

Notes from Simple Solutions Workshop – Sally Glossop

18th May 2016

St Albans Girls' School

- Sally spoke about PDA and how this affects our children. Recommended book for some useful strategies for PDA - <https://www.amazon.co.uk/Understanding-Pathological-Avoidance-Syndrome-Children/dp/1849050740>
- We discussed changing the language that we use for requests, so that we're not telling the child what to do. For example instead of saying "dinner is ready, get to the table", a request such as "dinner is on the table when you want it" may get a more positive response.
- Another interesting book is M is for autism, written by the girls at Limpsfield Grange School and has a number of good strategies - https://www.amazon.co.uk/Autism-Students-Limpsfield-Grange-School/dp/1849056846/ref=sr_1_1?s=books&ie=UTF8&qid=1465304847&sr=1-1&keywords=m+is+for+autism
- We spoke about the importance of aiming for a well and happy child, over academic achievement. To find out what makes them happy and to embrace the autistic mind.
- A suggestion was for the autistic child to have friends a few years older or a few years younger than themselves, which seems to sometimes work better than friends in their own school year.

Next Simple Solutions Workshop 6/7/16 7pm at St Albans Girls' School