

HALCYON PODCAST SEASON 1 E07 / E08

Autistic Spectrum Condition - Spotting the Signs

A resource to further develop the ideas and recommendations in these podcasts.

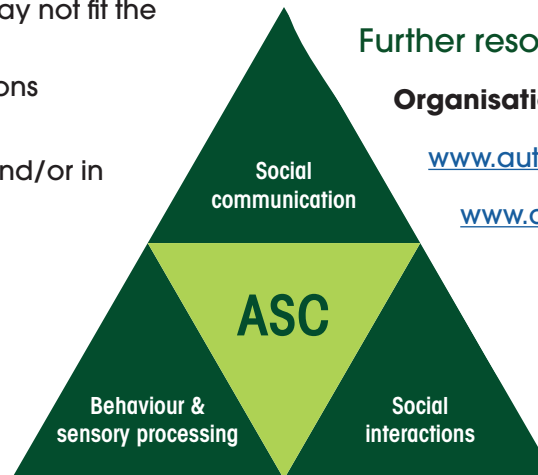
Spotting the signs of Autistic Spectrum Condition (ASC) and anxiety - as shared by Millie in episodes 7 and 8, plus strategies to support children and young people who have a diagnosis.

These signs are by no means exhaustive but were specifically mentioned by Millie in part 1 and 2 of the podcast as something that schools could look out for.

Spotting the signs of anxiety and ASC in school:

- Fiddling (also known as stimming)
- Consistent social anxiety
- Limited social groups
- Physiological/Physical symptoms at a regular time of day
- Sensory difficulties
- Females may copy behaviour and words, which may not fit the context
- Challenges in understanding other people's emotions
- Obsessive compulsive behaviours
- Challenges with significant change to the routine and/or in the environment

The autism triangle



Strategies which might help students who have anxiety and a diagnosis of ASC

These strategies are by no means exhaustive but were suggested by Millie in part 1 and 2 of the podcast as something that schools could put in place to help.

- A tangle or fiddle toy
- Visual timers and sensory toys
- Noise cancelling headphones when needed
- Emotional Bank (not going below 30%)
- Safe Space
- A sensory room or sensory space
- Having an agreed secret signal with a member of staff to be able to leave the room when overwhelmed
- Regularity of routine
- Keep children in school where possible
- Training in school for teachers on ASC, particularly within females
- The triangle of autism

Further resources:

Organisations

www.autism.org.uk/professionals/teachers/recognising-autism

www.childautism.org.uk



Friends in sign language