<https://youtu.be/UPvrlzzrx-8>

visual timetables 3 minute super simple video!

[Making sense of your autism diagnosis | Ambitious about Autism](https://www.ambitiousaboutautism.org.uk/information-about-autism/preparing-for-adulthood/making-sense-of-your-autism-diagnosis)

A collection of videos and blogs, all written or featuring autistic young people themselves, designed to explain diagnosis, autistic identity and everything that surrounds it. Young people can access these directly, or with parental support as needed, to help them begin to understand autism and their experiences and build a positive self-identity which in turn will support their wellbeing.

[Sensory processing difficulties - Sheffield Children’s NHS Foundation Trust (sheffieldchildrens.nhs.uk)](https://www.sheffieldchildrens.nhs.uk/services/child-development-and-neurodisability/sensory-processing-difficulties/)

Loads of resources around children who have sensory issues. It is recommended and I also recommended first watching this hour long video:

<https://youtu.be/9bJjTtoJBc8>

Once you have watched this there are a load of specific sensory activities you could try with your child which might help them to regulate and feel calm and secure. Also tips on managing day to day activities such as teeth brushing and mealtimes for children with sensory difficulties.

[Autism resources - Sheffield Children’s NHS Foundation Trust (sheffieldchildrens.nhs.uk)](https://www.sheffieldchildrens.nhs.uk/services/child-development-and-neurodisability/social-communication-disorders/autism-resources/)

The overarching website where I have taken the resourses/top tips for autism. There are multiple resourses and links which are worth exploring and considering in relation to considering caring for a child with autism or specifically around the child you already care for.