



Communication and Autism Team (CAT)

Tips to build resilience in your autistic child/young person.

Our children and young people can build resilience to manage difficult times. It may take time, so we need to take it one step at a time. Here are some tips:

- Encourage your child to talk or communicate with you about their concerns. This may be difficult so allow time and build it up gradually.
- Teach your child that we can all learn from our mistakes.
- Explain to your child that difficult situations do not have to be permanent.
- Give appropriate challenge with support.
- Support friendship building. Use Social Stories and Comic Strip Conversations to help them understand the feelings and motives of others.
- Build self-esteem. Have a Record of Achievement book where you write in or add photos of things that your child has achieved. Point out when they have done something well.
- Teach problem solving. Ask them to think of more than one solution to a tricky situation. They can then choose the most appropriate response.
- Help them find a sense of purpose e.g. a cause or hobby that interests them.
- Help them understand their own feelings and that of others. Help them understand that there are degrees of emotion e.g. on a scale of 1 to 5.
- Develop independence at their level.
- Celebrate achievements.

