

School Guidelines for Children with Autism (ASD)- Teacher Handout

NeuroNest Child Neurodevelopment Clinic

Dr Jyoti Prajapati, MD, Paediatrics, FIAP-NDBP

What is Autism (ASD)?= Autism is a neurodevelopmental condition affecting:

- ✓ Communication
- ✓ Social interaction
- ✓ Behaviour (repetitive patterns, rigidity)

These children learn differently, not less.

Common Challenges in School

- Poor eye contact, Limited or delayed speech, Difficulty following instructions
- Repetitive behaviours (hand flapping, lining objects), Sensory issues (noise, touch sensitivity)
- Resistance to change

Classroom Environment

- ✓ Provide structured and predictable routine
- ✓ Use the same seating and schedule daily
- ✓ Keep the classroom low-noise and organised
- ✓ Allow a quiet corner for calming

Teaching Strategies

- ✓ Use simple, clear, one-step instructions
- ✓ Use visual supports (pictures, charts, schedules)
- ✓ Demonstrate tasks instead of only explaining
- ✓ Repeat instructions as needed

Communication Support

- ✓ Give extra time to respond
- ✓ Use gestures, pictures, if needed
- ✓ Avoid long verbal explanations
- ✓ Encourage but do not force eye contact

Behavior Management

- ✓ Identify triggers (noise, change, frustration)
- ✓ Use positive reinforcement immediately
- ✓ Teach alternative behaviours (e.g., asking for help)
- ✓ Stay calm during meltdowns

Handling Meltdowns

- ✓ Do NOT punish
- ✓ Reduce noise/stimulation
- ✓ Move the child to a calm area
- ✓ Allow time to settle

Attention & Engagement

- ✓ Break tasks into small steps
- ✓ Use short activities (5–10 minutes)
- ✓ Include sensory/movement breaks

Sensory & Attention Support

- ✓ Scheduled sensory breaks (every 30–45 min)
- ✓ Movement activities
- ✓ Access to sensory tools (fidget, weighted items)

Academic Modifications

- ✓ Simplify tasks
- ✓ Reduce workload
- ✓ Use visual worksheets
- ✓ Allow alternative responses (oral, pointing)

Exam Support

- ✓ Extra time
- ✓ Quiet room
- ✓ Use visual or simplified questions

Autism (ASD) में Challenging Behavior- Teacher Guidelines (शिक्षक मार्गदर्शिका)

1. Behavior = Communication व्यवहार = संचार

- Behavior के पीछे कारण समझें
- Use ABC: A – Antecedent (पहले क्या हुआ)
 - B – Behavior (क्या किया)
 - C – Consequence (बाद में क्या हुआ)

2. Prevent करें (रोकथाम सबसे बेहतर)

- Use Visual Schedule (चित्र आधारित समय-सारणी)
- Give Short Instructions (छोटे निर्देश दें)
- Use First–Then 🖐️ “First work, Then play”
- Give Transition Warning (पहले से बताएं)

3. Communication Support

- Simple Language (सरल भाषा)
- Give Time to Respond (समय दें)
- Use Visuals / PECS
- Teach: 🖐️ “Help” / “Break”

4. Positive Reinforcement

- Praise तुरंत दें 🖐️ “Good sitting!” / “शाबाश!”
- Use Sticker / Token Reward
- ❌ छे व्यवहार पर ध्यान दें
- Punishment कम करें

5. During Challenging Behaviour

- Stay Calm (शांत रहें)

- Use Few Words
- Ensure Safety
- Redirect (ध्यान बदलें)
- Don't shout / डाँटें नहीं
- Don't give long lectures

6. Sensory Needs

- Give Sensory Break
- Use Calm Corner
- Allow Movement
- Use Fidget Tools

7. Be Consistent

- Same rules
- Same rewards
- Same instructions

👉 Consistency = Better Behavior

8. Individual Plan (IEP)

- Identify triggers
- Use specific strategies and track progress

Tips

- Visuals use करें
- Calm रहें
- Reward करें
- Break दें
- Consistent रहें

Teacher Magic Words

“First work, then play”

“Good job!”

“Take a break”

“Nice sitting”

Every child can learn with the right support. हर बच्चा सही सहयोग से सीख सकता है

Dr Jyoti Prajapati
MD Paediatrics, FIAP-DBP
Fellowship in Development and Behavioural Paediatrics
MCI No- MPMC-11438