

# 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.

