's game is UNO.

Visual rules can be found [here](#)



Visual supports

Visual instruction to help teach learning to wait [here](#)

Visual instructions to support learning to take turns [here](#)

Social Stories

Some children might find it difficult to lose a game; a Social Story could help teach them that it is okay to lose. There are three different stories below about learning to lose, they are at different levels, choose the one that is right for your child.

It's OK to Lose 1 [here](#)

It's Ok to Lose 2 [here](#)

It's Ok to Lose 3 [here](#)

Please email us if you would like to suggest a game for the newsletter.

SUPER SEVEN



Here are some daily suggestions for fun activities to play at home

1. Have a birthday party for a pet or a cuddly toy, *make invitations, birthday cards, wrap a gift, play party games*
2. Get all the chairs / cushions together and make a bus! *Sing 'wheels on the bus'!*
3. Inside/ outside treasure hunt –*draw a treasure map, write clues*
4. Play a game of musical statues (visual rules [here](#)).
5. Plan a house expedition -*fill a backpack, go up and down the stairs, find landmarks and things of interest around the home, take photos in different places, send a postcard!*
6. Build a den with blankets/sheets/cushions, *use a torch, make shadow puppets!*
7. Go on a shape hunt at home- find everything that looks like a circle, square, triangle.

Resource and Website Share

Resources about Covid19 / Coronavirus

- School closure pack toolkit [here](#)
- Free children's book about covid19 [here](#)
- Social story about Coronavirus [here](#)

Choosing An Activity - Supporting choice with visuals can help with requesting, understanding and reducing anxiety. Using symbols or written words can be more concrete than offering verbal choices or saying 'choose something to do'. Some children can choose between 2 options, others will manage more options.

Choosing symbols with board [here](#)

Extra choosing symbols [here](#)



Training

Coming soon! We are in the process of adapting our training so we can bring it to you as an online option.

If you wish to register your interest or find out more about any of the below courses please email:

AutismSupportTeam@southwark.gov.uk

- **Cygnnet** –aimed at parents/carers of children with autism aged 5-18 years
- **Next Steps** – aimed at parents/carers of recently diagnosed pre –school children with Autism
- **Toileting workshop**- aimed at parents/carers who have a child or young person with Autism who may be ready to start toilet training, or are having difficulties with a current routine.