

Top Communication Tip

Stay Calm like a GPS!

Imagine you're supporting someone with Autism and something doesn't go to plan. It can be easy to lose your cool and become frustrated. Think about what a GPS does if you take a wrong turn. The GPS doesn't get upset, it simply recalculates and calmly gives the next direction.

By staying calm when things go wrong we are also helping the child or person to stay calm themselves (self-regulate) and understand what is expected of them.

Stay calm like a GPS:

- Know where you are headed - be clear on what you are trying to achieve
- Provide directions that are clear, specific and well-structured
- Use a visual to support what you say (this makes it easier for the individual to understand what is expected and that they are on the right track)
- Keep your tone calm and non-judgemental - have you ever heard a GPS raise it's voice when you've taken a wrong turn?
- If something doesn't work out the first time 're-route' - instead of focusing on the negative, just concentrate on the next instruction. There are often many different ways to reach your destination!



**Football
for all.**