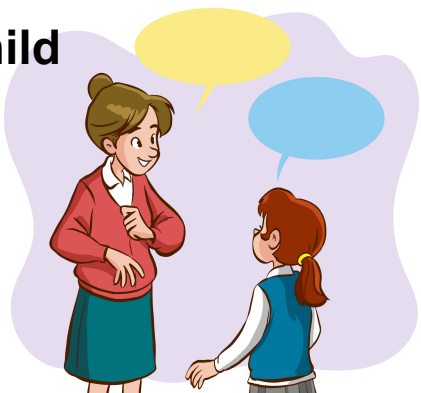


# Autistic children and difficulties in school

## What can help?

### 1 Talk to your child

Talk to your child when they are calm. Ask them specific questions about different times of the school day to find out where the issues are.



### 2 Record

Consider creating a home and school diary. Writing down their problems can help children to process their feelings. You could also try using a free app daily such as 'Molehill Mountain' where they can keep track of their feelings and worries.



### 3 Share

Share your findings with school staff and ask what strategies can be implemented to help.



For example: could your child use sensory toys in class or have some time away in a quiet room when needed?

### 4 Work Together

Have regular check-in's with school staff and the child to monitor progress and keep everybody involved.



Agree a plan with the school about how best to do this - emails, meetings, phone calls etc.? Make changes as needed.

### 5 Change

Ensure any changes in routine are explained to the child in advance where possible.

If they need dropping off by a different person or have a change of food in their lunchbox -giving plenty of time for the child to process the change beforehand can help.

