



Ealing Community
Partners

Parent workshop about social communication and supporting our children

Ealing Schools Speech and Language Therapy Service

Welcome and thank you for coming

Speech and Language Therapy in Ealing



www.facebook.com/SLTEaling



NHS
Ealing Community
Partners

**Ealing Children's Speech
and Language Therapy Advice Line
for Parents and Professionals**

Are you looking for advice about how to support your child (0-18) with their communication at home?

Do you have a general question about speech and language?

Monday to Friday, 1 - 4pm

07512 716 478

Email: ealing.sltadvice@nhs.net
Facebook: [facebook.com/SLTEaling](https://www.facebook.com/SLTEaling)

We are happy to help!



Search for 'Ealing Children's Services' on YouTube to find our channel.

The plan

- What we mean by social communication
- A quick introduction to neurodiversity
- Strategies to support our children
- Questions and discussion



Autism

- Some people who have differences in their social communication have an Autism assessment and receive a diagnosis
- We focus on the person and the support they want/need rather than the diagnosis
- In our team, we usually use the word 'Autism' or the adjective 'autistic' for people who have received an Autism diagnosis but will always check with the person on what they prefer

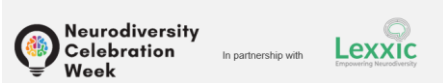
(See pages at the end of this presentation for links to more information about Autism or do come and speak to us.)



What is neurodiversity?

- Neurodiversity is the diversity in human minds
- The term was first used in the 1990's by Judy Singer, an autistic sociologist and then developed further to include the concept of neurodivergence by Kassiane Asasumasu
- Neurodevelopmental differences are natural and valuable variations in how humans think, feel, and experience the world
- Neurodiversity is an umbrella term which includes ALL types of brains: both neurotypical and neurodivergent brains
- It is estimated that around **1 in 7 people in the UK** have a type of neurodivergence. Autism, ADHD and Dyslexia are all types of neurodivergence.

Winner of 2020
Neurodiversity Celebration
Week
Art Competition



[What is Neurodiversity: A Video for Children - YouTube](#)

[Neurodiversity for Children - Part 1 - Different Brains - YouTube](#)

[Neurodiversity for Children - Part 2 - What is Neurodiversity? - YouTube](#)

Strengths and differences

Focusing attention



Understanding social rules/'reading' social situations



Creativity



Play

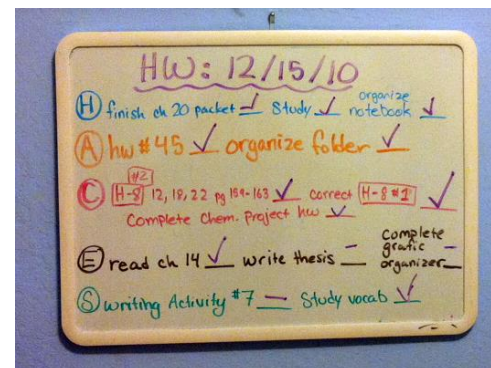


Strengths and differences

Communicating and coping with emotions



Organising tasks / time



Sensory differences

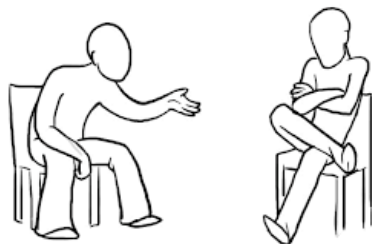


Processing social situations and responding



Strengths and differences

Non-verbal communication



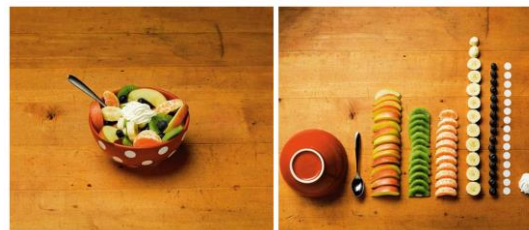
Verbal communication



Preference for predictability / routine



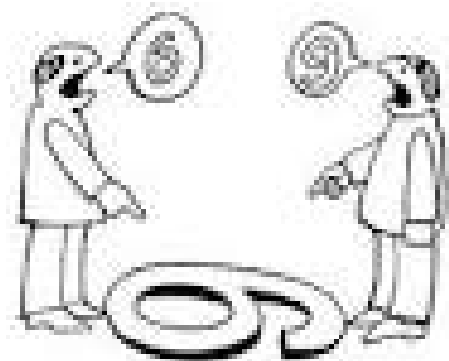
Visual processing and processing of details



Behaviour = Communication

Shifting perspective

Our first, most important strategy is to shift our perspective (as best we can) to try to understand things from the child's/young person's point of view.



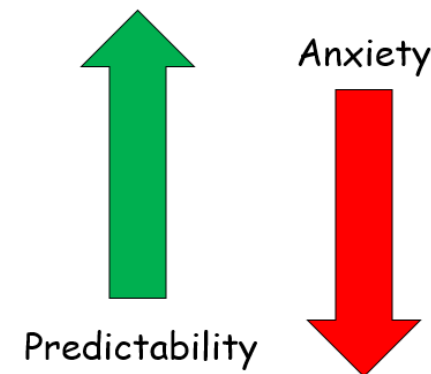
Capacity and overload






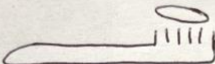


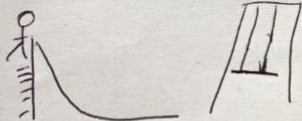
What fills your child's bucket? (triggers / stresses / situations)

What helps them empty the bucket? (calming strategies / activities)

Strategy 1. Make a plan



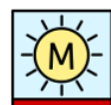
1. 
snack
2. 
reading
3. 
play

1. 
2. 
3. 
4. 

Saturday morning

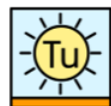
1. Breakfast
2. Bus
3. Swimming
4. Bus
5. Home for lunch

Strategy 2. Keep it visual



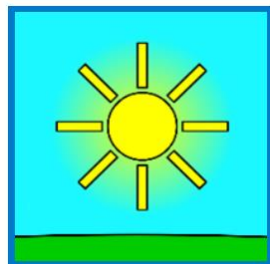
Monday

Art club with Miss Stevens.



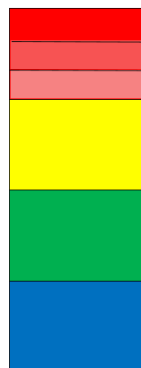
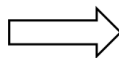
Tuesday









French club with Mr Delafort.



Sunset Timer

Show your zone



My week							July 
 Monday 24 th	 Tuesday 25 th	 Wednesday 26 th	 Thursday 27 th	 Friday 28 th	 Saturday 29 th	 Sunday 30 th	

Strategy 3. Adapt your talking

Reduce questions – try sentence starters instead

Pause to support processing

Follow your child's lead – join in with their interests

During transitions or when emotions are high, reduce the amount of words you use and give them time

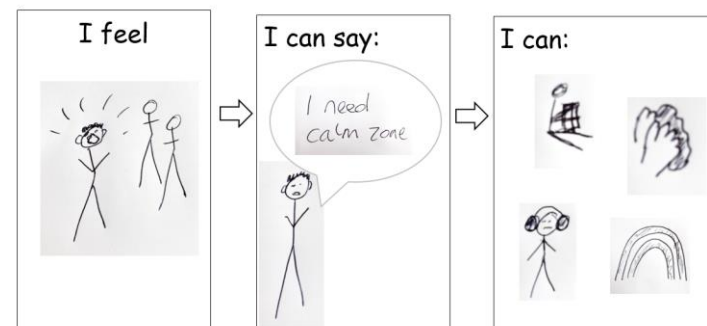
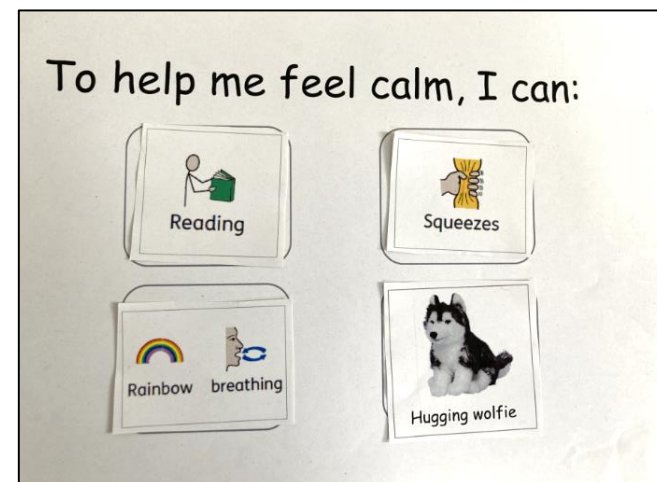
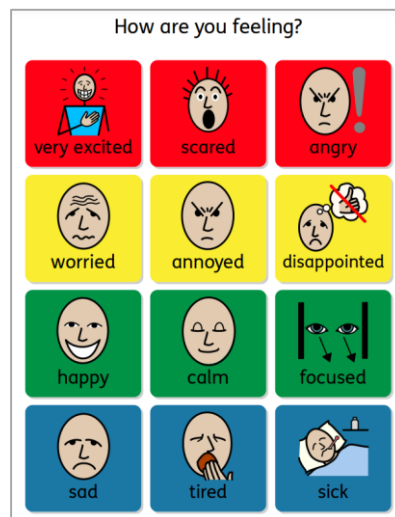
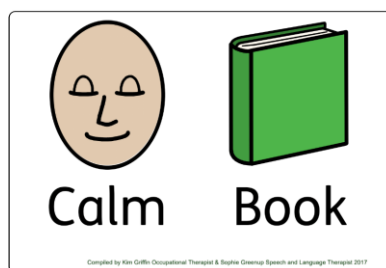
Explain jokes / phrases that may not be obvious

Silence is OK

Strategy 4. Talk about feelings and strategies



Calm space / calm box



Strategy 5. Friendships and play

Follow your child's lead – join in with what they love to play

Celebrate your child's interests

Give space to calm / take a break

Be led by what they are ready for with friendships

Help them find people with shared interests

Give time for talking about friendship situations if they want to

Supervise use of 'phone / tablet / online



Strategy 6. Support social understanding

Exploring familiar social situations

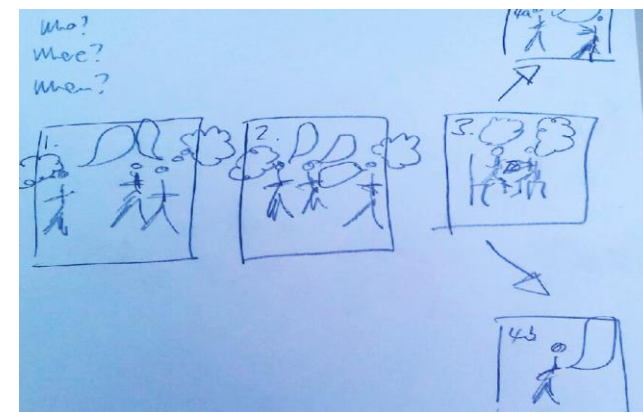


Social stories

Going on a school trip



Drawing and discussing social situations



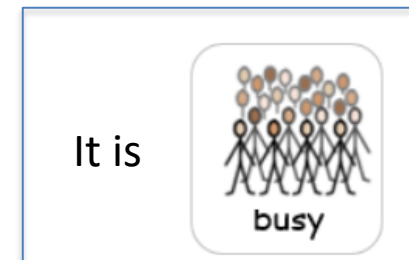
NB. We are helping children to navigate the world (not teaching them to 'be' or respond in a certain way.)

Strategy 7. Self-advocacy

Support children to learn about what works for them by trying out different strategies.

Support children to be able to ask for what they need

Support children to celebrate who they are



Questions

Local support

- Ealing Local Offer information about Autism and social communication differences:
<https://www.ealingfamiliesdirectory.org.uk/kb5/ealing/directory/advice.page?id=sZejVliS1C8&localofferchannelnew=0>
- Ealing Anchor Foundation [Ealing Anchor Foundation – Helping special needs children and their parents.](#)
- Contact, a support group for parents and carers
<https://contact.org.uk/ealing>
- Training provided by Ealing Speech and Language Therapy team see our Facebook page for details, school will also circulate the course details, or call our advice line to find out more on 07512 716 478



Further reading, viewing and resources

- National Autistic Society website: www.nas.org.uk
- Ambitious about Autism charity; www.ambitiousaboutautism.org.uk
- The Zones of Regulation by Leah Kuypers www.zonesofregulation.com
- 'Uniquely Human' book by Barry Prizant
- 'Autism, Identity and Me' book and workbook for young people by Rebecca Duffus
- Chris Packham BBC documentary: Inside Our Autistic Minds
- Christine McGuinness BBC documentary: Unmasking My Autism
- 1800 seconds on Autism podcast [BBC Sounds - 1800 Seconds on Autism - Downloads](http://www.bbc.com/sounds/1800seconds-on-autism-downloads)
- Autism Education Trust www.autismeducationtrust.org.uk
- Carol Gray Social Stories
- Carol Gray Comic Strip Conversations
- The Curly Hair Project: social enterprise for and by autistic people <https://thegirlwiththecurlyhair.co.uk/>