Sybil Elgar School | Our Transdisciplinary Team Newsletter

We are here for you

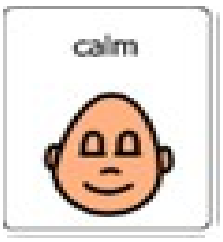
We are all working a little differently right now at Sybil Elgar want you to know that we are still here to support you. Across the world, people are adjusting to huge changes to routines, navigating new ways of learning or working, and having to cope with ongoing uncertainty. We recognise that for autistic people and their families this is likely to be especially difficult. This newsletter aims to give you some useful tips and ideas to help the whole family. We are focussing on low-arousal approaches.

Low-Arousal Approaches

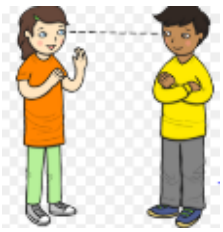
At times during this period, some of our children and young people may experience difficulties, and may result in coping with the situation by engaging in behaviours of concern that can be difficult to manage at home. Here are suggestions on how to manage this situation

When CYP engage in behaviours of concern: scratching, hair pulling, pushing, use the Low arousal approaches:

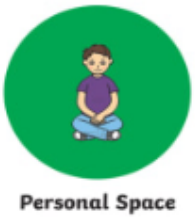
- Appear calm



- Reduce eye contact.



- Provide distance/personal space



- Reduce verbal language and offer distractions and diversions

Website:
https://www.autism.org.uk/services/nas-schools/sybil-elgar

Contact:
0208 8139168

Email:
Sybil.Elgar@nas.org.uk