

OPENING A WINDOW INTO THE WORLD OF ASD

Dr. Wendy Lawson is a leading expert and presenter on Autism Spectrum Disorders, and has a diagnosis of an ASD. Wendy opens a window for us “neuro-typicals” to look in the world of a person with an ASD diagnosis. From her recent workshops there were some memorable insights that I thought would be wonderful to help theme this newsletter:

- ✓ Wendy would always say “Yes” even if she meant “No.” She thought if she said “no” she would get into trouble. (pg 10, teaching yes & no).
- ✓ Focusing on a movement, action or colour can calm her, make her feel safe and allow her to cope in situations she finds overwhelming (below & pg 2).
- ✓ In the playground the other children noticed her differences and used to tease her and she found the playground confusing with all the noise and movement (pg 3, playground ideas).
- ✓ Social Skills & Social Understanding both need to be taught (pg 3).
- ✓ Teach ‘what to do’ when things are going well. For example, when a child is playing happily teach social understanding NOT when upset, frustrated or does not have anyone to play with (pg 3).
- ✓ As a student, Wendy needs things adapted, and support to accommodate her different way of learning (pg 4).