

Children & Families
The Autism Team

Other Difficulties and Strategies

Difficulties with anger management

- Determine the child's understanding of their feelings – do they know what anger is and when they are starting to feel angry? If not, this will need to be discussed and worked on with the child.
- Encourage and support the child to think of strategies for when they are feeling angry (e.g taking deep breaths, thinking of their favourite thing, taking time out).
- Provide the child with visuals to remind them how to respond to situations.
- Discuss situations with the child as they arise, allowing the child to calm down beforehand.
- Ensure a consistent approach amongst staff to angry outbursts.

Child always wants to be first

- Have rotas for class activities e.g lists for turns on the computer.
- Have a 'line leader' rota which is clearly displayed each day.
- Have a set formula for lining up, eg register order, or specify order as the children line up rather than allowing them to organise themselves.
- If anxiety is very high, allow the child to move to the next activity before the rest of the class.
- Use a social story to explain why and how we line up.
- Use a social story to explain that everyone will get a turn no matter what order they do things in/line up.
- Use role play to practice and demonstrate the above.

Sensory Sensitivities (e.g hates loud noises/strong smells)

- Be aware that a child may have certain sensitivities and that these may not change, therefore certain allowances may be required.
- It may be possible to build a tolerance to certain sensory experiences, but certain sensations may be literally painful to the child, so don't force it.
- If possible, warn the child before loud noises etc occur.
- If the child does not like the smell of certain foods / loud noises causing them to engage in challenging behaviours at lunch times, give them an area to eat in outside the dinner hall.
- Try to minimise noises/smells etc that will distract the child during class time.