

SISS Autism Team – Family Newsletter June 2020

WELCOME TO THE THIRD EDITION OF OUR AUTISM TEAM NEWSLETTER 😊

We hope you are all continuing to keep safe and well during this time.

The focus of our SISS Autism Team May newsletter is **friendships** and **relationships**.

Your Questions

Questions have been raised from parents and carers relating to friendships and relationships. Some children may be anxious and feel that they may have 'forgotten' how to make friends, or have a conversation.


















We have collated some strategies and links that may be of use to you and your child, to practice before going back to school.

Ideas to practice and build confidence with social skills-

- **Talk** about how they are feeling about friendships and relationships- You could use a mind map to record this.



- Colour coding emotions in situations that your child is in, then linking these to express their emotions may really help, see example below:

<p>It may be a purple circle area if...</p> <ol style="list-style-type: none"> 1. I'm alone  2. I'm in my bedroom  3. I'm in the bathroom at HOME  	<p>It may be a red circle area if...</p> <ol style="list-style-type: none"> 1. I'm outside of my home or school  2. I see someone or lots of other people I don't know  3. These people don't know my mom and dad  	<p>It may be a yellow circle area if...</p> <ol style="list-style-type: none"> 1. I see people I've met before but only know a little bit  2. These people know my mom and dad  3. I'm at a playground with lots of other kids 
<p>It may be an orange circle area if...</p> <ol style="list-style-type: none"> 1. I'm in a place where people are there to help me like a hospital school or doctor's office  2. Some people are wearing a uniform or a badge  	<p>It may be a blue circle area if...</p> <ol style="list-style-type: none"> 1. I'm in my house  2. I ONLY see my mom, dad or sister  3. I'm visiting other family at their home with my parents  	<p>It may be a green circle area if...</p> <ol style="list-style-type: none"> 1. I'm playing with boys and girls I know  2. I am with boys and girls who make me feel good  3. I'm at a friend's house 

- **Practise social skills** with your child in a number of different ways. They could practise with their friends through the internet, or talk to different family members.
- **Helping identify different emotions:** Use pictures of people showing different emotions. Draw blank speech bubbles to use observation skills and work out what they might be saying or feeling.
- **Pick the time** carefully when introducing new social skills. Avoid stressful times, or times when your child is distracted by a favourite activity.

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- **Interviewing** a family member- this will help with developing questions, talking and listening to the answers. You could use conversations starters to help.



- **Playing games** to remind children about turn-taking, speaking and listening. A **'talking stick/object'** that someone must be holding to have their turn at speaking. **Timers** to indicate the end of their turn.



- **Teach your child a script** for if they want to play with someone and rehearse it. Make sure you practise alternative endings, e.g. what to do if they say no. Also explain that it's ok to spend time alone. Having a **cue card** with the key phrases on can be helpful. They can have in a pocket if they get nervous.
- **Talk to school** about possible support that could be put in place to supportbuddy programmes, circle of friends, structured social skills lessons.



Lots of resources are available online including Conversation Cubes, Question ball, Social Challenge cards and Social Stories. See some links below that might help:



USEFUL WEBSITES AND LINKS:

- <https://www.autismeducationtrust.org.uk/friends-relationships-get-the-facts/>
- <https://www.autismeducationtrust.org.uk/the-den/>
- <https://www.twinkl.co.uk/resources/specialeducationalneeds-sen/specialeducationalneeds-sen-communication-and-interaction/sen-autism-spectrum-disorders>
- <https://learningforapurpose.com/2018/05/06/free-resources-for-making-friends-for-teens/>

GENERAL SUPPORT WEBSITES:

- Autism West Midlands helpline **0121 4507575** or email info@autismwestmidlands.org.uk
- Solihull Local Offer: <https://socialsolihull.org.uk/localoffer/>
- SISS Autism Team on the Local Offer: <https://socialsolihull.org.uk/localoffer/education/children-and-young-peoples-send-service/siss-2/the-autism-team/>
- SISS twitter feed: https://twitter.com/SISS_Solihull