



HO 3.a

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.

Adapted from: Notbohm, E. (2006). Ten things your student with autism wishes you knew. Texas: Arlington.

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