



Special Notes:

In many communities with disabilities, it is common to use PERSON first language. For example, one would say “a person with Down’s Syndrome”, and would NOT say “A Down’s Syndrome person”. This is typically seen as more dignified, and respectful. In the Autism Community, it seems that many people refer to themselves as Autistic, using the condition first, then the person. Best practice is to find out what each individual prefers for themselves.

Puzzle pieces and infinity symbols: Recently there has been some controversy surrounding the symbolism of puzzle pieces. Some of the Autistic community finds it offensive. We tried to be cognizant of that, however we turned to our own Autistic children for their advice, and they approved this picture.

We also want to touch on the term Aspergers. In the past, we used the term “Aspergers” to describe one group on the autism spectrum. In recent years the term has been dropped, due to Dr. Hans Asperger’s involvement with the Nazi party during World War 2. We will not go into more detail, as it is sensitive, especially for younger children, but do encourage the older children or parents to explore it on their own time.

Possible Accommodations:

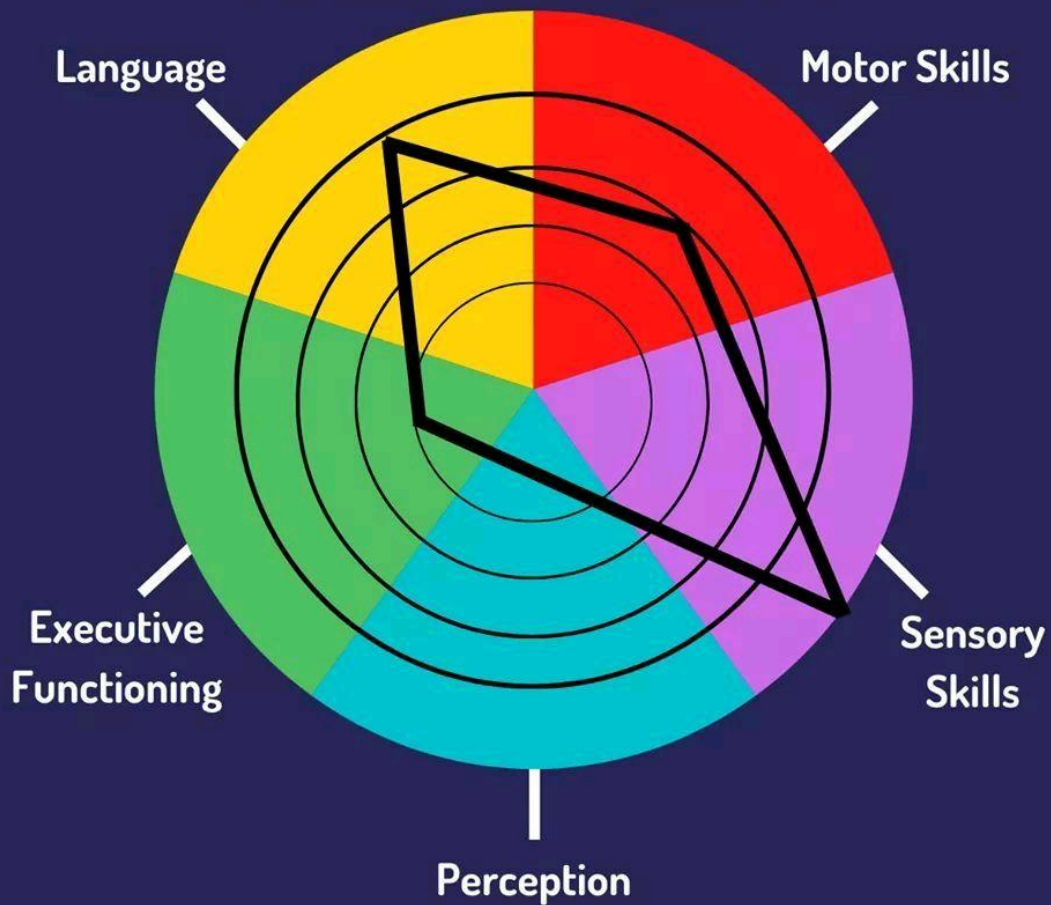
- Low distraction work spaces.
- Visual Supports: timers, schedules, and other visual aids
- Sensory retreat spaces
- Exercise and Sensory breaks
- Classroom aids
- Noise reduction equipment: Earplugs, Earmuffs
- Fidgets

THE AUTISM SPECTRUM

What people think the autism spectrum looks like:

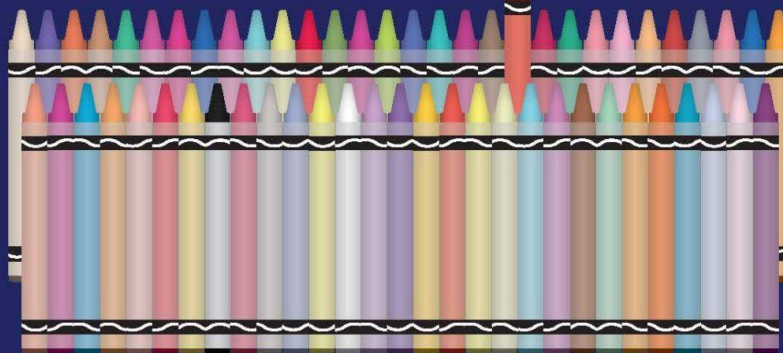


What it can actually look like:



facts about Autism Spectrum Disorder

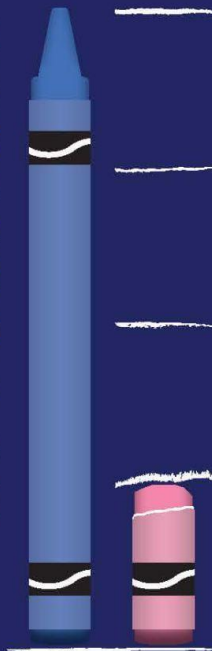
1-in-59 children are diagnosed with Autism



What is Autism Spectrum Disorder (ASD)?

Autism Spectrum Disorder (ASD) is a developmental disability that can cause significant social, communication and behavioral challenges.

Boys are 4 times more likely to be diagnosed with ASD than Girls



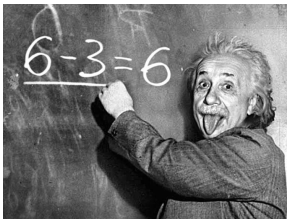







Autism can be reliably diagnosed as early as 18 months old

Common Early Signs of ASD

- Lack of Eye Contact
- Not Responding to Name
- Social Withdrawal
- Lack of Gestures or Pointing
- Rarely Imitates Expressions
- Delays in Motor Development

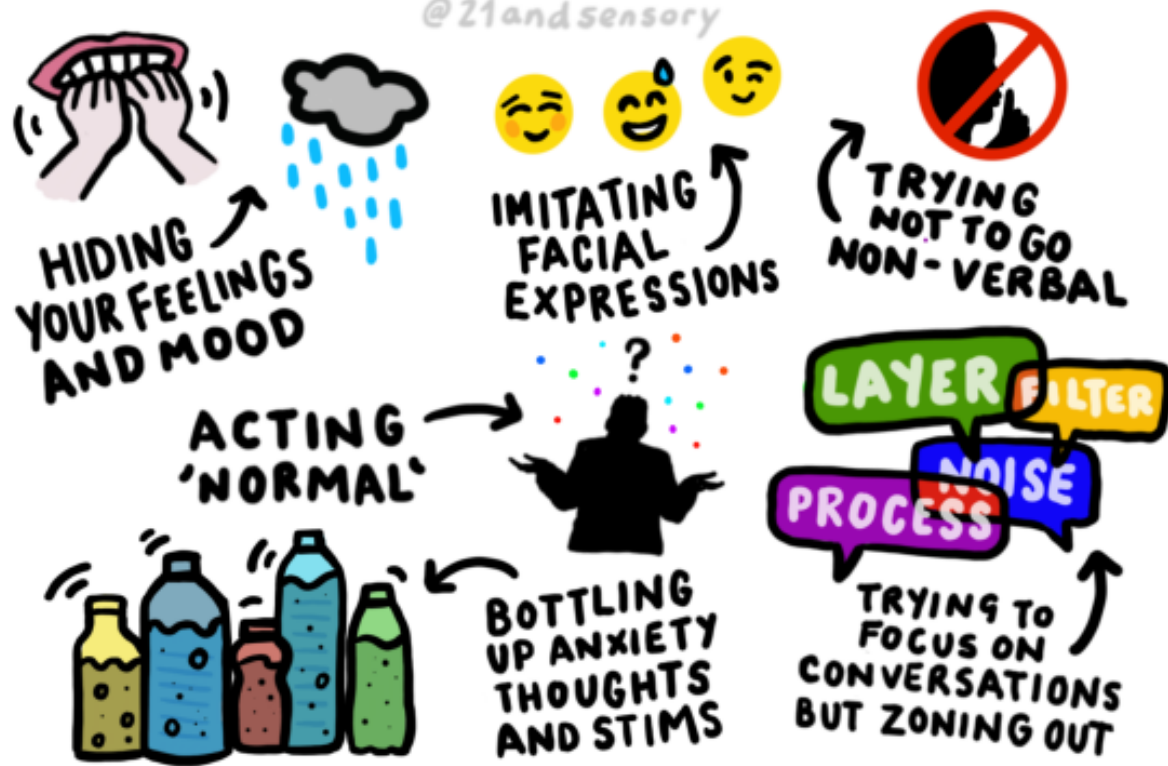


Celebrities with Autism

<p>Albert Einstein Scientist, Mathematician</p> 	<p>Satoshi Tajiri Creator of Pokemon</p> 	<p>Temple Grandin Author, Advocate, Animal Scientist</p> 	<p>Sir Anthony Hopkins Actor</p> 
<p>Elon Musk Entrepreneur</p> 	<p>Alonzo Clemens Artist</p> 	<p>Armani Williams Nascar Driver</p> 	<p>Daryl Hannah Actress</p> 

WHAT IS 'MASKING'?

@21and sensory



THIS CAN LEAD TO AUTISTIC BURNOUT+SENSORY HANGOVER.

Masking is a survival tactic for many Autistic people. It is important that we learn to accept people as they are, so they don't have to mask around us. Masking can have serious consequences for one's health. It can lead to depression, anxiety, stress, exhaustion, and more.

Tips for your Tuesday

DO'S & DON'TS WHEN A PERSON IS STIMMING



DO

Think about your own biases when you see a person stimming and accept it as OKAY

Provide stim toys and give sensory breaks

Talk to children about the benefits of stimming to help normalize it

Redirect stims that involve self-harm (head banging, scratching, etc). If you can figure out the root-cause, and take steps to prevent before it occurs, that is best!



DON'T

Block non-harmful stims

Say "quiet hands", "quiet body"

Stare

Ask if the person is "okay"

Make judgements



Special Learning, Inc.

Autism Education for Parents, Teachers, and Therapists



Stimming is important because it is therapeutic for people with autism. It can help with processing emotions, like boredom and frustration. It can also help increase concentration! While there are some stims that can be harmful, such as head banging and scratching (which should be redirected), in general, stimming is ok!