

## 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/ 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!

