

# DO

- Use my name when you need to gain my attention
- Wait 3 – 5 seconds after you have asked me something or given me an instruction
- If you need to repeat yourself, do so using the same words. Make sure they're clear and use simplified language where possible
- Help me organise my day by providing a schedule/routine that I can follow. This will help me to feel safe and able to understand what is happening each day
- Give me space and follow my lead
- Treat me with respect and dignity by refraining from talking about me in front of me
- Involve me in conversations and plans by letting me/helping me to make choices
- Utilise visuals to support my understanding where possible
- Provide me with an area that is just mine, as a safe space that I can retreat to if necessary. E.g., a small pop-up tent, or space under the stairs with cushions, fairy lights and calming activities
- Show compassion and understanding
- Spend time getting to know me, and find out about my strengths
- Try to provide “home comforts” e.g., cultural food

# DO NOT

- Talk about me in front of me
- Assume I don't understand you
- Touch my things without my permission
- Enter my bedroom or safe space without my permission
- Demand eye contact
- Raise your voice, or shout around me
- Place too many demands on me at once
- Ask me too many questions, I may find these hard to process
- Try to hug me or place your hands on me without my permission (I may initiate physical contact with you, first)
- Assume any behaviours that challenge are me “being naughty”. This is my way of communicating that I am having a hard time
- Reprimand me if I do display any concerning behaviours; this includes physical aggression or toileting difficulties
- Expect me to eat the food you provide me straight away, I will need time to adjust to a new food culture and the flavours/textures
- Spring surprises on me or make last minute changes without prior warning wherever possible