

## Ideas for resources

### Visual supports



#### Free symbols

[www.do2learn.com](http://www.do2learn.com)  
[www.visualaidsforlearning.com](http://www.visualaidsforlearning.com)  
[www.pdictionary.com](http://www.pdictionary.com)  
[www.usevisualstrategies.com](http://www.usevisualstrategies.com)  
[www.photosymbols.com](http://www.photosymbols.com)  
[www.straight-street.com](http://www.straight-street.com)

#### Symbols that cost

[www.pecs.org.uk](http://www.pecs.org.uk)  
[www.widgit.co.uk](http://www.widgit.co.uk)  
[www.makaton.org](http://www.makaton.org)  
[www.ebay.co.uk](http://www.ebay.co.uk) – type 'autism' into the search to find lots of people selling visual supports.

#### PECS Visual Support Set

[www.pecs.org.uk/shop](http://www.pecs.org.uk/shop) or 01273 609555  
 Contains wait cards, break cards, help cards and reward counters.



#### Wait symbol

[www.pecs.org.uk/shop](http://www.pecs.org.uk/shop) or 01273 609555

#### Break cards

[www.pecs.org.uk/shop](http://www.pecs.org.uk/shop) or 01273 609555

#### Help symbol

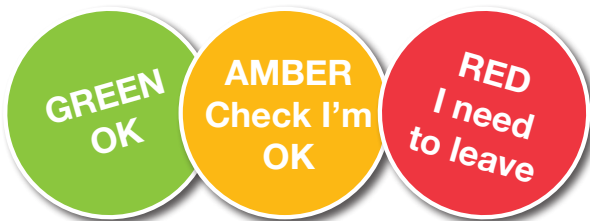
[www.pecs.org.uk/shop](http://www.pecs.org.uk/shop) or 01273 609555

*Or you can make your own!*



#### 'First and Then' or 'Now and Next' Visual Schedule

You can add more as and when needed, and make a simple visual prompt for helping children with autism to understanding two-step sequences.



#### Traffic Light Systems

Useful for:

- > Checking emotions
- > Asking for help
- > Warning of finish
- > Whose turn is it?
- > Door notices



#### Red card / Yellow card system

Useful for:

- > Warning system
- > How to ask for help
- > Warning of finish

# Ideas for resources

<b>Visual supports</b>	
	<p><b>After school cards</b> For example:</p> <ul style="list-style-type: none"> <li>&gt; No homework card</li> <li>&gt; After school I can...</li> <li>&gt; Mystery tour in vehicle card</li> </ul>
	<p><b>Help me cards</b> For example:</p> <ul style="list-style-type: none"> <li>&gt; How to ask for help</li> <li>&gt; If I get stressed, I can...</li> </ul>
	<p><b>Whose turn cards</b> For helping to learn about taking turns and sharing. You can make cards for all the family!</p>
	<p><b>Arrow card</b> Whose turn is it? – For learning to share. Emotions – Happy, sad, unsure.</p>
	<p><b>Catch me card</b> Been caught doing something good? This is a visual prompt for a reward.</p>
	<p><b>Speech and thought bubbles</b> Useful for:</p> <ul style="list-style-type: none"> <li>&gt; helping to explain social situations</li> <li>&gt; being a good sport / bad sport</li> <li>&gt; explaining unwritten social rules</li> </ul>
	<p><b>Good choice / Bad choice cards</b> These show consequences for making different choices.</p>
	<p><b>Sticky notes</b> Great for writing notes, reminders, what to do if... They are very cheap from supermarkets or discount stationers.</p>

## Ideas for resources

### Time



#### Time Timer

A timer which shows time passing by the red section slowly disappearing. Available in small or large size or as an app for iPhones or iPod Touch (visit iTunes).  
[www.taskmasteronline.co.uk](http://www.taskmasteronline.co.uk) or 0116 270 4286  
[www.nas.org.uk/shop](http://www.nas.org.uk/shop) - follow link to NAS Amazon affiliate store.

#### Time Timer Watch

A watch which shows time passing by the red section slowly disappearing.  
[www.ed-solutionsdirect.com](http://www.ed-solutionsdirect.com) or 020 8690 6995

#### Talking Watch

A variety of watches that have a voice that says the time.  
<http://onlineshop.rnib.org.uk> or 020 7388 1266

#### Time Tracker

A timer which can be set for each light to come on for a different length of time, and has optional sounds to accompany the lights changing. Useful for demonstrating how long an activity is lasting.  
[www.brightminds.co.uk](http://www.brightminds.co.uk) or 0844 41 222 50

#### Sand Timers

You can buy five and ten-minute timers or more.  
[www.sensetoys.com](http://www.sensetoys.com) or 0845 257 0849  
[www.brightminds.co.uk](http://www.brightminds.co.uk) or 0844 41 222 50  
and various other Special Needs catalogues / shops.

### Sensory resources

#### Sense Toys

[www.sensetoys.com](http://www.sensetoys.com) or 0845 257 0849

#### Sensory Toy Warehouse (was Novelty Warehouse)

[www.sensorytoywarehouse.com](http://www.sensorytoywarehouse.com)

#### Sensory Direct

[www.sensorydirect.com](http://www.sensorydirect.com) or 0800 0837 212

#### tink 'n' stink

[www.tinknstink.co.uk](http://www.tinknstink.co.uk)

#### Sensory Plus

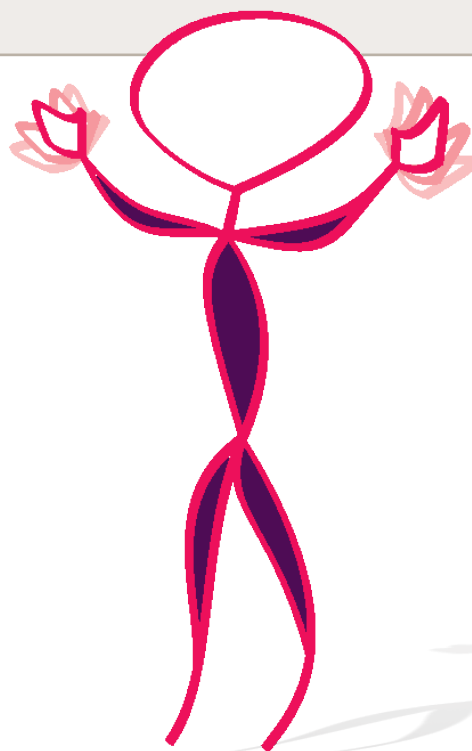
[www.sensoryplus.co.uk](http://www.sensoryplus.co.uk) or 0800 212709

#### Hawkin's Bazaar

[www.hawkin.com](http://www.hawkin.com) or 0844 557 5261 or visit one of their shops  
(they tend to open more around Christmas).

#### Special Direct

[www.specialdirect.com](http://www.specialdirect.com) or 0800 318 686



## Ideas for resources

### Sensory resources

#### Rompa

[www.rompa.com](http://www.rompa.com) or 0845 230 1177

#### eBay

<http://stores.ebay.co.uk/Autism-Awareness-UK>  
<http://stores.ebay.co.uk/sensorytoysshop>

#### Tangle Toy

A tangle is a series of curves which move and pivot. Can be used for distraction, fiddling, stimulation, etc.  
[www.stores.ebay.co.uk/sensorytoysshop](http://www.stores.ebay.co.uk/sensorytoysshop) and various gift shops.

#### P & Q Chewy Tube

Sometimes used for children who like to bite or chew things.

[www.sensorydirect.com](http://www.sensorydirect.com) or 0800 0837 212

[www.kapitex.com](http://www.kapitex.com) or 01937 580211

Often available on eBay.

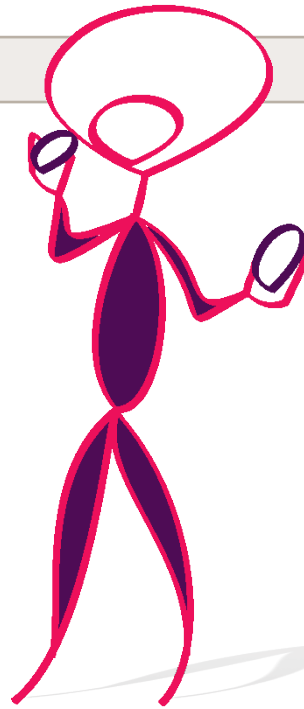
#### Chewy Tubes or ChewBuddy

It can be used for children who like to bite or chew things.

[www.sensorydirect.com](http://www.sensorydirect.com) or 0800 0837 212

[www.kapitex.com](http://www.kapitex.com) or 01937 580211

Often available on eBay.



#### Chew'lerly

A non-toxic colourful chewy bracelet and necklace that can be worn when a child needs to chew on something rather than clothing or other items.

[www.sensetoys.com](http://www.sensetoys.com) or 0845 257 0849

#### Big Bug Massager

The legs vibrate, so useful for those with sensory integration problems. Also useful for relaxation or distraction.

[www.rompa.com](http://www.rompa.com) or 0845 230 1177

[www.stores.ebay.co.uk/BestValueZone](http://www.stores.ebay.co.uk/BestValueZone)

[www.hawkin.com](http://www.hawkin.com) or 0844 557 5261 or visit one of their shops (they tend to open more around Christmas).

#### HoMedics Atom Handheld Massager

The legs vibrate, so useful for those with sensory integration problems. Also useful for relaxation or distraction.

[www.amazon.co.uk](http://www.amazon.co.uk)

[www.johnlewis.com](http://www.johnlewis.com) or 08456 049 049

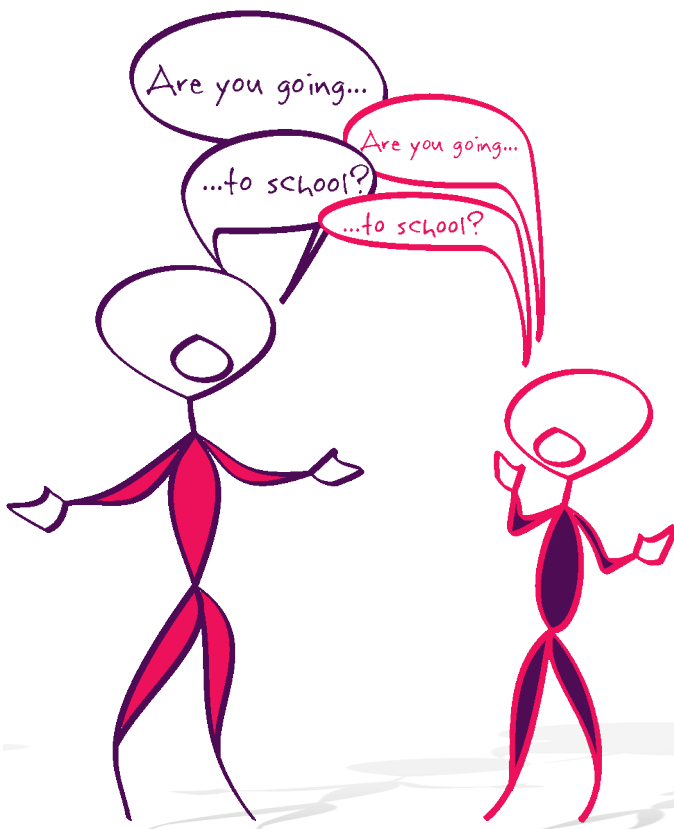
#### Ear defenders

For helping to block out noise. They can help with sensory integration problems.

[www.sensorydirect.com](http://www.sensorydirect.com) or 0800 0837 212

[www.idalearning.com](http://www.idalearning.com) or 0845 120 4776

You can also try your local DIY store.



## Ideas for resources

### Sensory resources

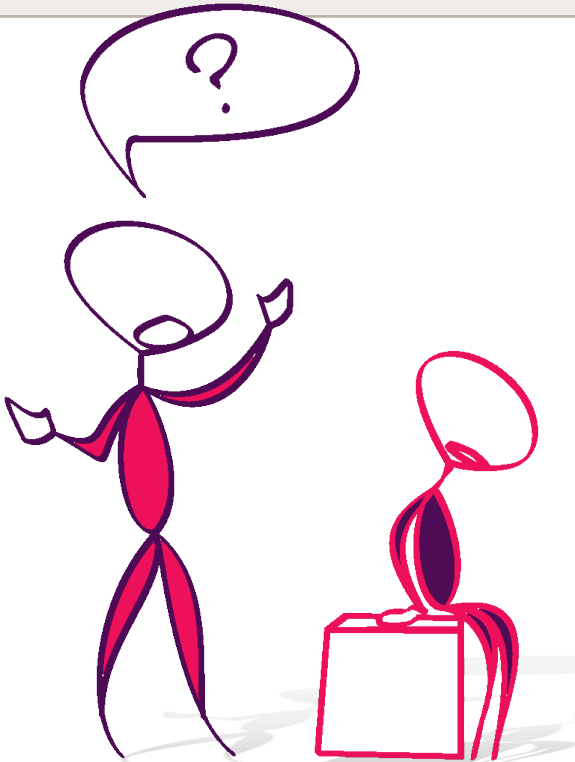
#### Ear plugs

For helping to block out noise. They can help with sensory integration problems.

[www.allhearplugs.com](http://www.allhearplugs.com) or 01582 794171

You can also try your local chemist for ear plugs that mould to your ears.

### Links to sensory-related therapies



#### British Association of Occupational Therapists / College of Occupational Therapists

[www.cot.org.uk](http://www.cot.org.uk)

020 7357 6480

#### The College of Occupational Therapists Specialist Section - Independent Practice

[www.cotss-ip.org.uk](http://www.cotss-ip.org.uk) or 0800 389 4873

#### British Society of Music Therapy (BSMT)

[www.bsmt.org](http://www.bsmt.org)

020 7837 6100 or [info@bsmt.org](mailto:info@bsmt.org)

#### British Association of Behavioural Optometrists

[www.babo.co.uk](http://www.babo.co.uk)

01242 575107 or [admin@babo.co.uk](mailto:admin@babo.co.uk)

#### Institute of Optometry

(Specific Learning Difficulties Clinic)

[www.ioo.org.uk](http://www.ioo.org.uk)

020 7234 9641 or [admin@ioo.org.uk](mailto:admin@ioo.org.uk)

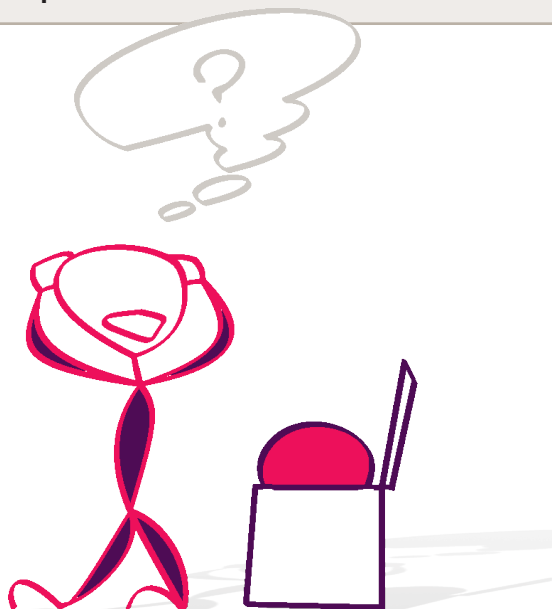
#### The Irlen Institute

(Information site about the Irlen Method)

[www.irlen.com](http://www.irlen.com) or [www.irlenuk.com](http://www.irlenuk.com)

or Midlands number is 01536 761597

### Sleep and personal care



#### Temperature regulating bedding

Shop that sells a variety of temperature regulating bedding, including Dermatherapy, Bamboo or Alpaca.

[www.welovesleep.co.uk](http://www.welovesleep.co.uk) or 0800 170 7288

#### Seam-free Socks

Helpful for children who find socks very uncomfortable.

[www.sensory-smart.co.uk](http://www.sensory-smart.co.uk) or 01425 674712

[www.cosyfeet.com](http://www.cosyfeet.com) or 01458 449035

#### Revolution Underwear

Garments range from vests and T-shirts with alternative fastenings to all-in-one suits that cannot easily be removed by the child.

[www.revolution-underwear.toucansurf.com](http://www.revolution-underwear.toucansurf.com)

or 0116 2775316

## Ideas for resources

### Sleep and personal care

#### Weighted blankets or lap pads

Provide deep pressure to the child to help with sensory integration problems.

[www.sensorydirect.com](http://www.sensorydirect.com) or 0800 0837 212

[www.weight2goblankets.co.uk](http://www.weight2goblankets.co.uk) or 0191 4821986

#### Chillow

The chillow can be filled with water which is absorbed into the foam core and it can help keep people cool at night, regulating body temperature.

[www.chillow.co.uk](http://www.chillow.co.uk) or [www.amazon.co.uk](http://www.amazon.co.uk)

#### Snuggle Sacs

A range of bedding (like sleeping bags) which is useful for children who like the feeling of being wrapped up in bed.

[www.snugglesac.co.uk](http://www.snugglesac.co.uk) or 07799 863466

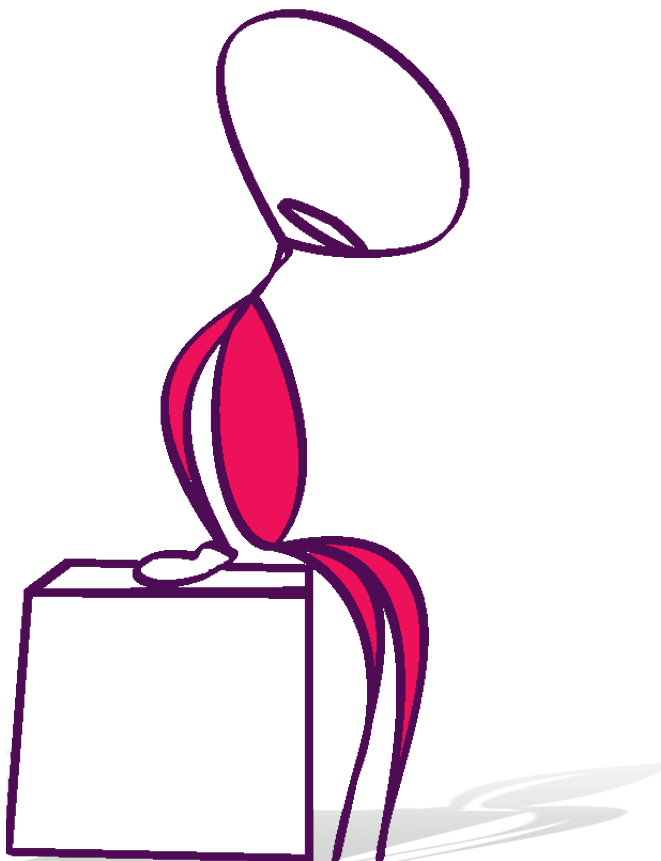
#### Tangle Teezer Hairbrush

Detangling hairbrush which is excellent for long hair.

[www.tangleteezer.com](http://www.tangleteezer.com)

[www.amazon.co.uk](http://www.amazon.co.uk)

Also available in Boots and other chemists.



#### Vibrating hairbrush

Hairbrush that also vibrates. Some children have reported finding this good for hair brushing.

[www.amazon.co.uk](http://www.amazon.co.uk)

#### Flashing toothbrush

Gives a visual cue for a certain length of time Available from chemists or supermarkets.

#### Tooth Tunes Toothbrush

Plays a tune when you use it that can only be heard by the individual. The harder you press the louder the music. Available from Argos, Disney store and various supermarkets and chemists.

#### Collis-Curve Toothbrush

A toothbrush that has curved sides which massage the gums as well as clean – has very good recommendations from other parents.

[www.colliscurve.co.uk](http://www.colliscurve.co.uk) or 01934 862 415

#### Natural Skincare products

A range of natural skincare, toothpaste and cleaning products.

[www.tinknstink.co.uk](http://www.tinknstink.co.uk)

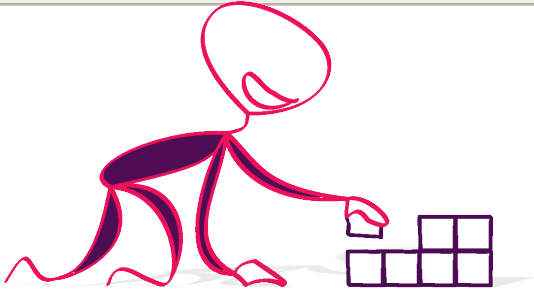
#### Resources for periods

Two different resources for explaining about periods to children with additional needs.

[www.me-and-us.co.uk/ppg/ichangemydad](http://www.me-and-us.co.uk/ppg/ichangemydad)

## Ideas for resources

### Sleep and personal care



#### Dry Like Me Toilet Training Pads

A disposable toilet training pad that fits in a child's own pants, designed to capture small accidents, and help parents and children manage the stress and mess of toilet training. Also useful for children who have problems with constipation and overflow.

[www.drylikeme.com](http://www.drylikeme.com) – for information and stockists

[www.eric.org.uk](http://www.eric.org.uk) – to buy

Available in Wilkinson, Morrisons and Asda Living.

### Talking about autism



#### Autism Alert Card

[www.autism.org.uk/shop](http://www.autism.org.uk/shop)

#### Information cards on autism or Asperger Syndrome

[www.autism.org.uk/shop](http://www.autism.org.uk/shop)

#### I'm not naughty badge

[www.autism.org.uk/shop](http://www.autism.org.uk/shop)

#### I'm not naughty T-shirt

[www.autism.org.uk/shop](http://www.autism.org.uk/shop)

Similar items are available from:

[www.autismawarenessuk.com](http://www.autismawarenessuk.com)

You can find other sellers on eBay.

#### Assorted badges

[www.autismawarenessuk.com](http://www.autismawarenessuk.com) or

[www.stores.ebay.co.uk/Autism-Awareness-UK](http://www.stores.ebay.co.uk/Autism-Awareness-UK)

### Education

#### Write Angle Desk Top Writing Aid

Allows children to set up their work at a better angle for looking at and writing on. Has a non-slip surface and the angle can help with posture and comfort.

[www.specialdirect.com](http://www.specialdirect.com) or 0800 318 686

#### Move' n' Sit cushion

Helps children feel more grounded in their seat. Good for overcoming sensory integration problems.

[www.sensorydirect.com](http://www.sensorydirect.com) or 0800 0837 212

Vidipro UK (fitness equipment): 01299 829400

[www.backinaction.co.uk/move-n-sit](http://www.backinaction.co.uk/move-n-sit)

#### Disc'o'Sit

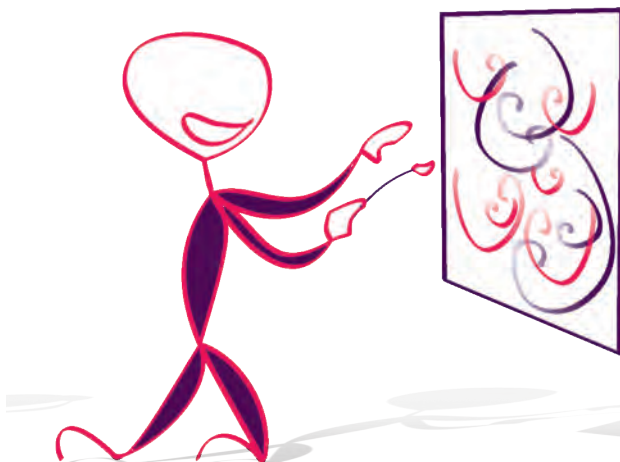
Helps children feel more grounded in their seat.

Good for overcoming sensory integration problems.

[www.sensorydirect.com](http://www.sensorydirect.com) or 0800 0837 212

Vidipro UK (fitness equipment): 01299 829400

[www.welcomemobility.co.uk](http://www.welcomemobility.co.uk) or 0203 195 1356



## Ideas for resources

### Education

#### Autism Education Trust

Resources for teachers, including a transition guide, that are free to download.

[www.autismeducationtrust.org.uk](http://www.autismeducationtrust.org.uk)

#### Schools links

Resources for teachers which are free to download.

[www.schoolslinks.co.uk](http://www.schoolslinks.co.uk)

#### TES

Resources for teachers which are free to download if you register with the site.

[www.tes.co.uk/resources](http://www.tes.co.uk/resources)

#### A guide to my child

An idea that involves writing important things for other people to know about your child on one small sheet. To request an example, please email:

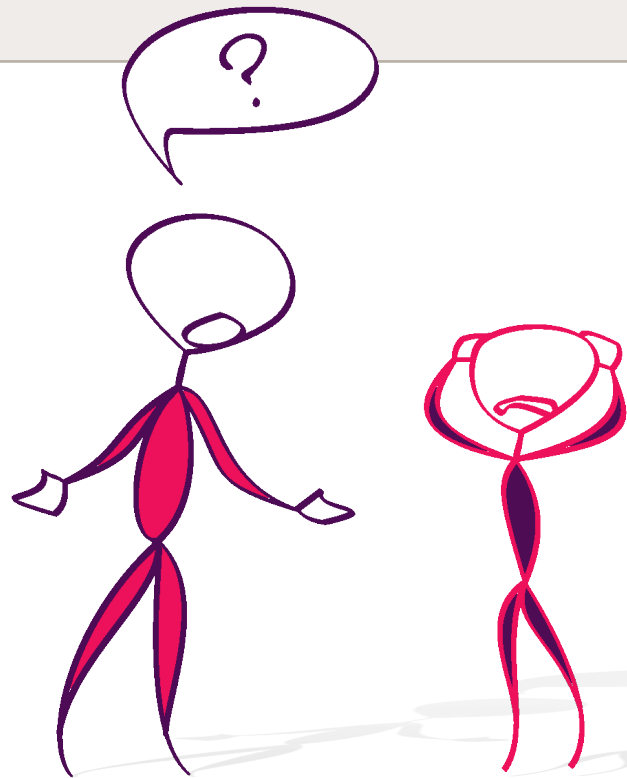
[help@nas.org.uk](mailto:help@nas.org.uk)

#### SEN Code of Practice

To request a free copy:

Phone **0845 60 222 60**

[www.education.gov.uk](http://www.education.gov.uk) – type 'SEN code of practice' into the search box and this will take you to a page where you can order or download the document.



#### SEN Code of Practice for Wales

To request a free copy:

Phone **029 20826078 / 0870 000 228811**

[www.wales.gov.uk](http://www.wales.gov.uk) - type 'SEN code of practice' into the search box and this will take you to the downloadable version.

#### Equality and Human Rights Commission Code of Practice for Schools

To download a copy, visit:

[www.equalityhumanrights.com](http://www.equalityhumanrights.com) (and go to: Publications and Resources>Disability>Education)

To request a copy to be posted:

**0845 604 6610** – England

**0845 604 8810** – Wales

**0845 604 5510** – Scotland

#### Box of Ideas website

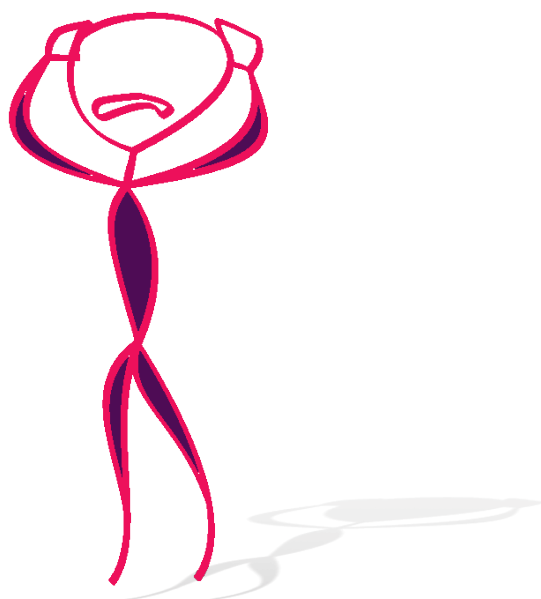
The Discovery Centre in Wales has put together a website as a 'one stop shop' for nurturing children, including thousands of ideas, guidance and information on everything from early years to further education – covers England and Wales.

[www.boxofideas.org](http://www.boxofideas.org)



## Ideas for resources

### Pens



#### Yoropen

Pen which gives finger support and makes it easier to see what is being written. Comes in right or left handed versions.

Yoropen: [www.yoropen.co.uk](http://www.yoropen.co.uk)

WHSmith (at larger stores): [www.whsmith.co.uk](http://www.whsmith.co.uk)

Amazon: [www.amazon.co.uk](http://www.amazon.co.uk)

#### Stabilo Move Easy Pen

Pen which is easier to grip.

[www.whsmith.co.uk](http://www.whsmith.co.uk)

[www.ryman.co.uk](http://www.ryman.co.uk)

[www.anythinglefthanded.co.uk](http://www.anythinglefthanded.co.uk)

#### Light-Up Pens

Pens which light up when pressure is put on them.

[www.idalearning.com](http://www.idalearning.com) or 0845 120 4776

[www.sensetoys.com](http://www.sensetoys.com) or 0845 257 0849

#### Fidget Pencils

Pencils which have things to fidget with at the ends, which may help concentration.

[www.idalearning.com](http://www.idalearning.com) or 0845 120 4776

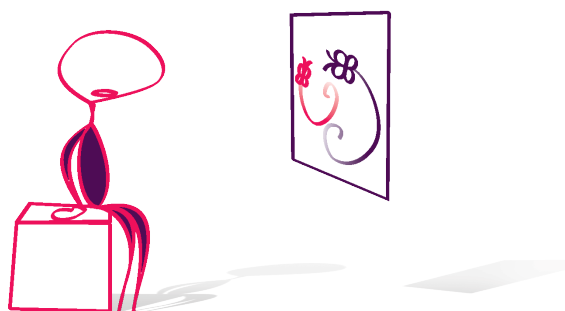
#### Berol Hand Hugger Pencils and Pens

May help with giving better grip.

[www.whsmith.co.uk](http://www.whsmith.co.uk)

[www.amazon.co.uk](http://www.amazon.co.uk)

### Community help and facilities



#### Cinema Card

Allows a carer to go in free with the cardholder. You need to be in receipt of DLA to get a card, which costs £5.50 for one year.

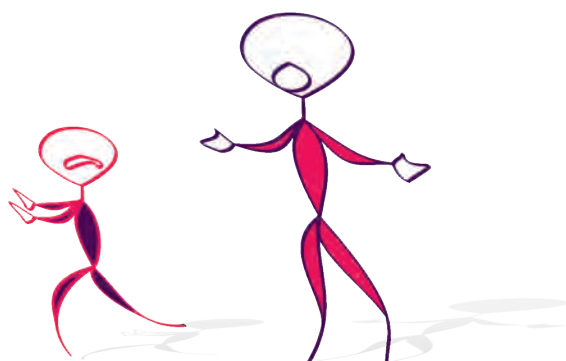
[www.ceacard.co.uk](http://www.ceacard.co.uk) or 0845 123 1292

#### Radar Key

Gives you access to disabled toilets nationwide. You can get one through Radar or various local charities.

[www.radar.org.uk](http://www.radar.org.uk) or 020 7250 3222

### Home furnishing and safety ideas



#### Tough Furniture

A range of furniture that is built to withstand tough treatment.

[www.toughfurniture.com](http://www.toughfurniture.com) or 01588 674340

#### Soft furniture/rooms

A range that can be used for chill-out rooms, sensory rooms, or sleeping areas.

[www.safespaces.co.uk](http://www.safespaces.co.uk) or 01706 816274

## Ideas for resources

### Child safety devices

#### Shatterproof mirrors

A wide range of acrylic mirrors that are shatterproof and safe.

[www.sendmeamirror.com](http://www.sendmeamirror.com) or 01923 800801

#### Plug lock electrical safety cover

A cover for plugs that means they can't be pulled out.

[www.pluglock.co.uk](http://www.pluglock.co.uk) or 01535 646071

#### Nutshell Natural Paints

Non-toxic paints made from natural materials.

[www.nutshellpaints.com](http://www.nutshellpaints.com) or 01392 823760

#### Child Wander Alarm

Transmitter and receiver, with an alarm that goes off if the child wanders beyond nine feet.

[www.mypreciouskid.com](http://www.mypreciouskid.com) (USA-based, will ship worldwide)

[www.lostmefindme.co.uk](http://www.lostmefindme.co.uk)

[www.ebay.co.uk](http://www.ebay.co.uk)

#### Buddi

A miniature GPS and tracking device which can track people's locations at any distance. Costs £299 and a monthly fee.

[www.buddi.co.uk](http://www.buddi.co.uk) or 0800 978 8800

#### Child-safe tags

You can put your own emergency contact details on the tag in case your child becomes lost.

[www.familysafepius.co.uk](http://www.familysafepius.co.uk) or 08700 62 49 19

#### Child safety tattoos / transfers

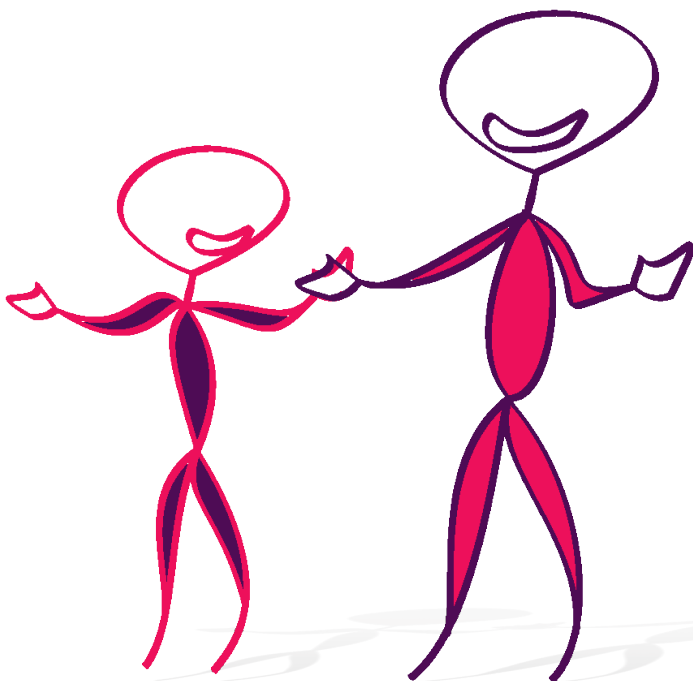
These cheerful child safety tattoo transfers are personalised with your mobile number to quickly reunite you with a 'lost' child. The temporary transfers are waterproof and ideal for holidays and days out.

[www.cooltransfers.com/pleasecallmum](http://www.cooltransfers.com/pleasecallmum)

#### Emergency contact zip pulls

Add details of emergency contact details for your child.

[www.ebay.co.uk](http://www.ebay.co.uk) - type 'emergency contact zip pulls' in the search box. Supplied by Shakaid's Visual Aids.



### Car safety

#### Safety harnesses

Range of safety harnesses for cars, airplanes or walking.

[www.crelling.com](http://www.crelling.com) or 01253 852298

## Ideas for resources

### Publishers



#### **The National Autistic Society**

Sells books published by the NAS but also has a list of recommended books and a link to an Amazon affiliate shop.

[www.autism.org.uk/shop](http://www.autism.org.uk/shop)

#### **Jessica Kingsley Publishing**

Publishes a wide range of books on topics including autism, ADHD, and learning disabilities.

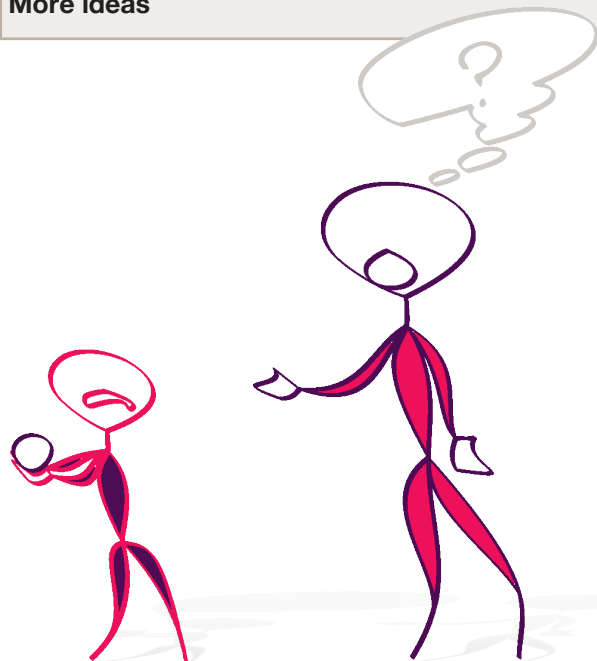
[www.jkp.com](http://www.jkp.com) or 0207 833 2307

#### **Autism Asperger Publishing Company**

Has some very good books. This is an American Company so may be expensive to order from directly, but it's good for ideas and you can usually order the books elsewhere.

[www.asperger.net](http://www.asperger.net)

### More ideas



#### **Cerebra**

A charity that provides an information booklet on claiming DLA, a sleep service, grants, links to research and many other resources.

[www.cerebra.org.uk](http://www.cerebra.org.uk) or 01267 244200

or Parent Helpline on 0800 328 1159

#### **Fledglings**

A charity that helps parents of a child with special needs to find simple, affordable solutions to practical problems. If you are stuck for a solution to a problem, contact them and they may be able to help locate a solution. They also have a newsletter.

[www.fledglings.org.uk](http://www.fledglings.org.uk) or 0845 458 1124

#### **NetBuddy**

A website full of tips from people with first-hand experience of autism, learning disabilities and special needs.

[www.netbuddy.org.uk](http://www.netbuddy.org.uk)

### Ideas for apps

There are lots of useful apps available on smart phones. Some are listed here. You can also find apps by searching for specific topics such as 'autism', 'social skills', 'emotions', etc.

## Top tip from a sibling – “Get a hard cover for your smart phone!”

#### **Autism Apps - iPhone / iPad**

Autism Apps is a comprehensive list of apps that are being used with and by people diagnosed with autism, Down syndrome and other special needs. It also includes links to any available information on each app. The apps are separated into over 30 categories, and the descriptions are all searchable, so any type of app is easy to find and download.

#### **Time Timer - iPhone / iPad**

This has a disappearing red disk that allows individuals to visualise time, making the passage of time obvious and tangible. Simply set the Time Timer to the length of your activity and as time elapses, the red disk gradually gets smaller.

## Ideas for resources

### Ideas for apps

#### Fluid - iPhone / iPad / Android

Turns your screen into a liquid surface. Totally interactive with your fingers, it will keep the kids busy for a while.

#### Fluid 2 - iPhone / iPad / Android

A relaxing application and less messy than the real thing! Features include:

- > Make a WISH! You can throw coins in the water.
- > Comes with optional Zen music.
- > Set the viscosity of the water.
- > Change the colour of the water to your liking.

#### Autism 5-Point Scale EP - iPhone / iPad

This Autism Help App assists people with autism and other disabilities to communicate in emergency situations. Utilizing the 5 Point Scale, individuals can easily communicate their level of anxiety and needs in a high-stress situation without the need to be verbal. Autism Help levels are color-coded with different facial expressions. Photos of different emergency responders can be taken with your local First Responders so that the individual will recognize them.

#### Whiteboard - iPhone / iPad / Android

Turns the screen into a virtual sketchpad, allowing you to quickly rough out images using your finger on the touch screen. Users can choose from a set of standard colours with the option of changing pen sizes. You can also use Wi-Fi to tether two handsets together and create a collaborative picture.

#### Word Magic - iPhone / iPad / Android

An excellent application for kids to have fun with words and learn to spell. A picture is shown and children need to select the missing letter for the picture. The picture for the word will be read out. There are three choices, based on level – you can choose the missing letter at the beginning, middle or the end of the word.

#### abc PocketPhonics - iPhone / iPad

abc PocketPhonics combines:

- > Letter sounds
- > Letter writing
- > 170 first words

Designed and reviewed by US and UK teachers who use phonics to teach children to read.

#### ABA Receptive Identification – FFC Combined iPhone / iPad

**Kindergarten.com** has a number of different educational flashcard apps.

Many children with emerging language skills do not think of things as having parts, attributes or fitting into categories but these are necessary for developing appropriate, functional conversation skills. Once a child can ask for, label and receptively identify a great many items, it's a good time to start teaching the feature, function and class of items, people and places. These lessons teach a child to talk about things rather than just labelling them. Features may be: doors, wheels, tails, ears, etc. Functions may be: cutting, driving, eating, sleeping, etc. Classes may be: zoo animals, vehicles, foods, clothing, etc.

#### Paper Toss - iPhone / iPad / Android

This game is oddly satisfying... much like tossing a real ball of crumpled paper into a metal bin.

## Contact information

We have done our utmost to make sure that all the information in this resource sheet is correct at the time of going to press.

This resource sheet was updated in June 2012. If you find a contact no longer in use, please contact the NAS Family Seminar Team at:

**FamilySeminar@nas.org.uk**



