Rumble to Recovery

Our plan for big moments when we're out

1 Rumble

Early signs I notice

- Covers ears
- Paces
- Goes quiet
- Same question
- Rocks

Other signs:

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Act now: less noise, a comfort item, or step away.

2 During

What I'll do

Safe
Move hazards, mind doors and cars

Lower
Headphones, fewer words, soft voice

Close
Stay near and stay calm

Wait
Give time. Talk later.

Also helps my child:

_____

_____

3 Recovery

What helps afterwards

- Quiet car
- Snack
- Water
- Rest
- Favourite toy

Our own ideas:

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Later: talk, draw or read about it together.

A line I can say to strangers: "My child is autistic and needs a few minutes. Thank you for giving us space." _____