

Hello there,

Thank you for requesting our *Covid-19 Support Pack for Families with Autistic Children*. We received a grant from the Carmarthenshire Covid-19 Community Response Fund to produce this pack, and we're very grateful for this funding.

The Support Pack contains 17 information sheets on different aspects of supporting autistic children and young people during the time of Covid-19 and beyond. Topics include *Supporting a child at home*, *Getting used to the new normal* and *Some things to consider about face coverings*, as well as an information sheet on each of the eight senses.

An important theme running throughout the pack has to do with emotional and sensory regulation. By this, we mean how to attain and then maintain what we call the "just right state", when you are calm and alert and available for social and emotional interaction. Being regulated or in the just right state means also being ready and available for school work, for eating a meal, for relaxing and for going to sleep at the end of the day. As individuals, we self-regulate in all sorts of ways over the course of the day, for example by stretching, going out for some fresh air or having a cold drink. With those around us, we co-regulate, supporting each other in different ways to self-regulate, for example by reading a book together, playing a game or having a cuddle. To co-regulate with their children, mums and dads should make sure they have attended to their own self-regulation first. If you're trying something new or something that you find difficult, it's always best to be in the just right state before you begin. As you may have gathered, we think that regulation is important!

We hope you find the information sheets useful, if you have any queries, please do not hesitate to contact Autism Wellbeing on the telephone number or email address below.

Autism Wellbeing CIC is a small not-for-profit social enterprise based in Carmarthenshire. We provide a range of services to support autistic people and their families and carers. None of our services requires the person to have a diagnosis of autism. Our services include:

- Telephone/text/email helpline – 07393 664 048 / rorie@autismwellbeing.org.uk
- Online Responsive Communication support
- Online Interoceptive Awareness support
- Private online Peer-to-Peer Support Group for Autistic Adults (Facebook)
- Private online Peer-to-Peer Support Group for Parents of Autistic Children (Facebook)
- Psychological therapy for autistic people
- Psychological therapy for parents and siblings
- Diagnostic assessment for autism (NICE-compatible)
- Training workshops on autism, Responsive Communication, Sensory Processing and Interoception. We are in the process of putting our training online, do keep an eye on our Facebook page for more information.

If you would like any more information on any of our services, please do not hesitate to contact us on the telephone number or email address above.

Best wishes,

Rorie Fulton
Emma Reardon

Directors
Autism Wellbeing CIC

