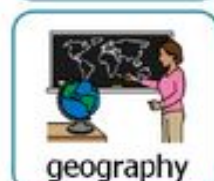


Today's Schedule



1

2

3

4

5



Start over



Clear checks



Review

Negative language	Positive alternatives
Stop it	How can I help
Stop yelling	Use your words. Talk to me.
That's enough	Do you need a break? Do you want a hug?
I so done with your behavior	let's use some of your coping strategies
Stop crying	It's ok to be sad. When you feel better, we can talk
Do not hit	You will hurt me. Tap into previously administered empathy training. Tell me what is going on.
Do not hit (for non-verbal child)	Block and understand what the function of the behavior is: attention, escape or sensory.
Snap out of it	I understand, I see you are in pain, can I help?
Stop using these words	Can we think of a better word?

Negative behaviors/actions	Positive alternative
You are a bad child	Let's talk about your behavior and how you can change it. Behavior is always separate from the person.
Be more like your peers (this feels like shaming or guilt tripping)	You are unique and your brain is unique. Let's work on finding unique solutions
During a tantrum	Let the child cry it out, provide a safe space for them to be at and process situation later.
Only bad children have tantrums	After tantrum and behavior has deescalated: process the situation, example: Tell me what was going on. How can I help. I understand your anxiety. Let's work on coping strategies. Make a tool kit of coping mechanisms
Negative reinforcement (if you don't clean your room, I will take away your video games)	Positive reinforcement (You will get 15 minutes of video games for cleaning your room)
When giving feedback (especially if it is negative)	Pair it with something positive (I know you are very caring, so I was surprised you hit your sister. How do you think she felt when you hit her)
Ok job (praise or the lack of praise)	Be specific in your praise. Great job cleaning up your room. Pair that with a smile or reward.
You don't have a choice	Provide controlled choices. Do you want a biscuit or chips?
I cannot play	Let's play later. (give a specific time) praise the patience.
Stop jumping/echolalia/stimming	Provide sensory toys, provide alternatives. Have an OT design a sensory diet for the child.



AUTISM

Each and every one of us is a complete person in ourselves. Each and every one of us is also different. We feel differently. We dream differently. We sense the world around us differently. We all have a different way of being.

Autism or "Autism Spectrum Disorder" (ASD) as it is sometimes called is a lifelong developmental disability associated with poor social skills. It is sometimes referred to as an "invisible disability" as there is nothing about how people with autism look that sets them apart from other people. However, people with autism may communicate, interact, behave and learn in ways that are different from most people.

Autism is sometimes referred to as a "spectrum condition". This means that just like people without autism are different from each other, people with autism are different too. Autism can translate into a wide range of symptoms. The intensity with which it affects their ability to function also varies from mild to severe. The range of consequences is also extensive.

WHAT WE OFFER

For Parents, Grandparents, Friends & family

Resources for every stage of the autism journey including first hand perspectives of other parents, grandparents, friends.

- A searchable directory of organisations working on autism in Pakistan
- Thoughts and tips contributed by our team and community
- A calendar of events on autism
- Experience sheets in English and Urdu

For People with Autism

A platform to tell your story.

For Employers, Professionals & Therapists

- A spotlight section to highlight the work that you or your organisation are doing in this space.
- Free tailored resources for any awareness workshops, seminars on autism that you may want to do.

Lets connect and find out how we can work together to create more autism awareness and acceptance in Pakistan.

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Our Small Wonders is an independent organisation run by a group of parents and friends (volunteers) of children and adults who are on the autistic spectrum. We do not provide professional support or services. All information on this website is provided free of charge. See our legal notices on our website (www.oursmallwonders.org) for full details.



ABOUT OUR SMALL WONDERS

Our Small Wonders has been created by a group of parents and professionals who would like to see more autism awareness and acceptance in Pakistan.

Our purpose is to provide information, advice and support on autism for Pakistani communities. We have based our website on our own experiences of autism either as parents, siblings, grandparents, teachers, employers or professionals working with people with autism. We hope some of our experiences are useful to you.

Our vision is to help every child with autism become the best version of themselves.

WE ARE HERE TO HELP

To read more about autism please see flap page. To see what we can offer please see back page. Please contact us by the following methods or visit our website for further information.

 **OurSmallWondersAutism**

 **oursmallwonders**

 **+92 347 610 6391**



وسائل

والدین ، دادا دادی ، دوستوں کے لئے

آٹزم کے سفر کے ہر مرحلے کے لیے وسائل
پاکستان میں آٹزم پر کام کرنے والی تنظیموں کی ایک قابل تلاش
ڈائریکٹری۔
ہماری ٹیم کے تجربات اور مشورے۔
آٹزم پر واقعات کا ایک کیلنڈر۔

آٹزم کے زیر اثر افراد

اپنی زندگی کے تجربات کو بانٹنے کا ایک ذریعہ۔

پیشہ ور افراد ، اساتذہ اور آجروں کے لئے۔

کسی بھی آگاہی ورکشاپ ، آٹزم پر سیمینار کے لئے مفت تیار کردہ
وسائل ۔

آپ یا آپ کی تنظیم آٹزم کے لئے جو کام کر رہے ہیں اسے اجاگر۔
کرنے کے لئے ایک سپاٹ لائٹ سیکشن۔

مزید تعاون تاکہ ہم پاکستان میں زیادہ سے زیادہ آٹزم بیداری اور

او-ایس-ڈبلیو کے بارے میں

معلومات

ہمارے شمال وینڈرز والدین اور پیشہ ور افراد کے ایک گروپ نے
تشکیل دی ہے جو پاکستان میں آٹزم کے بارے میں زیادہ سے زیادہ
آگاہی اور قبولیت دیکھنا چاہتے ہیں۔ ہمارا مقصد پاکستانی
برادریوں کو آٹزم سے متعلق معلومات ، مشورے اور مدد فراہم
کرنے ہے۔ ہم نے آٹزم کے اپنے تجربات پر (والدین ، بہن بھائی ، دادا
نانا ، اساتذہ ، آٹزم کے ساتھ کام کرنے والے افراد کی حیثیت)،
سروپ سائٹ کی بنیاد رکھی ہے۔ ہم امید کرتے ہیں کہ ہمارے
کچھ تجربے آپ کے لئے کارآمد ہوں گے۔

ہمارا خواب یہ ہے کہ ہر بچہ اپنی صلاحیت کے مطابق زندگی گزار
سکے۔

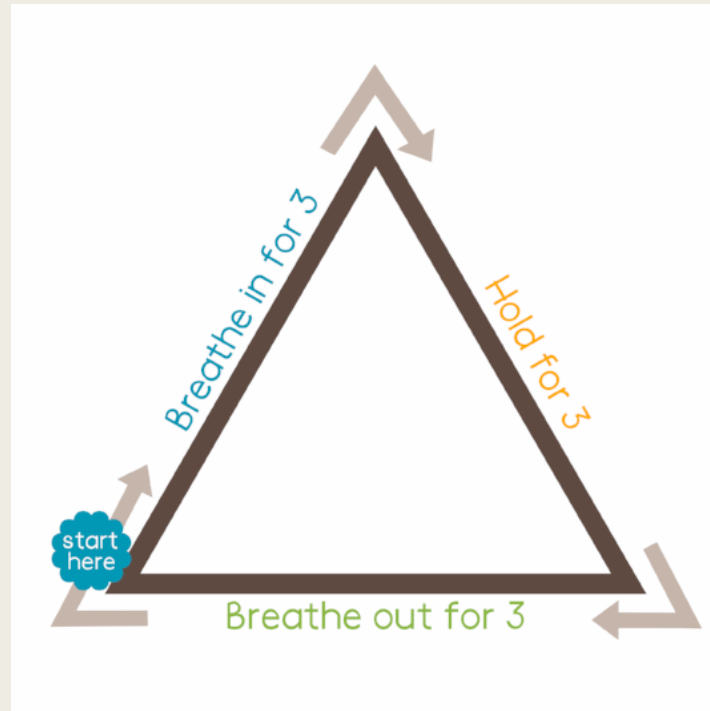
آٹزم کے بارے میں معلومات

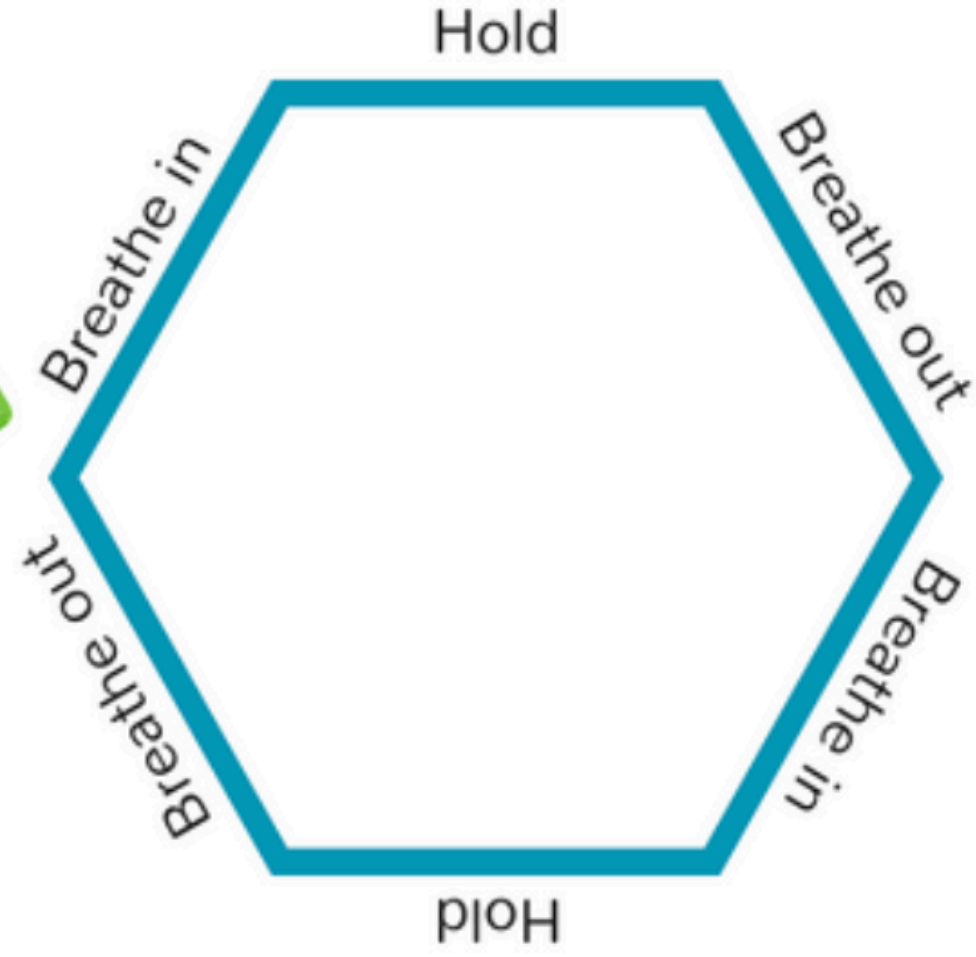
ہم میں سے ہر کوئی ایک مکمل انسان ہے۔ اور ہم سب منفرد بھی ہیں۔
ہمارے جذبات الگ ہیں۔ ہمارے خواب الگ ہیں۔ ہمارا ارد گرد کی دنیا
کا ادراک بھی جدا ہے۔ ہم سب کا وجود منفرد ہے

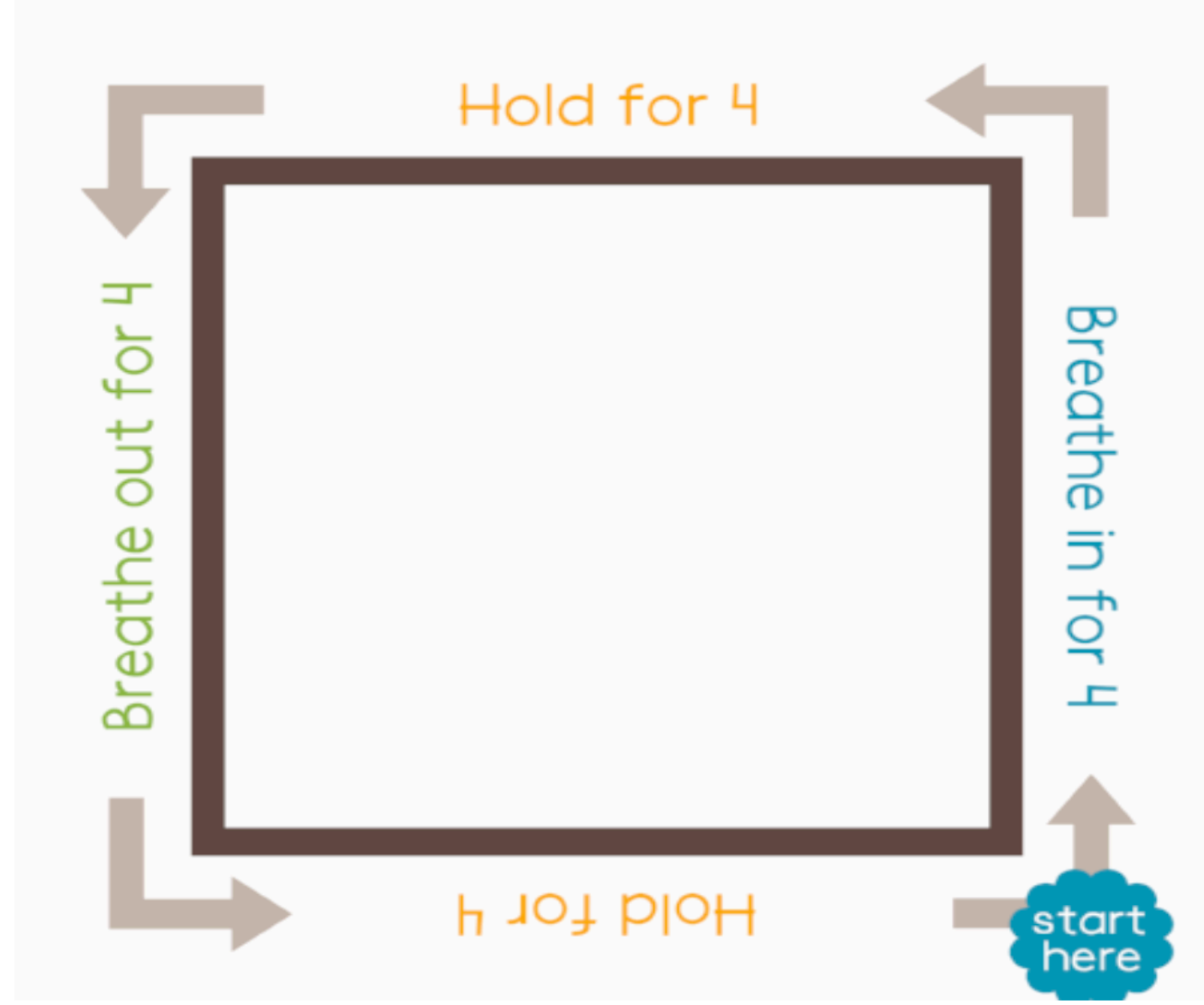
آٹزم کمزور سماجی صلاحیتوں سے وابستہ حالت کو کہتے ہیں۔
آٹزم بیماری نہیں ہے۔ یہ عمر بھر کے لیے ارتقاء کی معذوری
developmental disability ہے۔ آٹسٹک لوگوں کے ملنے
جلنے ، بات چیت کرنے اور تعلیم حاصل کرنے کے طریقے یا
انداز دوسرے لوگوں سے مختلف ہو سکتے ہیں۔

آٹزم ایک سپیکٹرم پر مبنی حالت ہے۔ اس کے معنی یہ ہیں کہ
جس طرح وہ افراد جنہیں آٹزم نہیں ہے ، مختلف ہوتے ہیں ، اسی
طرح آٹزم کے زیر اثر افراد بھی ایک دوسرے جیسے نہیں ہوتے۔
ان لوگوں میں آٹزم کی علامات بھی مختلف ہو سکتی ہیں اور
ان کی شدت بھی محدود سے لے کر انتہائی نوعیت تک پہنچ سکتی
ہے۔ اس وجہ سے نتائج بھی بہت مختلف ہوتے ہیں









10 ✓'s = _____

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6.

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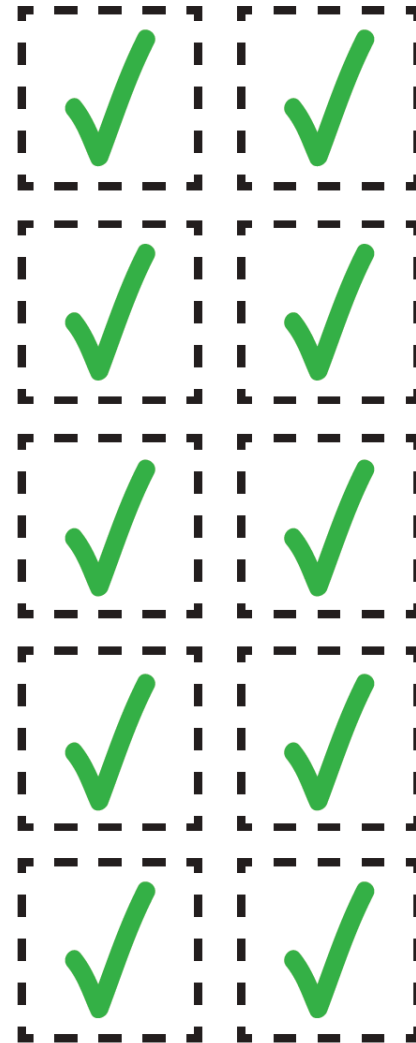
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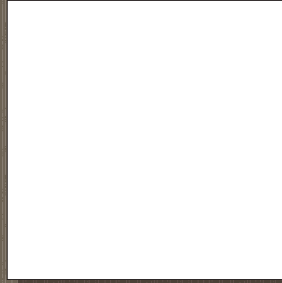
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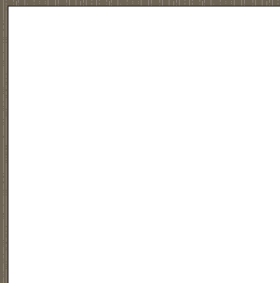
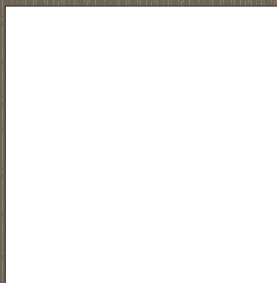
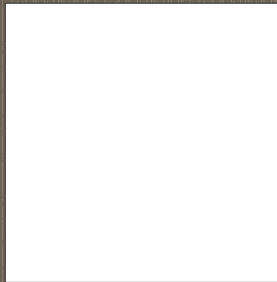
10.



• • **WHEN I FEEL** • •



• • **I CAN** • •



STOP



rethink

THINK



AND

LISTEN



STOP



rethink

THINK



AND

LISTEN



STOP



rethink

THINK



AND

LISTEN



STOP



rethink

THINK



AND

LISTEN



STOP



THINK












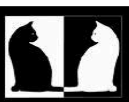


AND

LISTEN

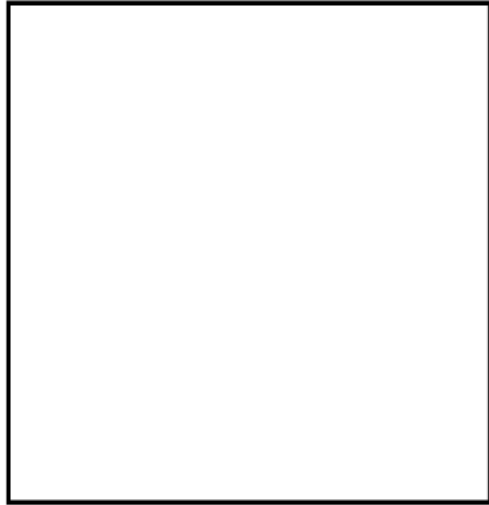


Unhelpful Thinking Habits

Over the years, we tend to get into unhelpful thinking habits such as those described below. We might favour some over others, and there might be some that seem far too familiar. Once you can identify your unhelpful thinking styles, you can start to notice them – they very often occur just before and during distressing situations. Once you can notice them, then that can help you to challenge or distance yourself from those thoughts, and see the situation in a different and more helpful way. *Blue text (italics) helps us find alternative, more realistic thoughts.*

 <p>Mental Filter - When we notice only what the filter allows or wants us to notice, and we dismiss anything that doesn't 'fit'. Like looking through dark blinkers or 'gloomy specs', or only catching the negative stuff in our 'kitchen strainers' whilst anything more positive or realistic is dismissed. <i>Am I only noticing the bad stuff? Am I filtering out the positives? Am I wearing those 'gloomy specs'? What would be more realistic?</i></p>	 <p>Judgements - Making evaluations or judgements about events, ourselves, others, or the world, rather than describing what we actually see and have evidence for. <i>I'm making an evaluation about the situation or person. It's how I make sense of the world, but that doesn't mean my judgements are always right or helpful. Is there another perspective?</i></p>
<p>Prediction - Believing we know what's going to happen in the future. <i>Am I thinking that I can predict the future? How likely is it that that might really happen?</i></p> 	<p>Emotional Reasoning - I feel bad so it must be bad! I feel anxious, so I must be in danger. <i>Just because it feels bad, doesn't necessary mean it is bad. My feelings are just a reaction to my thoughts – and thoughts are just automatic brain reflexes</i></p> 
<p>Mind-Reading - Assuming we know what others are thinking (usually about us). <i>Am I assuming I know what others are thinking? What's the evidence? Those are my own thoughts, not theirs. Is there another, more balanced way of looking at it?</i></p> 	<p>Mountains and Molehills Exaggerating the risk of danger, or the negatives. Minimising the odds of how things are most likely to turn out, or minimising positives. <i>Am I exaggerating the bad stuff? How would someone else see it? What's the bigger picture?</i></p> 
<p>Compare and despair Seeing only the good and positive aspects in others, and getting upset when comparing ourselves negatively against them. <i>Am I doing that 'compare and despair' thing? What would be a more balanced and helpful way of looking at it?</i></p> 	<p>Catastrophising - Imagining and believing that the worst possible thing will happen. <i>OK, thinking that the worst possible thing will definitely happen isn't really helpful right now. What's most likely to happen?</i></p> 
<p>Critical self Putting ourselves down, self-criticism, blaming ourselves for events or situations that are not (totally) our responsibility. <i>There I go, that internal bully's at it again. Would most people who really know me say that about me? Is this something that I am totally responsible for?</i></p> 	<p>Black and white thinking - Believing that something or someone can be only good or bad, right or wrong, rather than anything in-between or 'shades of grey'. <i>Things aren't either totally white or totally black – there are shades of grey. Where is this on the spectrum?</i></p> 
<p>Shoulds and musts - Thinking or saying 'I should' (or shouldn't) and 'I must' puts pressure on ourselves, and sets up unrealistic expectations. <i>Am I putting more pressure on myself, setting up expectations of myself that are almost impossible? What would be more realistic?</i></p> 	<p>Memories - Current situations and events can trigger upsetting memories, leading us to believe that the danger is here and now, rather than in the past, causing us distress right now. <i>This is just a reminder of the past. That was then, and this is now. Even though this memory makes me <u>feel</u> upset, it's not <u>actually</u> happening again right now.</i></p> 

First



Then

