

Turning Trouble Around

From: A PRACTICAL GUIDE TO AUTISM

What Every Parent, Family Member, and Teacher Needs to Know

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1. ***Simplify language*** when the student is upset to avoid further frustration. Students can problem solve more readily when adults avoid complex language that is too sympathetic or polite. The same can be said of lengthy rationales and reasoning.
2. ***Negative behaviors:*** If the student is doing something you want them to stop doing, please be prepared to list alternatives.
3. ***Time Crunches:*** If time procedures are issues during difficult activities or skills, remember to give the student enough time to finish, rather than be rushed to "get it over"
4. ***Sarcasm, Irony and complex humor:*** Many students on the spectrum have a great sense of humor, but it may not be as sophisticated as others. It is always easy to be confused by multiple meanings, or to mistake humor as criticism. Keep humor short and simple.
5. ***Ambiguity:*** Many common tasks do not have a clear ending. In these situations remember to create some boundaries. It may seem artificial, but necessary.
6. ***Inconsistency:*** Changes and unanticipated events can lead to further anxiety and disorganization on the part of the student. As much as possible, try to keep things announced and organized.
7. ***OOOPs:*** Some behavior is unintentionally rewarded or made worse by too much attention. Watch for the student's feedback threshold.