

## Some things you may not know

Some children with Asperger Syndrome don't like eye contact, because it can feel intimidating, also some cannot 'look' and listen at the same time due to processing problems.

Walking on tip toes - another feature of Asperger Syndrome, it is often more noticeable when in bare feet!

Some children can have sensitivities to all of the senses, they can be over-sensitive (hypersensitivity) or under-sensitive (hyposensitivity) and this can vary during any part of the day.

Thank you for reading -

Taylor



## ASPERGER SYNDROME

### A Guide for Teachers



Taylor McGuinness

Hello my name is Taylor McGuinness, I would like you to know a few things about me while I'm in your class.

I have Asperger Syndrome, it is a form of autism. It is a developmental disorder that affects my social and communication skills. Here are some things I'd like you to know.

### Sensory

I am hypersensitive to sound, this means certain sounds hurt my ears, hearing loud and sudden noises can cause great discomfort and it also means I can hear other noises that other people cannot hear. All these things could make me very anxious and I may react by getting angry, irritable or need to put my hands over my ears

### Social skills

I sometimes have difficulties with other children it is because I sometimes don't understand why they do certain things. I don't really like big groups of people I feel more comfortable in very small groups. I do want to have friends and you could help me by adding structure to some of my play times, this will make me less anxious. Please remember that being together with other children is fun for most 'typical' kids, but not always for me

## Routine

I need to know what I am going to be doing and be given plenty of notice if there are going to be changes, I will become very anxious if there are sudden changes to my day. I need a visual timetable, this is very important to me and will help bring order to my day.

## Communication

I can interpret language very literally, please don't use idioms, sarcasm, please tell me exactly what you want me to do, e.g. Say- "Please get off my foot" not "your standing on my foot" as this to me is just a statement.

I may not understand jokes or phrases like 'keep your eyes peeled' or 'it's raining cats and dogs'! All these things can trigger anxiety and confusion. Please say what you mean and mean what you say.

## Motor tics

I have frequent motor tics, these are involuntary movements and are associated with Tourette's Syndrome. I sometimes have vocal tics but I cannot help it and I will not be able to control these. They will be worse when I am becoming anxious or stressed which could help you identify how I am feeling and I may need 'time out'

## Meltdowns

If I get out of control and I 'lose it' please help me by;

- Reducing your language, or do not speak to me at all, remain calm
- I will need to go to my 'quiet area' to calm down

I am always sorry when I have calmed down and I will feel 'bad' when it is over, please be patient.

## Likes

- Computer: I like to use the computer as my 'reward' or 'quiet time'
- Science / Facts : I like learning facts, about all sorts of things
- Going Home

## Dislikes

- Literacy: I don't like some stories much because sometimes I don't understand what the story is about, sometimes they are boring as well
- Shouting : When people shout it sometimes hurts my ears and makes me very anxious. If I do something wrong please think about my difficulties, but please DO NOT shout, I will 'shut down' and not be able to process what you are saying, I will just hear the shouting and possibly become very angry and aggressive. Please remain calm and explain what I have done wrong, but more importantly explain what I need to do to put things right.

## Sanctions

If I do not respond to requests then I will need to know what my sanction will be if I do not comply. Normally giving me to the count of five does the trick.