Communication Diet Steps for Students with Autism

1. **Slow down.**
   Move closer, speak to the student directly, and use low but intelligible tones.

2. **Cut out the fat**
   Use concrete specific language. Cut out slang, inference, sarcasm, allusion, exaggeration and cute but unnecessary plays on words.

3. **Balance the diet**
   Words alone are not communication. Actively teach the student to understand body language, facial expression and vocal nuances.

4. **Give the student adequate time to digest**
   It takes a student with autism longer to process and formulate the proper words to respond and to plan whatever behavior is needed. Slow down and wait before jumping in.

5. **Let the student stop when he/she is full**
   Sending information past the point where the student is able to adequately absorb may cause a blow-out, shut down and/or a work stoppage.


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