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TCEC AUTISM PARENT NEWSLETTER

Rachel Brackett, M.A., LPC-A
serving Clyde and Baird
EMAIL: rbrackett@tcec.us

Chelsea Rank, LCSW,
Serving Jim Ned and Eula
EMAIL: crank@tcec.us

Lacey M. Williams, M.S., LPC-S
serving Merkel and Trent
EMAIL: lwilliams@tcec.us



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SAVE THE DATE

FEBRUARY 23, 2024

AUTISM
EXTRAVAGANZA

More information to come!



LOCAL AUTISM RESOURCES (ATTACHED)

We are often asked about local community resources available for students with Autism. At the Autism Extravaganza last year we were able to meet and visit with several of the local agencies in the Big Country. We understand parents have hectic lives and are not always able to attend trainings/support groups. Therefore, we developed a list of Autism Agencies and Grants available to parents.

Ease School Anxiety

- Model positive self-talk regarding school. "The new building will be a great adventure!"
- Define what is causing the anxiety (student's perspective); teach/provide coping tool. Ex. class too loud = noise reduction headphones
- Practice school routine. Set up fake pretend school and walk through schedule at your house. Lay out supplies/clothing the night before..even on weekends to help with morning transition.
- Spend time at school together. Go to school events with your child; model how school is a safe enjoyable environment.
- Calming tools- fidgets, chewing gum, family photo
- Visual schedules and social stories- prime child for what their day will look like ahead of time.

We understand every family has unique challenges, so if you would like assistance with what you struggle with the most, please reach out.

Would you like more information regarding a strategy we have sent home?

Is it hard to balance life as a parent? We want to know, so we can help!

Please email the ABC coach at your district or complete link to google form below:

<https://forms.gle/fSGL8D5RAHRuHvaT8>



AUTISM WEBSITES/RESOURCES

www.txautism.net -
training, support, and resources

<http://autismcircuit.net/> -
tools and techniques, free downloads

<https://www.autismspeaks.org/> - dedicated to
promoting solutions, advocacy, and support

VALUE THE UNIQUE