

Autism & Meltdowns:

Parents' Step-By-Step Guide For Helping Kids, Teens
& Young Adults Get Through Tough Days.



Created By The 'Amazing Skills' Team
(Autism Support for kids, teens & young adults)

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What you're about to learn



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Handling 'Overwhelm'

Imagine a supermarket through your Autistic child's eyes - an overwhelming cauldron of sounds, an explosion of colours, a whirlpool of activity. The sensory overload makes it so tricky. We need to help our children learn emotional regulation strategies to handle these tricky, overwhelming situations.

Survival Strategies

Parents can find ways to effectively familiarise their child with new places and experiences. Let's identify and respond to your child's unique triggers. We can also tweak the routine to make it easier for your child. We can find ways to make new experiences feel less overwhelming and more manageable.

Things Will Go Wrong

We know you live in the real world where we often have to try 3 or 4 different things before we find what works. We accept that sometimes even what worked yesterday won't work today. Every step forward is a 'win'. Building social skills, emotional skills and self-confidence can't be a sprint - it's a marathon. It requires patience, time, and a whole lot of love.

Friendship Skills and Reducing Meltdowns

Trying to build emotional skills without social skills is really tricky. Our kids can handle tough days and tough emotions better when they have friends or at least one friend. Having friends takes the edge off a tough day, and can reduce stressful situations like bullying or feeling 'stuck'.

You Are Your Child's Superhero

Really? It doesn't feel like it, right? There are no psychologists, occupational therapists, or Mother-in-law's who know your child like you do. No one can play your role better than you. Your understanding, your patience, your love - Trust yourself and your intuition.

Success Story

Bold Kelvin - 12 years old

We added Kelvin to the Secret Agent Society program at the last moment.

We squeezed him in when we didn't have a spot when we heard that he had never experienced a real friend. Within 5 weeks of joining the course, he surprised everyone.

He left Mum behind to spend the day with two boys from school at the school fete, which was a first for him. His newfound confidence led to occasional gatherings at his home with friends, marking a remarkable change. He still has seasons where he pulls back from others, but he has the skills he needs to make and keep friends. We are incredibly proud of him.



Meltdowns - Waiting For The Storm To Pass



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Meltdowns - Overwhelm, not bad behavior

Once again, you find yourself in the middle of your child's emotional storm. Another meltdown - intense and sudden. Yet, it's crucial to remember that meltdowns are not some sort of 'bad behaviour'. Rather, they're generally a result of sensory overload or extreme stress, a pressure release after hitting 'overdrive' somehow.

Just like an inevitable storm after an oppressively hot day, they're a natural response to overwhelming conditions. Sometimes meltdowns mean that our kids lash out at the world. At other times, our children go in and lash out at themselves, appearing to withdraw.

Loud Meltdowns - Lashing out

These are the type of meltdowns most people think of first. They look like a tantrum, but they are just a response to feeling stuck and needing to escape a tough situation or some tough emotions. Once our kids are melting down, we need to wait out the storm.

It's not helpful to address our children's words or choices while they are melting down. We need to just survive the day, and then wait until tomorrow to address the issues (once our kids have deescalated and recovered).

Quiet Meltdowns - Withdrawing Inwards

Often people don't recognise that quiet meltdowns are just as destructive. That's when our kids pull back into themselves and tell themselves things like "I'm stupid", "I'm an idiot" and "I hate myself". Most people don't realise that these are super-destructive, because they don't seem to be an inconvenience to teachers or parents around them. However, helping our kids reduce the intensity and frequency of these internal storms is vital for their self-confidence and how they view themselves.

Success Story

Surprises for Mum

Our kids often don't want to talk to their parents after school about how their day has gone. That's normal. But part of what we do is to help kids and their parents connect. Sometimes conversational skills start from small things. Parents often note that their kids are mentioning more names of their peers at school, describing games or activities happening at school, and recalling other kids' names in programs that we run.

Recently, as a mum was working from home, her son got home from school. He wandered in and surprised her by asking, "Hey mum, how was your day?" She was amazed that her son would come home and ask a question about her day without being prompted. Social skill programs help kids gradually, and it's often the small changes at the start that grow into bigger skills later.

Tricky Days



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A mum we've worked with recently told me an inspiring story. During a routine supermarket trip, her son experienced another pretty big, loud, tear-filled meltdown. Mum responded with exceptional grace. Setting the shopping trolley aside, she guided her child to the safe space of their car to wait for the emotional storm to pass. About 40 minutes later, calm was pretty much restored and they returned to complete their shopping. Clearly, it was a tough afternoon, but sometimes we just need to walk through experiences with our kids, because there just isn't a 'Plan B'. This mum's response is an inspiring reminder that these emotional storms can be weathered without us totally losing our cool as parents.

Your child can learn 'Emotional Regulation Skills'

We are chatting with parents, so like you, we talk about 'Meltdowns'. The experts call the coping skills that your child needs 'Emotional Regulation Skills'. Basically, these are the skills that our kids need to develop to be able to be strong and brave in the face of new or tricky situations. You can read the nitty-gritty details from psychologists, occupational therapists and speech therapists - But the short version is: "Your child can learn how to handle their emotions if they are taught specific strategies that are Autism-friendly, age-appropriate and learned in a systematic and effective way." We'll show you more on that later.

No Judgement Here

When you find yourself doubting your parenting skills during your child's meltdown, you're not alone. Yet, a meltdown isn't a negative reflection of your parenting abilities. It's simply an indication of the significant emotional pressure your child is under. Your son's or daughter's meltdown doesn't mean you're failing as a parent - It's just a reminder that our kids are gradually learning new skills to handle life, and that the journey is hard.

Success Story

Jemma the Brave - 17 years old

Jemma had hardly left her home in the six months before joining us. Her mother was eager to see her join the Peers Friendship Skills Course, yet understandably uncertain about the outcome. We were confident about Jemma, because we knew her Mum was switched-on and committed to her. Beginning with the Minecraft Social Skills group, Jemma started to boost her confidence and develop her interaction skills with others. Jemma's true effort was in her internal struggle to courageously engage with others. It's now over a year later and she has at least one social activity each week with others. She also started work experience at an electrical store each week. Her journey is truly impressive, and her parents couldn't be more proud.



Overwhelming + Autism = Meltdowns



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Getting Real About Sensory Overload

You and I find it so distracting to hear the sound of our kids tapping on a table, the drops of a dripping tap, or old music that our parents made us listen to. We also hate driving our car towards a glaring sunset or sitting in a fluoro-lit space at work.

Well, for most of our kids with Autism, the same things that we find annoying will occur to them as 5 times or 10 times more annoying. Also, many things that don't bother us will bother our kids a lot!

Picture this - sounds seem louder, lights feel brighter, and smells are stronger than you're used to. That's the daily reality for many of our kids. Sensory overload is a challenging part of your child's everyday life.

Imagine being in the path of a fire hose when all you're trying to do is sip water. It's an overwhelming experience, to say the least!

Supermarkets: Not as Simple as You'd Think

Consider the seemingly simple thing of walking into a supermarket. If we shopped alone, we may see it as a mundane task or an ordinary part of our weekly routine. However, to a child with Autism, it's like stepping into a sensory tornado.

Consider:

- The incessant brightness of fluorescent lights,
- A million attention-grabbing advertisements,
- The never-ending chaos of the movement of herds of people and
- The sea of unknown faces.

This whirlwind of sensory stimuli is nothing less than an explosion to their senses. Then people wonder why our kids struggle to cope or glare at us as our children melt down. If only they could see the supermarket through our kids' eyes.

Meltdowns Are Not Tantrums



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Meltdowns Are Not Tantrums

In response to such intense sensory overload or other forms of frustration, our kids with Autism might become overwhelmed, leading to meltdowns. But what exactly constitutes a meltdown? Imagine a boiling pot that finally overflows. Our children strive so hard to maintain their equilibrium, but at times, the sensory pressure becomes too high, and it spills over. Sometimes parents or teachers will say, “I don’t know what happened... He just suddenly went from 1 to 100.”

What they don’t realise at that time is that our child was probably sitting on 80 or 90 for a long time before something tipped them over the edge. Such instances can be intense and often misunderstood as "bad behavior" or mere tantrums. But it's crucial to clarify - they are neither. Meltdowns generally result from sensory overload or frustration welling up inside.

First Overwhelm, Then Meltdown

Much like we crave a quiet corner when our environment gets too chaotic, children with Autism feel the same need when they're grappling with sensory overload. Through these challenging moments, they're communicating their need for assistance, in the only way they can in that instant, to manage what they're facing.

They're doing their best, but the situation just got too much for them.

Family Events, Pools and Loud School Playgrounds

Overwhelm is not merely an issue that just affects going shopping. It's the same challenge for going to a public swimming pool or hanging out in a bustling playground. It's loud, it feels out of control, and many of our kids haven't yet learned the skills to handle these things. It's really tricky for our kids at school, with so much noise around them, so many people bumping into them, and the frustration of not knowing what to do next.

There are specific courses like “Secret Agent Society” that help our children learn these skills. Also, occupational therapists can be a big help in picking out which environments are triggering our kids. Occupational therapists can start to equip our young people with new skills for those environments. Regardless of how our children learn new skills, they're going to need a hand. Until then, let's at least understand what they are facing.

Prevention Strategies for Meltdowns



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Ready-Set-Go

We need to stop just 'hoping' that when we go to the shops or wherever, that our child will 'just magically' cope. There is a better way. We need to pause and plan ahead and set things up so that our kids can have a better chance of experiencing the outing calmly and successfully.

As you're heading out, let's think through the outing, consider potential stress areas, make a plan and help our children know what to anticipate ahead of time. There are no guarantees that things will go well, but we can stack the odds in our child's favour.

What Were We Thinking?

Sometimes our kids melt down because we didn't think 'outside-the-box'. Why are we going to the supermarket at all when we could order online and have it delivered? Wouldn't that be a happier experience for all of us?

Alternatively, if we are going to the shops, why are we going there straight after school when the crowds are big and our kids are already emotionally spent? Instead, let's go on a Sunday afternoon, or some other less-crowded time during the week.

Setting Expectations

Children with Autism thrive on predictability, but a supermarket is a whirlwind of unpredictability. So, how do we bridge this gap? Walk them through what they can anticipate, from the labyrinth of the deli section to the inviting cereal aisle. In particular, let's remind our children about the frustrating line-up at the checkout or the experience of trying to push the trolley without it crashing into people. We can create some degree of predictability by chatting through the tricky bits before we set foot inside.

Success Story

Harper feels happier - 13 years old.

She did the Secret Agent Society program, but at home, she experienced loud meltdowns lasting about 2 hours, a few times a week. It was causing significant strain on her own confidence, and her family's ability to cope. The program showed her skills for handling emotions before reaching that "tipping point" for it all becomes overwhelming.

She learned helpful strategies in the Secret Agent Society program. For instance, when she feels overwhelmed, she now turns to her dog and trampoline as initial strategies, and where all becomes too much for her, she escapes to her bedroom with her headphones. She still experiences quite a few overwhelmed-induced meltdowns, but they generally last about 40 minutes, rather than 2 hours like they used to. She now channels less energy into meltdowns, allowing her to embrace life more fully and leaving her with more energy to enjoy others. Life never feels easy, but when we harness our emotions to work for us instead of against us, we can get through most things.



Routine Amidst the Chaos



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Routine Amidst the Chaos

A routine provides a reassuring rhythm for our children. If you can turn shopping trips into a predictable routine - same time, same store, even the same path - it can significantly reduce stress and overwhelm. Anytime we go to a new store, it can feel like a new experience of chaos, with new overwhelming triggers everywhere. Let's take control over the things we can control, and create routines wherever we can.

Headphones, Sunglasses and a Hat

What is this? A trip to the beach? No, it's just sensible planning before going out. The overwhelming noise of the supermarket can be helped by some noise-canceling headphones with fun, familiar music. Also, the intense fluorescent lighting can be partly counter-balanced by letting our kids wear a cap as they walk around, or if the lighting is really tricky for your child, let them wear sunglasses. Obviously, as our children get older, they will be less keen to look different or stand out. Yet even simple things like wireless earbuds or headphones still look 'normal' but can transform our child's experience.

Feed the Crew

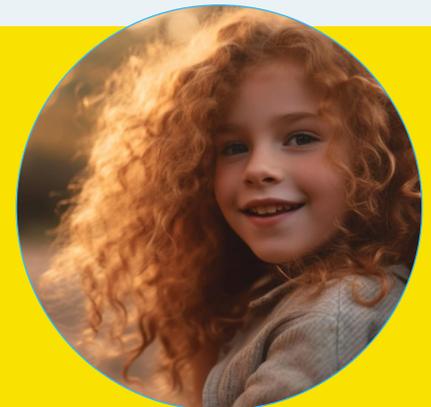
Ever thought of going on a shopping spree when you're starving or just too exhausted - doesn't sound like a good time, does it? The same goes for our children and teens. Ensuring your child is well-fed and well-rested before going to the shops can help a lot. After all, steering a "hangry" crew down turbulent grocery aisles isn't a piece of cake.

Success Story

Friendly Tahlia - 8 years old

Tahlia, having completed Secret Agent Society this year, now enthusiastically participates in weekly Minecraft Social Group sessions. Prior to Secret Agent Society, maintaining friendships was a challenge for Tahlia. While she conversed with others, her rigid standards and assertiveness (aka bossy moments) led to others pulling back from her, resulting in short-lived friendships.

Yet, she wholeheartedly embraced the new skills from the Secret Agent Society program. She grasped the art of allowing others to make their own choices, compromising, and accepting others' opinions. She now has real friends. Also, partly because school feels less exhausting, meltdowns at home tend to last about 40 minutes rather than the previous 2 hours. In Minecraft groups, new students are placed in Tahlia's mini-group, because she's got the hang of making others feel welcome. She's starting to use genuine negotiation skills and a willingness to cooperate. Best of all, she's waayy happier with others than she used to be.



Comfort Objects



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Comfort Objects: The Supermarket Sidekick

Do you remember your favourite teddy or blanket from your own childhood? The sense of safety and comfort it provided is precisely what a comfort object does for a child with Autism. For toddlers, they might bring their favourite toy, primary-schoolers might need a lollipop and teenagers might bring a handheld computer-game. Sometimes parents are worried that their kids will be viewed as uncooperative or unsocial, but our kids need and deserve comfort objects to get through these outings.

Long-Term Solution: Emotional Regulation Skills.

When our children are young or in primary school, we can protect them from difficult situations, like unpredictable supermarkets. Unfortunately, as they get older, they will need to develop their own emotional regulation skills to handle life's ups and downs without us. Let's think about it - you won't be there with them in the playground when other kids are teasing them in high school. You won't be at their workplace when they have a stressful day. In the short term, we can minimise the impact of the environment on our kids, but in the long term, they will need to develop their own emotional regulation skills. We will explain more to you about that later in this book.

You've Got This

Remember, every strategy you implement, every meltdown you get through, and every successful supermarket trip is a victory worth celebrating. Helping our children learn emotional regulation skills, to handle things like trips to the shops might feel like running a marathon, but with every step, every small victory, we're inching closer to the finish line. It's important to remember that you're not alone on this journey, and if other families can make it then yours can too.

VISUAL:

If you need more parent support and resources, there are stacks of tips and ideas that can help you at: www.amazingskills.com.au/peers

Handling Unfamiliar Events



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It Really Is A Big Deal

For our young people with Autism, experiencing the 'unknown' often feels like venturing into an unlit cave. Every echo is amplified and every shadow magnified, making it incredibly daunting. Add in some teasing from classmates, a forgotten toy, unexpected traffic or an argument with a sibling - You'll have a recipe for a serious meltdown. Many things that might seem easy or trivial to us are so much more challenging for our children to handle.

Dressed Up As A Character - Personal Story

I recently had a chat with one of our staff members who has Autism. He is a schoolteacher by trade, and he also leads some of our social skills mini-groups for kids and teens.

He was telling me about his own Autistic journey of being brave and stepping into new experiences. To stretch his skills, he participated in a live-action role-play event. His role was to dress up as a medieval priest and interact with other medieval characters like knights, princes and merchants. He began by observing groups, found common ground for conversations, and eased into interacting with others. His journey wasn't without bumps, though - he had his fair share of socially awkward moments, but he made it.

Let's think about this - he had engaged with complete strangers in character, which he initially found quite intimidating. Also, by the end of the event, he felt utterly exhausted and emotionally drained, but he had stretched himself and participated in acting out his role for a couple of hours.

Wow! With the same calming skills and self-talk strategies that he teaches children and teens to use to handle their emotions, he got through his day. Back when he was in primary school or high school, his mum would never have imagined just how far he could come. I'll bet your child will surprise you one day, too.

Emotional Regulation Skills + Social Skills = Confidence

Thinking back to this medieval role-play experience, There were more factors in this success than just emotional regulation skills. There was also a lot of social interaction that required social skills. Social interactions can be nerve-racking, awkward and scary. That's why in addition to gaining emotional skills, our children also need to learn specific social skills that work in the real world. Learning new emotional regulation skills won't help if you turn up to social situations and have no idea what to do next. So they actually go hand-in-hand to build real-life confidence. We will show you more about that later.

Whoops - Expect Failures



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Some days don't go to plan

Nobody wants to see their child fail, but life happens. When our kids fail, it doesn't mean they are bad people or that they can never learn skills in the future. Maybe they were beaten by circumstances today, but tomorrow is a new day. Children and teens can learn to change up the strategies they are using or try again at a time when they feel less drained. Life, especially with Autism, can be a roller coaster and that is okay.

Tough days in the playground

Social situations trigger anxiety, self-doubt, and sometimes straight-out ridicule and teasing. Part of the challenge is that social situations are generally unscripted and children with Autism often struggle to read the social cues that others are giving off. Also, friendships and social situations aren't set in stone - they shift, they change, they catch us off guard. That's where resilience and emotional regulation skills make a big difference..

Cherish the 'Wins'

Learning new skills is disorienting at the beginning. Yet, as we learn new skills and try new things, life's challenges gradually become less triggering and unwritten social norms start to become predictable. When things go well or when our kids show improvements in their abilities, it's so important to take the time to highlight and celebrate these small achievements. From your child signing up for a sports team, finding the courage to chat with a new classmate, to simply being present at a new event, every single one of these actions is significant. Every small success helps them build up confidence, bolstering their readiness to take on the next hurdle. Failures, stressful situations and meltdowns will happen along the way. So we'll need to balance the failures with recognition of the 'wins' when they happen.

Success Story

Nate the Caring Friend - 7 years old

One Friday recently, Nate told us that he'd silently cried because he'd miss Isaac, who was going overseas. Nate said that his outward emotions might have appeared as a Level 1 on the emotional scale (of 1-10), but he personally felt sad at a Level 3. He used the calm-down strategies (which he had learned in Secret Agent Society) to manage his emotions.

He has gone from not really being aware of his emotions or how to handle them, to being able to express his emotions and knowing what to do in tricky situations. Nate's parents were amazed by how much he got from using strategies in Secret Agent Society.



It's a Season



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It's a Season

Developing better coping skills for tough situations is a journey, with peaks and valleys, twists and turns. When you are going through a tough time with your child, it really is just a temporary thing - a hard season. You will survive this season and then things will get easier. Then a while later you find yourself back in a new (but different) tough season. We can't afford to let discouragement set in. We will get through this.

Social Skills/Emotional Regulation Skills Support

Our kids are surrounded by options for learning and getting support. When it comes to developing interpersonal skills and emotional regulation skills, you probably have viable options readily available that you haven't tapped into yet.

Other Ways To Grow Skills

Support for your child can come in other ways (not just through courses), including:

- Long-term mentoring from others
- Scouts, Girl-guides, Youth group etc
- Regular play dates with a friend or cousin
- Equine therapy (learning to handle our emotions around horses)
- Psychology, speech therapy or occupational therapy (Occupational therapy is highly recommended)
- Social Skills Courses (like 'Secret Agent Society' and 'Peers Social Skills Course')

Success Story

Jonathan found his voice - 15 years old

Jonathan lacked friends and struggled with conversations. He had very few meaningful interactions with other kids. A couple of years ago, through the Secret Agent Society program, he learnt techniques for initiating and maintaining conversations. He started to come out of his shell, and he developed a belief that hanging out with others could be fun. Later, he completed the Peers For Teens Friendship Skills course, learning to select friends and engage them in discussions by asking about their interests.

He found listening easier than talking about himself, but he also knows it's his role to keep conversations flowing. With four friends now, he enjoys socializing and playing sports with his friends at school. Initially, he could barely express himself in more than a few words, but with determination, he has pushed himself and now chats with his friends. His parents are incredibly proud of his progress.



Course: Social & Emotional Skills'

Secret Agent Society

Ages 7-12



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IMPORTANT:

This isn't about changing who our kids are - it's about giving them the tools they need to navigate their world. We need to take the mystery out of social interactions and provide strategies for handling our emotions.

They are important skills, much like driving a car or learning to cook.

Emotional Regulation and Social Skills Course for Kids Aged 7-12

Secret Agent Society - It's the only evidence-based course I've seen that gets consistent results for families (and I've seen this for hundreds of families).

Here's What Kids Learn In Secret Agent Society:

- Recognise emotions in others
- Recognise their own emotions
- Express their thoughts and feelings in appropriate & calm ways
- Know strategies for handling feelings of anger and anxiety
- Communicate with others in ways that others are open to
- Play with others, using strategies such as taking turns and negotiating
- Handle mistakes, transitions, surprises and unexpected problems
- Strategies for building and maintaining friendships
- Knowing how to deal with day-to-day issues that come up in friendships
- Recognising the difference between playful joking and actual bullying
- Strategies for prevention and handling of bullying and teasing

You can see more about this here: www.amazingskills.com.au/sas-secret-agent

Success Story

Monica Gets Real Friends - 10 years old

The Secret Agent Society program focuses a lot on friendship skills. While participating in the program, Monica and her mini-group got into discussions about the qualities and traits that we look for in a friend. The program introduced a "friendship formula", allowing each child to select the essential characteristics they want in a friend. She also chatted with mum about what she had been learning and this led her to realize that her supposed two best friends might not truly be the best match. After all, true friends wouldn't tease us or ignore us a lot of the time.

The Secret Agent Society program was the start of her seeking out and beginning to make a few new friends, who treated her like she matters and to enjoy her company.



Get real support for your child here: Australia - amazingskills.com.au UK/Europe: www.amazingskills.org

Social Skills Course: PEERS For Teens/Young Adults Ages 13-25



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Social Skills Course for Teens/Young Adults Aged 13-25

The 'Peers Social Skills Course' is the only evidenced-based social skills course that I would recommend for most teens or young adults. It works because it starts with basic interpersonal skills and gradually moves onto the harder skills. It's the most effective way I know for young people to learn social skills, and having social skills reduces the anxiety that leads to meltdowns.

Here's what young people learn in the 'Peers Social Skills Course':

- How to start conversations
- Ways to keep conversations flowing more
- Finding reliable sources of quality friends
- Electronic communication – Do's and don'ts
- Appropriate use of humor
- Entering group conversations and playing your role within the group.
- Exiting conversations – When, how and why to leave conversations gracefully.
- Get-Togethers - How to plan for social events & steps for enjoying social times.
- Handling disagreements
- Handling direct bullying
- Handling indirect bullying
- Social celebrations, socially confidence, revising other goals and skills

Learn more here: www.amazingskills.com.au/peers

Social & Emotional Regulation Skills



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There are many effective ways for children and teens with Autism to learn new social skills and emotional regulation skills.

Obviously, I am biased. That's because we've worked with hundreds of families on 'Secret Agent Society' and 'Peers Social Skills' courses, and here's what happens:

- Kids learn to make friends for the first time
- Teens learn to cope with high school
- Young people discover that they can hold down a job
- Autistic young people feel proud of themselves
- Etc Etc.

Basically, It's easy to recommend things when you've seen them work for many, many families.

Finding the Balance: Comfort Vs Challenges

For any program that is building emotional skills or friendship skills, it's all about finding that sweet spot. We want to keep our kids safe and comfy, but we also want them to learn to face the world and that means helping them stretch themselves. Figuring out when to offer support and when to let them face a challenge is key. Evidence-based programs like 'Secret Agent Society' and 'Peers Social Skills' Courses succeed because after working with many young people, they get the balance right.

Success Story

Switched-On Paul - 9 years old

Paul was struggling with emotional regulation and school attendance and his mother often got phone calls from school asking her to pick him up early. He participated in the Secret Agent Society program with us because it was recommended by his occupational therapist. The therapist suggested that he should conduct his Secret Agent Society Zoom sessions on Zoom, in a tent in the living room (because that was his comfort zone).

Well, to so many people's surprise, he completed his course to graduate as a bold and brave "Secret Agent". He had some new friendship skills and emotional regulation skills, but he needed somewhere to start to use those skills where he wouldn't be excluded by peers. So, he worked with others in our Minecraft mini-groups with us for a year, to give him some sense of self-worth and ability to engage in real conversations. Paul recently changed schools to a more supportive environment - which meant that he could build a reputation from scratch rather than having his old reputation for him. It's helped, and it is the start of a long journey ahead that we are supporting them on.



Get More Support - Next Steps



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Keep Being A Great Parent

Hold your heads high and wear your super-parent badge with pride, because you truly are a superhero and make a super-large difference in your child's life. Continue upskilling yourself so you can be a resource for your child and others. Always trust your judgement and intuition, because you are the expert on your own child.

Sharing is Caring: Pass This Book To Relatives/Friends

Who else in your child's life needs to read this? Grandparents, other relatives, friends of yours, teachers? We're all in this together, and sharing knowledge and experiences means we can all work together to support your child.

Success Story

Isaac's New Skills - 11 years old

Isaac was extremely anxious and stressed because he was regularly teased at school. Kids would make fun of the ways that he would have outbursts and laugh at him when he couldn't handle things going wrong for him. Initially, we helped him with some social skills and some strategies for handling what was happening in his emotions.

His mother had several discussions with their less-than-helpful school. The Fire Engine Gadget is one of the relaxation tools Isaac had learned about in the Secret Agent Society program. This, along with a discreet hand signal, allowed him to let his teacher know when he needed time out before he 'lost it' in front of his classmates.

It was a leap forward for him to be able to connect with his teacher without alerting his peers (and thereby triggering teasing). As a result, the teacher could see his heightened emotions and arrange a dedicated break space for him to regain composure before rejoining the classroom for the rest of the day. Things aren't perfect, but they are a lot better and he is now more accepted by other kids at school.



Would You Like Help For Your Son/Daughter?



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If this was helpful for you, get in touch with us and get even more resources.

Don't walk alone on this journey.
People like us are here to help.

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Get In Touch With Michael

We'd love to help your family
Michael, Founder, Amazing Skills

