

Autism Hub

making a difference

Minimise the things you can see and touch

When things are organised and available it helps to build independence.

Things you could try:

- Plan the work space with your child (e.g., books on a shelf, pens in a draw)
- Move unnecessary materials out of the way
- Use tablecloths and sheets to cover distracting items (keep patterns and colours to a minimum, where possible).

Use different areas for different activities

You might plan to do different activities in different areas across the day.

Things you could try:

- Use tape, furniture, mats, rugs and cushions to section off areas
- Learning activities in different locations such as: on the couch, in a bean bag, in the garden, on a trampoline, when walking.

Setting up a learning space

Setting up a learning space at home will look different for each child and family, and might take some trial and error.

Consider the noise and smells

Avoid setting up activities and learning spaces under florescent lights or glare from windows, near noisy strong smelling areas such as bathrooms/kitchens, or doors that are opened and closed regularly.

Things you could try:

- Use posters, curtains, sheets to reduce glare of windows
- Use headphones or restructure your day during times of high activity/noise.

Be prepared

Make sure that all of the materials required for the day are organised and easy to access.

Things you could try:

- Materials at the end of the day for the next day
- Have materials stored in containers or folders for easy access and organisation
- Use of labels to clearly identify where materials are stored.

