

Dear Parent / Carer,

After your child receives a diagnosis of autism spectrum disorder (ASD), you may want to access further advice, information and resources. Our website is funded by the Welsh Government as part of the ASD Strategic Action Plan for Wales and has many resources to support you and your child throughout childhood and into adulthood.



“Growing with Autism” is the section on our website (you will find it under the ‘Parents and Carers’ tab) which is aimed at parents of children and younger adolescents. In this section, you will find a range of resources to help you.

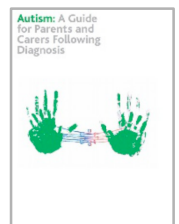
Understanding Autism Spectrum Disorder

“Autism: A Guide for Parents and Carers Following Diagnosis” is a book that provides an overview of autism, provides advice and shares other parent’s stories. You can download this at:

www.ASDinfoWales.co.uk/resource/Autism-English-download.pdf

There is also a series of 5 short films which provide an overview of autism and provide advice about communication, planning, coping with changes and visiting health professionals. You can view these at:

www.ASDinfoWales.co.uk/asd-videos-for-parents-carers



Peers and Siblings



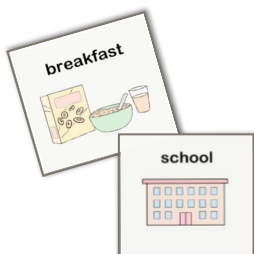
Peers and siblings may find it difficult to understand a child with autism’s behaviours. The 'Teifi and Friends' animation shows young children how to be kind and accepting towards peers with additional needs. You can view this at:
www.ASDinfoWales.co.uk/teifi-and-friends-2

‘Autism Superheroes’ is available as a story book or a short adventure comic - style story which helps develop understanding amongst children - and they can even sign a pledge and receive a personalised certificate. You can view this at:

www.ASDinfoWales.co.uk/autism-superhero



Planning Tools



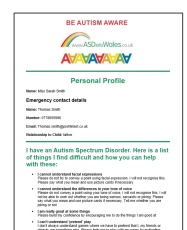
Many children with autism find planning, preparing for (and coping with) changes difficult. Often the use of planners can help the child prepare for the day ahead and therefore feel less anxious. You can create a picture card planner by using our tool at:
www.ASDinfoWales.co.uk/picture-cards

or for older children, you can use our ASD Planner app in a phone or tablet,
www.ASDinfoWales.co.uk/asdplanner

A Personal Profile

Some parents find a ‘personal profile’ for their child very useful. It enables others to see a child’s strengths and difficulties and understand how to support them in an easily accessible way. You can create a personalised child profile at:

www.ASDinfoWales.co.uk/child-profile



Advice for Specific Issues

We have a range of advice sheets available, which offer tips around sleep issues, behaviour and anxiety amongst other things. You can access these at:

www.ASDinfoWales.co.uk/advice-sheets



Support for Schools - Learning with Autism

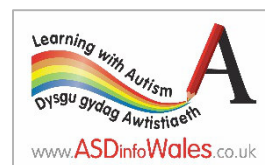


Our Early Years programme is a training scheme to help staff develop their knowledge and skills to support children with autism. Settings can access this for free and can be found at:

www.ASDinfoWales.co.uk/early-years

If your child's school would like to develop their knowledge and skills in supporting children with autism they can access our training programme for primary schools. Schools can access this for free and can be found at:

www.ASDinfoWales.co.uk/primary-school



The Secondary School programme is a training scheme for staff in secondary schools to develop their knowledge and differentiate their teaching to support young people with autism. This also includes the 'Sgilti' lesson and supportive resources to support peers in understanding autism. Schools can access this for free and can be found at:

www.ASDinfoWales.co.uk/secondary-school

Can You See Me?

An awareness raising scheme to promote understanding and acceptance, amongst communities in Wales to improve access to facilities and reduce the stigma that many individuals with autism and their parents and carers experience.

You can find out more about the scheme and watch our promotional video here:

www.ASDinfoWales.co.uk/can-you-see-me



Into Adulthood



As your child grows, you will also find a range of resources aimed at adults with ASD and those who care for and support them. These resources may be useful for older teenagers also.

www.ASDinfoWales.co.uk/living-with-autism

Contact Us



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