



## *September Tip of the Month!*

*Written By: The Oklahoma Autism Network*

### *Tips for Parents and Teachers for Helping Children with Autism Successfully Complete School Work!*

*This month we will focus on tips for both parents and teachers on strategies to put in place for helping children with autism successfully complete school work. Below is a list of tips for success!*

- *Set up a quiet area for your child/student to work. Make sure it is free of distractions and a place where fewer students are surrounding your child/student.*
- *Consider the lighting. The flickering of fluorescent lighting can be a distraction.*
- *Reduce or remove strong odors in the work area. (candles, potpourri, dry erase markers, cleaning supplies, etc.)*
- *Consider timing. Avoid giving work to your child/student when they are hungry, before bedtime, or when they are really tired. They may need a small snack, engagement in a physical activity, or rest before sitting down to attend to school work.*
- *When possible give your child/student a choice of what work to do first.*
- *Some children/students might require further space from others, sometimes even accidental touching can be distracting.*
- *Break down larger assignments into smaller increments and have the child/student complete the assignment in smaller steps.*
- *Make playtime contingent on cooperating with work. For each small bit of work attempted or completed, give rewards or points that can be exchanged for reward (ex: time playing a favorite game).*
- *Helping your child to exercise regularly has been shown to increase students' attention and learning over time.*



### ***Guide for Teachers: What Helps Students with Autism Complete School Work Successfully!***

- ***Give the student more structure and direction for completing an assignment. For example, instead of having the student write about what they like about school, describe several things you know they like about school and let them choose which one they want to write about.***
- ***If you have a student that has difficulty with handwriting, they should be allowed to write less or complete the assignment with modifications. (use of computers, or assign a helper to write for them).***
- ***If a student is engaged in a difficult task, shorten the time that he or she has to be engaged in that classroom activity. Slowly work up to the student spending longer amounts of time engaged in the challenging task.***
- ***Give extra time on tasks so the student does not have to rush or be distracted worrying about running out of time to finish.***
- ***Ask the student to repeat the instructions before he or she begins the task or assignment to make sure they understand them fully.***
- ***Use visual supports throughout the classroom.***
- ***Last, but not least! BE FLEXIBLE and PATIENT!!! The more flexible and patient you are in your classroom, the better learning environment you create for students.***



#### ***Teach Students the following steps for trying difficult work:***

1. ***Try it first.***
2. ***Ask for help or watch someone else do it first.***
3. ***Break it down into smaller steps.***
4. ***Make a deal: do one part and ask for help with the other part.***
5. ***Ask for a quick break if needed and come back and try again.***