

Lá Domhanda Feasachta ar Uathachas 2020

World Autism Awareness Day 2020

A chairde,



Cúpla scéal sóisialta iniata:

A few social stories below:

- *Clár (Visual schedule) Is féidir le do chlár a bheith níos simplí ná an ceann thíos.*
- *Your schedule can be simpler/shorter than the one used below. You can use matchstick men drawings as well as/ or instead of words.*
- *B'fhéidir go mbeadh cosantóirí cluais cabhrach sa bhaile na laethanta seo.*
- *Ear defenders may also be helpful at home these days.*
(Cinn ar díol faoi láthair in ollmhargaidh/ Ear defenders on sale in local supermarkets)

Tá súil againn go mbeidh ceiliúradh beag agaibh tráthnóna !

We hope you have a little celebration this evening !

Le gach dea-ghuí,

An Fhoireann Tacaíocht Foghlama



(F.Nixon, C.Ní Dhurcáin, M.Ní Loinn, T.Bairéad, B.Ní Chathaláin)



Establishing the New Routine

Everyone is experiencing significant changes to daily life and to normal routines.

These changes are challenging most of us, but for many autistic children, change brings even greater anxiety.

Children and young people with autism want predictability and regular routines, but school closures and confinement in the home have removed these predictable routines.

When their world feels out of control, they may engage in behaviours which can seem challenging, but are often their way of trying to re-establish control and predictability.

Providing your child with a visual schedule can be an effective way to manage their anxiety around the changes and provide a predictable but flexible routine. A visual schedule clarifies the new daily and weekly routine for them. It serves the same purpose as a calendars and mobile phones for all of us.

When establishing a visual schedule, it is important to remember the following:

- Consider what type of schedule your child already uses at home or at school. Use the same format and the same type of visual supports e.g. word, symbol, photo.
- If introducing a visual schedule for the first time, consider what type of visual support your child can easily understand on their most stressful day e.g. if your child does not seem to consistently understand a line drawing or symbol, use photographs.
- You do not need a computer and printer to make a schedule.
- Write or draw the schedule using paper and pen.
- Write or draw the schedule on a small whiteboard or chalk board.
- Download a schedule app to your smart phone or tablet e.g.: Choice Works or Boop.
- If do have a printer at home, you can print out the schedule.

The following websites may be useful:

- Do2Learn
- Boardmaker online
- Google images
- Twinkl
- Pinterest



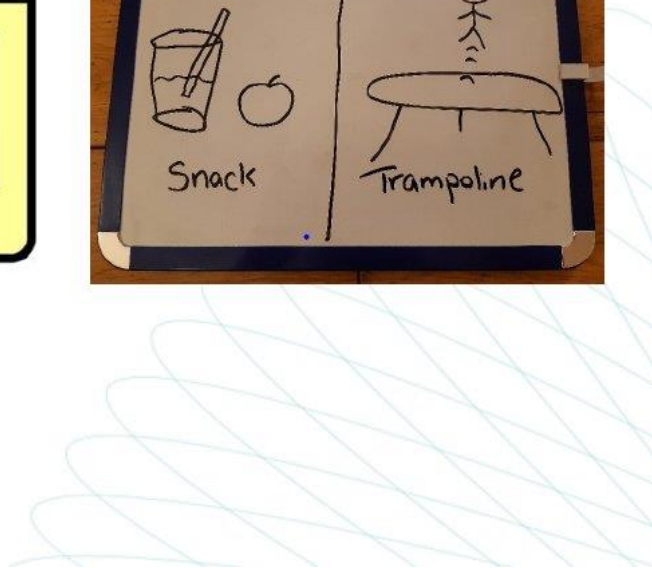
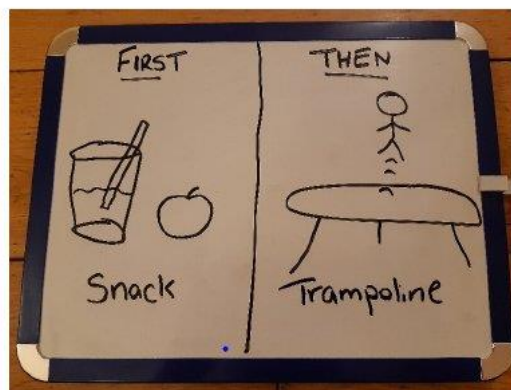
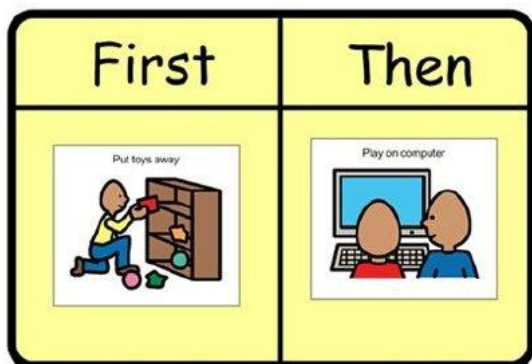
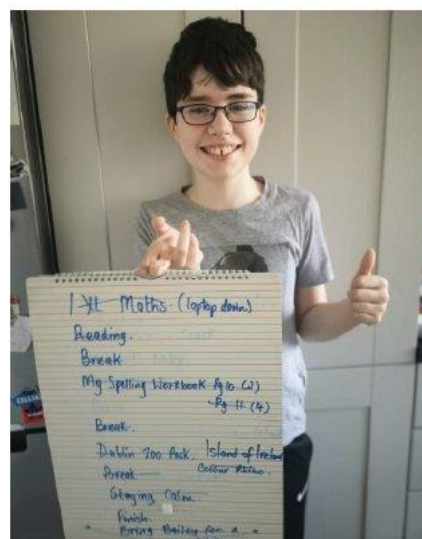


Establishing the New Routine

For more information on setting up a visual schedule, please visit the online resources on the Middletown Centre for Autism website:

<https://best-practice.middletownautism.com/approaches-of-intervention/the-teacch-autism-programme/>

Here are some examples of schedules for children and young people of different ages and abilities which may help you in setting up your own:





Coróinvíreas - Bí Slán Sábháilte



Tá caint faoin gCoróinvíreas mar gur saghas nua fliú é



Ar nós aon slaghdán nó fliú tá sé tábhachtach bheith sláintiúil



Tá páistí agus daoine fásta an-mhaith ag troid i gcoinne fliú



Ar nós aon slaghdán nó fliú tá sé níos deacra ar dhaoine aosta fanacht slán ó fliú



Is féidir liom bheith slán sábháilte trí



Ag ullmhú bia



Lámha a ghlanadh go minic le gallúnach



Tar éis sraoth a dhéanamh nó srón a shéideadh



Roimh ithe



Tar éis leithreas a úsáid



Má tá siad salach



Coronavirus – Staying Safe



People are talking about Coronavirus because it is a new type of flu



Just like with all other colds or flu it is important to be healthy



Children and adults are very good at fighting the flu



Just like all colds or flus it can be harder for older people to stay healthy from flu



I can stay healthy by



When preparing food



FREQUENTLY WASH HANDS WITH SOAP



After sneezing or blowing my nose



Before eating



After using the bathroom



If they are dirty