

**W**elcome to this 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 a telephone support service from Monday – Friday, 9am-5pm.

More information can be found: [here](#)

### **Free trials of websites with education and visual resources**

**Wigit-** [here](#) offers a 21 day free trial.  
**Boardmaker-**[here](#) offer a 90 day free trial  
**Twinkl** are an online resource for learning activities and visuals, many schools use them. They are offering free access to their resources for a limited period [here](#), the offer code is **CVDTWINKLHELPS**

## **Games Corner**

Each week we provide simplified instructions to a game you might have at home.

This week's game is Connect 4 [here](#)



### **Visual supports**

Visual instructions to help teach learning to wait [here](#), to support learning to take turns [here](#)

### **Social Stories to support with losing a game**

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](#)



## **Question Corner...**

**Q:** *My child is struggling with increased anxiety at this time; some of it seems to be related to COVID 19, what can I do to help them?*

**A:** Acknowledge that your child feels anxious and try to provide them with age appropriate factual information to help support their understanding of the situation. You can support the spoken word with visuals

[Here](#) is a video by Dr Tony Attwood about supporting children with autism who have anxiety. Notes to accompany this video can be found [here](#).

Strategies that can help include:

- A-Z of coping, [here](#)
- The Incredible 5 point scale, [here](#).

[Here](#) is a helpful podcast you can listen to about supporting your child with autism at this time.

[Here](#) is a child friendly book explaining the Coronavirus – illustrated by Alex Scheffler

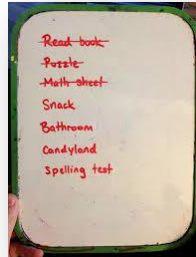
To be added to our newsletter mailing list or to contact the team with a question/request for a forthcoming newsletter please contact us on:

[AutismSupportTeam@southwark.gov.uk](mailto: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, use the email above.

# Routines and structure

We all like routines and structure in our lives and many of us are struggling with getting used to this new 'normal'. For many children with autism, to help make things run smoother at home it's important to have structure and a predictable routine, if not for the whole day for certain parts of the day. Schools will often use symbols to support a child to know what is happening using a 'now and next' board. An example with some symbols that you can select from can be found [here](#). (See newsletter 1 for more home based choice symbols)



It doesn't have to be fancy; hand drawn pictures are good too! For some children it may be more appropriate to use a written list of the daily routine, they could be supported to write it themselves and cross off as they go through the day.

- To support daily routines around **mornings** and **bed time**, some helpful visuals can be found [here](#), you can personalise them to your own child's routine

## Super Seven



Here are some fun activities to try at home

- Set a dance alarm every 30 mins; some learning action songs online can be found [here](#) and [here](#)
- Make greeting cards for everyone at home, to email or post to a friend
- Make a number mural to decorate the wall
- Do coin rubbing with paper and crayons, find other textures around the house to make rubbings of
- Make yoghurt pot telephones
- Play pass the parcel –surprises can be actions to perform / or items from around the home these could link to a prize (*ice cream scoop for ice cream, DVD case for film etc*)
- Home made jigsaw puzzle – find an image in a magazine and cut into appropriate number of pieces for your child, place or stick onto a blank piece of paper to complete

## Training

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](mailto:AutismSupportTeam@southwark.gov.uk)

- **Cygnets** –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.