



children's autism

Welcome to December!

The lead up to Christmas is a busy time for most families - carols concerts, dance recitals, prize-givings, Christmas parties - there is much to be enjoyed! With the change in routine, Christmas shopping, family gatherings etc... it can be a very stressful time for children on the spectrum. In this newsletter we've included some tips on **how to survive the silly season** as well as resources & social stories to prepare your child for the fun ahead.



And remember, if you have any queries, require support or just a listening ear, drop us an email or give us a call on 09 415 7406 anytime. We are always here to help!

Happy Christmas from the Team at Children's Autism Foundation

10 tips for a happy ASD Christmas

Being ready for anything the Christmas season may throw at you is easier said than done, but if you apply the Boy Scout motto of "Be Prepared" then your Christmas is likely to be much more enjoyable for your ASD child and the whole family.



[Click here](#) for Sue Larkey's 10 tips for a happy ASD Christmas

Social stories are an excellent way to prepare your child for changes to their normal routine. We have a large range of social stories and visual resources available - simply [email us](#) with what your family is getting up to these holidays and we'll send you some relevant resources. Have a happy and safe holiday!

Our Workshops & Training

Details on our 2019 workshops & special events coming soon!

A.S.K

Autism Spectrum Knowledge
Professional training
Educating our educators
Tell your school about ASK now!

[More info](#)

Useful Websites

www.autism.org.nz

Children's Autism Foundation

www.autismnz.org.nz

Autism New Zealand
Support, information and
education on Autism
Spectrum Disorder

www.adhd.org.nz

ADHD Association

www.altogetherautism.org.nz

Altogether Autism

www.aucklanddyspraxia.org.nz

Dyspraxia Association

www.childsplayot.net

Child's Play OT

www.ccsdisabilityaction.org.nz

CCS Disability Action

www.dancetherapy.co.nz

Dance Therapy

www.disabilityconnect.org.nz

Disability Connect
Support groups
& disability related seminars

www.enrichplus.org.nz

Enrich+
Education, Employment,
Empowerment

www.everydayot.com

Support Children's Autism this Christmas

What gift do you buy for the person who has everything? Don't spend your hard earned money on a gift that will end up as an unwanted gift on Trade Me!

Donate to Children's Autism Foundation and your contribution will go **directly** to supporting children with autism and their families. We are a small, lean team making a huge and positive impact in the lives of many. We receive no Government funding so even the smallest donation will make a difference in the life of a New Zealand child.

It's the simplest way to help your community, while honouring the spirit of Christmas.

Support Children's Autism Foundation [here](#)

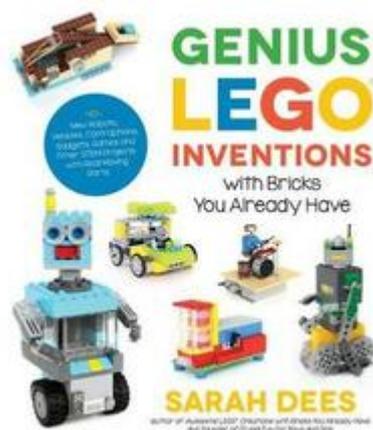
Keeping them busy these holidays

Does your child love Lego? If you are looking for ways to extend their Lego play these holidays, check out a new range of books by author Sarah Dees recommended by Gera Verheul, one of our Family Consultants. You can purchase online ([click here](#)) or enquire if they are available on loan from your public library.

Why is Lego so great for our kids? Here's just a few reasons...

1. Helps develop critical thinking & problem solving skills
2. Helps develop fine motor skills
3. Encourages collaborative play
4. A child does not need to be able to read instructions or be able to speak to be able to enjoy Lego
5. Lego offers a routine and repetitive form of play which suits many ASD kids

[Email](#) or post a pic of your child's Lego creations on our [Facebook page](#) - we'd love to see their creativity!



What do people say about our workshops?

Children's Autism Foundation runs workshops throughout the year covering topics such as **Strategies for Behaviour, Dealing with Anxiety, Sensory Processing** and much more. The feedback is overwhelmingly positive, these workshops are giving

Everyday OT
For skate, holidays, adventure,
surfing.

www.focustherapy.co.nz
Focus Therapy O. T. Brain Gym,
Educ. Kinesiologist

www.ihc.org.nz
Idea Services
Library & info services

www.mapurastudios.org.nz
Mapura Studios
Art Group for Teens

www.parenttoparent.org.nz
Includes Altogether Autism &
Care Matters

www.taikura.org.nz
(NASC Auckland)

www.talklink.org.nz
Talklink Trust

www.wandersearch.org.nz
WanderSearch NZ

www.yesdisability.org.nz
Yes Disability

parents, caregivers and educators real skills and strategies that they can apply with their children.

"This was such a helpful course, THANK YOU so much!!"

"I understand more about autism, and feel less anxious about my child"

"I went straight home and starting applying strategies with my child"

"Actually hearing from other parents about their child's behaviour was so helpful"

We are finalising workshops across Auckland in 2019 so **watch this space!** If you are not already subscribed to receive our newsletters and workshop info [click here](#).



Mr Savant - Autism awareness short film

Two creative young Kiwi's contacted us a few months ago with plans for "Mr Savant", a short film which aims to tackle the attitudes that some people have towards those on the autistic spectrum. We love anything that builds autism awareness and would love to see this film made and featuring in film festivals around the world. [Click here](#) for more details on the film and how you can help make this a reality by becoming a Pledge Me sponsor.



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