



Clear Facts

Ask them what they are actually worried about, be honest but reassuring, give child friendly facts and answer their questions.

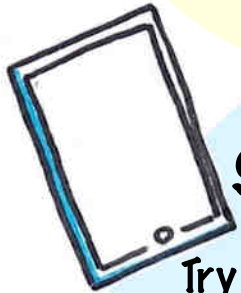
Lots of Emotions

Listen to each others feeling and explain that we are all experiencing lots of different emotions and that's ok.



Social Story

Create social stories using your child's calming ideas to manage changes e.g. 'washing your hands', 'what to do if you feel scared', 'why we have to stay at home'.



Screen Time Boundaries

Try to be flexible and clear about any changes to screen time. We use our screens to stay connected, let your child know it is just for now, whilst we can't meet other people.



5 TIPS FOR FAMILIES

Focus on the Positives

This is an opportunity to spend more time together, develop your special interests and channel your skills.



.... to help reduce stress and anxiety for children with autism....

