

3 TOP TIPS ON COMMUNICATION



1. Understand how your child prefers to communicate and use that method. Establish a non-verbal method of communicating at times of increased anxiety when your child may not be able to communicate in their usual method – e.g. physical cues, a card that your child can show you if they need to access a quiet space/time.

2. Use literal language rather than idioms and metaphors, which they might misunderstand.

3. Avoid sarcasm.