

Give me some time to process the information, when you ask or tell me something.

When I am angry, it can be because my head is very full. Just let me be, it really helps being alone sometimes.

My own place is nice for me. For example at the table, in the classroom or on the couch.

Please don't touch me unexpectedly.

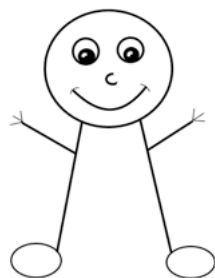
Would you like my attention? Look what I am doing and connect to that first.

Talk with a calm voice. Speak slow and use short sentences.

Always tell me what I should do instead of what I shouldn't do.

Always tell me beforehand what is about to happen. I don't really like unexpected situations.

AUTISM



I find it difficult to wait or do nothing. Could you help me to fill in my time?

It helps me when you explain to me what is happening around me.

Sometimes I find it difficult to understand your feelings, but if you explain them to me I am able to show empathy.

Please don't use sarcasm, I find that difficult to understand.

Sometimes a task is easier for me than a choice.

Don't expect me to look into your eyes. It can be distracting for me. Maybe it's easier for me to hear what you say, if I can look at something else than you.

www.symptomen-autisme.nl

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