



ASD Service Newsletter

Autism Service
London Borough of Sutton

Parents
July 2016

Getting ready for the summer...

You may have been given a transition book by your school to support transition or you may like to make your own one with your child over the summer. The aim of these are to support understanding of transition to the new year group, so even if you don't have photos of the new staff or rooms, drawing representations and discussing it with your child will help increase understanding.

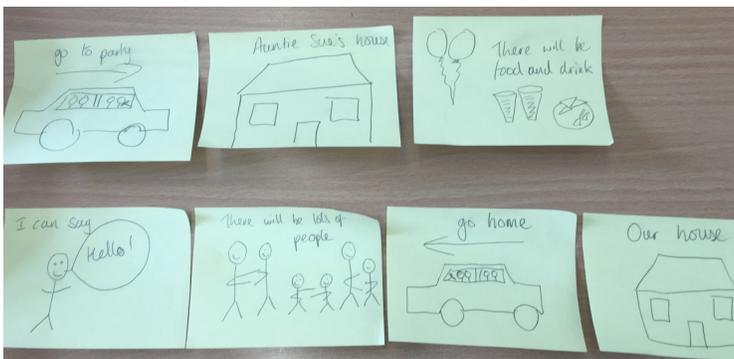
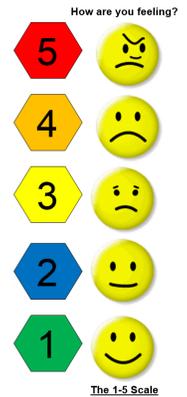
Ideas to support transition:

- Transition book with photos or drawings of new staff, room, pegs, toilets, playground etc. (try looking online on google images or on the school website)
- Discussion and visual chart of things that are changing and things that are staying the same
- Use the 1-5 scale to rate how they are feeling about the transition



Ideas for the summer:

Summer holidays can feel like they're going to last forever and if you have difficulties with concepts of time, and are not always so keen on change, this can be quite worrying. Using visuals wherever possible (on your phone, drawn on post-its etc.) can help add some structure to this potentially unpredictable time...



- Calendar for July/August/September showing which days are in school and which are 'holidays'
- Try to have one thing planned each day and share this with your child, marking it on the calendar. This doesn't have to be an extravagant trip but could be going to the park or spending time in the garden
- Try to keep other parts of the routine similar e.g. morning and bedtime routine
- Plan time for regular movement/relaxation breaks
- Plan for doing nothing! Having a 'calm time' where there are no expectations can help reduce anxiety
- Carry a 'whoops' card (or have a visual on your phone) to warn when a routine is changing or something unexpected is happening. Try to teach this as sometimes being a positive (such as 'whoops we have finished early so we have time for an ice cream') as well as potential negative changes



Whoops



Autism Workshops for Parents

Coming up...

The ASD Service and Sutton Primary Specialist Autism Bases have put together a programme of workshops for parents of primary-aged children with a diagnosis of autism.

This is a chance to find out more about a range of different topics, ask questions and meet other parents.

Topic	Speaker	Date
Communication	Speech and Language Therapist	3 rd October
Behaviour	ASD Service	10 th October
Sensory	Occupational Therapist	17 th October
Access to Services	Local Services	31 st October
School Strategies	Heads of Autism Bases	7 th November
Emotions and Anxiety	Educational Psychologist	14 th November
Eating/Diet	Dietician	21 st November
Interventions - Intensive Interaction and ABA	Intensive Interaction Therapist & Deputy Head from Step by Step School	28 th November

Venue: Denmark Road, Carshalton

Time: 9.45-12

9.45 Arrival and time for a cuppa

10-11.30 Talk

11.30-12 Questions and chat

Spaces are limited! To book a place and for further information, please email:

autismparentworkshops@sutton.gov.uk

The National Autistic Society - Sutton Branch
<https://www.facebook.com/NASSuttonBranch/?fref=ts>



NAS Sutton Branch Members Support Forum ('like' to get updates)
<https://www.facebook.com/groups/nassutton/>



Facebook

Sutton ASD Service ('like' to get updates)

<https://www.facebook.com/Sutton-ASD-Service-1541075346184815/>



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Advisory service for Sutton schools, providing training, support & advice to increase understanding & celebration autism. Tweets by Rebecca Pearse #suttonasd