

C O S Y U P



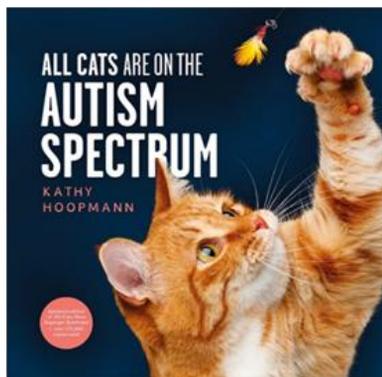
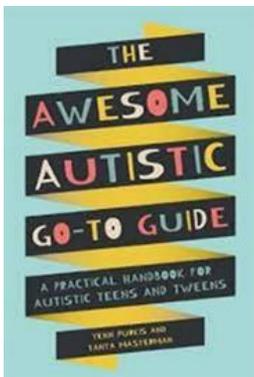
A half termly newsletter for Peterborough's neurodiverse community



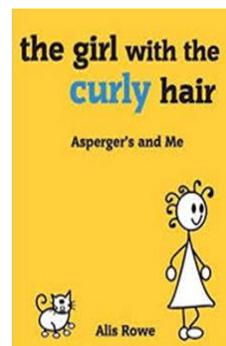
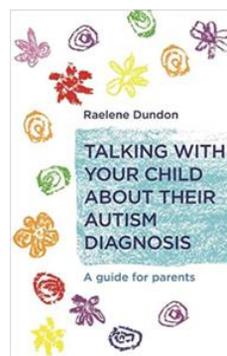
What does a diagnosis mean?

Stephany Martin-Sharpin
(Autism Specialist Practitioner)

I have worked with many young people across the city who have received a diagnosis of ASD, all with very different reactions to the 'news'. Some have described this as a 'lightbulb moment' where everything now 'just makes sense' to them. Some see Autism as a superpower and will wear a badge displaying the words 'I am autistic' and will embrace all those unique and wonderful differences that comes with the enlightenment of their new diagnosis. For other young people, this 'news' can be truly difficult. I've had young people describe their diagnosis as a 'burden' and saying it makes them feel 'weird'.



If you are anything like me, you will want to talk about the diagnosis and support your young person to remove the stereotypes and misconceptions around autism. You will want to help them feel empowered by their amazing autistic brain and their abilities to discover and experience life in a different way.



As passionate as I am to support our young people to build confidence and self-esteem around their new diagnosis, it's important to make sure that the young person is ready. Are they seeking information and asking questions? Am I the right person to support? What barriers do I need to consider?

I've used a variety of materials to support with these conversations. Linking the young person's interests into your conversations and tasks can be a great way to engage the young person. Sometimes too much information can be overwhelming. Smaller chunks of information, whilst allowing your young person plenty of time to process and ask more questions will positively support your young person in their understanding.

Keep an eye out for one of our future Diagnosis sessions delivered by the Autism/ADHD Advisory Teacher service.

From everyone at the Autism Advisory Teacher Service, Merry Christmas.

TOP TIPS FOR AN AUTISM FRIENDLY CHRISTMAS

1

Be Predictable: Create a visual holiday schedule and prepare your child for any upcoming events to reduce anxiety.

2

Create a Sensory-Friendly Environment: opt for soft lighting or gentle music and designate a quiet space, free of decorations where your child can retreat to.

3

Giving Gifts: Select gifts that align with your child's interests and sensory preferences and if your child doesn't like surprises, put a photo of what's inside on the wrapper.

4

Christmas Dinner: Consider an alternative Christmas dinner or allow them to have their preferred food. Avoid crackers or take out the snapper if loud noises are a problem.

5

New Traditions: Don't feel as though you must stick to traditions, Christmas is a time for happiness and joy so do what works for you and your family.

Out & About

Christmas at Sacrewell Farm:

[Click here](#)

Springfields Winter Wonderland Walk:

[Click here](#)

Christmas Crafts and more at Peterborough Museum:

[Click here](#)

SEN Friendly Sessions at Safari Softplay:

[Click here](#)

Nene Park Winter Festival:

- Enchanted Forest
- Performances
- Fairground Stalls

[Click here](#)

Angle Gaming Lounge:

A £5 wristband gives you access to the board game library and VR Headsets.

[Click here](#)

Rainy Days

Try these...

- Melted Snowman Biscuits...[Click here.](#)
- Christmas Chocolate Play Pudding... [Click here.](#)
- Edible Snowmen...[Click here.](#)

Christmas Apps..

Crazy Santa Run...

[Click here.](#)

Christmas

Countdown Story...

[Click here.](#)

Crafty Christmas Tree...



NOTICE BOARD

PETERBOROUGH
CITY COUNCIL
AUTISM ADVISORY TEACHER SERVICE

To do:

- Apply for School Places by January 15th (Primary places)

[Click here](#)

Upcoming Events:

NESSIE
Helping Children & Young People Thrive

Nessie host a range of parent webinars and events.

[Click here](#)

Parent/Career Consultations...

The Autism Advisory Teacher Service run a parent/carer consultation service. If you would like to talk to one of our advisory teachers about matters relating to Autism/ADHD you can use the email address below to book an appointment:

SEN.inclusion@peterborough.gov.uk