

Welcome to this newsletter from Southwark's Autism Support Team. The start of June has seen Southwark schools begin to gradually welcome some pupils back to the classroom. We hope you were able to benefit from some of the transition ideas in our previous newsletter. The team are all still available to offer our support to parents/carers and educational staff.

We have a telephone support service available weekdays, 9am-5pm. More information can be found: [here](#).

Training

We are able to offer online options for training. If you wish to register your interest or find out more please email:

AutismSupportTeam@southwark.gov.uk

- **Cygnets—parent course, over 5's**
- **Next Steps— parent course, under 5's**
- **Toileting workshop**

Games Corner

Each week we provide simplified instructions to a game you might have at home. This week is Twister.

Click [here](#) for the rules

Click [here](#) to make a homemade Twister board

Click [here](#) for a Twister spinner

Click [here](#) on how to make a Twister on grass

Visual supports

Visual instructions to help teach learning to wait [here](#), to support learning to take turns [here](#).

Social Stories to support with losing a game

Below are three different stories about learning to lose.

It's OK to Lose 1 [here](#)

It's OK to Lose 2 [here](#)

It's OK to Lose 3 [here](#)



Question Corner...

Q: My autistic 10 year old son can dress, wash and feed himself. What other skills can we work on?

A: Activities for daily living (ADL) fall into 2 categories, basic e.g. dressing, personal hygiene and toileting, it's great that your son has learnt these. There are also Instrumental ADLs (IADLs), these are skills that help someone to function independently in the community.

Examples of activities that would fall in this category would be the ones related to: Home maintenance, Transportation, Money management, Personal safety and health care, Community participation, Communication and interpersonal relationships, Leisure and recreation. Even autistic teens with good cognitive abilities present in approximately 50% of cases a daily living skills deficit. (Life Skills Curricula for Students with Learning Disabilities: A Review of the Literature – Mary E. Cronin).

It's always a good time to think about teaching ADLs. [Here](#) is a checklist of simple ideas of activities to work on with your son. Being at home is a great place and time to practice these skills.

To be added to our newsletter mailing list or to contact the team with a question/request for a forthcoming newsletter please contact us on:

AutismSupportTeam@southwark.gov.uk

Clicking on links in this document take you to google drive where the resources can be downloaded. If you would like us to email you any of the resources, use the email above.

How to Teach Life Skills

Chaining is where the task to be learnt is broken down into smaller steps and each step is taught individually. Before you begin you need to think about the task to be taught (e.g. tooth brushing) and break it down into the smaller steps

If using forward chaining you would teach them to get the toothbrush first and then prompt them to complete the other steps, when they have mastered step one you will move onto them completing step one and two by themselves and supporting them with the rest and so on until they can complete the whole sequence.

With backward chaining you will prompt the completion of the whole sequence and then get them to complete the last step by themselves and once mastered the last and second to last step until they can complete the whole sequence.



[Here](#) is a video showing forward and backward chaining.

A prompt is something we can do to make it more likely the child will complete an action

Physical prompts – physically guiding your child through the action

Modelling – we model the step/ behaviour that we want them to do

Gesture prompts – gesturing or pointing to the correct item

Verbal prompts – using your voice to tell them what to do

Visual prompt – pictures or text that support learning the sequence

[Here](#) is a video showing different types of prompts.

When using prompts to support instruction it is important to use the least invasive level of prompting needed, and remove the prompt as soon as possible.

Super Seven



Here are some fun activities to try at home

- Set up a 'chore store' where children can earn tokens or monopoly money that can exchange for snacks/treats/rewards. Photos of systems [here](#) and [here](#). A website with visual instructions of common chores, [here](#). A visual with different chores and labels for white and coloured washing, [here](#)
- Get them to help clean the windows or others items in the house that are dirty
- Cooking is always a fun/useful activity, get them involved in preparing dinner or make some salt/play dough for them the play with recipe [here](#). Good for practicing cutting skills
- Plant some seeds or get a plant to look after
- Practice wrapping gifts– then play pass the parcel!
- Sort clean laundry—pair socks, sort clothes by who they belong to, practice folding clothes
- Teach your child how to set the table, sort clean cutlery and know where to put it away

Links to useful resources

[Here](#) is a link to some Montessori ideas of practical living skills children can practice

[Here](#) is a document with sensory strategies for dressing

[Here](#) is a website with lots of advice about dressing skills

[Here](#) is a website with free resources to download to support teenagers with personal hygiene

Visuals to support tooth brushing [here](#)

Resources to support potty training are [here](#) and toilet training from the NAS, [here](#). Occupational Therapy support for bottom wiping [here](#).

Information on teaching Road safety from the NAS [here](#) and from a road safety charity [here](#). [Here](#) is a pack supporting parents with travel training.

[Here](#) are some simple Twinkl recipes, there are lots more free ones on the website

A website with visual recipes for non readers [here](#)

BBC Bitesize PSHE clips on life skills [here](#)