

Signs, strategies and tools to help children with Autism Spectrum Disorder (ASD)

and their difficulties
with sensory overload



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Signs of ASD within Children

I may become **socially isolated/withdrawn**, not interacting with other children and happy playing by myself

I may repeat certain **motions**, such as flapping or rocking, which is known as **stimming**, which can help me regulate emotions by providing comfort

I may not respond to you if you call my name or try and get my attention

I may avoid **eye contact** as it is uncomfortable for me

I may be **over or under stimulated by sensory information**. When I am overstimulated, I may be distressed due to certain sounds, tastes, smells, textures, and if under stimulated I may not react to people speaking.



Strategies to help children with ASD

Having **chill out time after school** with minimal conversation may help me regulate and calm down after being overstimulated all day.

Building a **routine** can help me stay calm throughout the day as I know what to expect



It helps when my **environment is calm**, for example, pastel or dark paint on walls, dim lights and having my room in a quiet part of the house.

A **sensory room or corner** to go to when I am experiencing sensory overload or emotional dysregulating can help me regulate sensory input and my emotions before becoming too overwhelmed. Here I can have the sensory toys, blankets and other calming items I have chosen to help me.



Tools to help children with ASD

When I am in auditory sensory overload **Ear Defenders** can help reduce distress

Fidget toys such as **fidget spinners** can help distract me from overwhelming sensory input and improve focus.

A **weighted blanket** can help me with sensory overload as the pressure feels like a hug which may prevent a meltdown. It can also help me get to sleep.

When I am in visual sensory overload **Sunglasses** can help reduce distress

A **Sensory First Aid Box** can help me when I am out in the day. This includes a resource for each sense, for example Lavender scented cloth for smell



Further Information:

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