



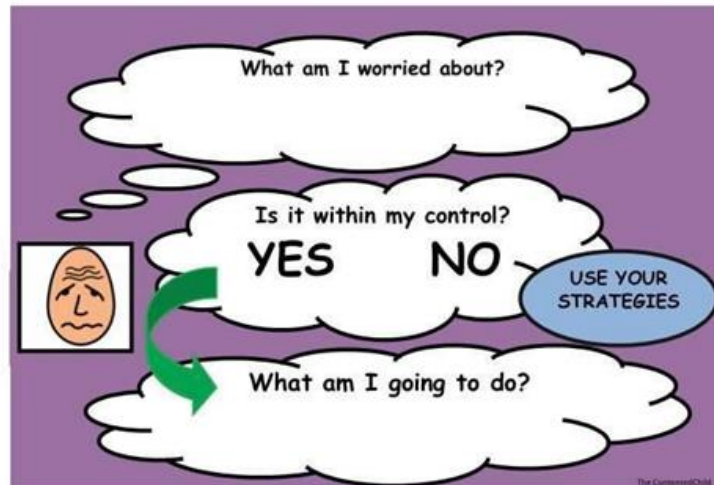
Purple Circle Autism

An All-Round Approach to Autism & Related Conditions

June 2020 Family Newsletter

Preparing for School Return

- Listen to worries
- Acknowledge concerns
- Reframe into positives
- Retain familiar routines
- Plan for differences
- Keep communicating
- Plan for transition
- Consider sensory needs
- Work towards independence
- Anxiety management & emotional regulation support
- Photos/video/visuals
- Use their interests
- Small steps
- Phased return
- Social interaction support/distancing



I can control my own feelings, behaviour and reactions!

Tips to encourage resilience

Exercise: family challenges, online workouts, charity fundraiser

Talk: make time to talk and listen!

Learn a new skill: that is quickly rewarded: cooking, juggling, board games, drawing

Laugh: no magic, it's just good to do!

"If something is wrong, fix it now. But train yourself not to worry, worry fixes nothing." Hemingway

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