Different for girls
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Surrey NAS Women & Girls event
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Aims of the session
- Limpsfield Grange
- Relationships
- Anxiety
- Self regulation

Limpsfield Grange
- 67% autistic girls
- Achievement, communication, independence, well being
- Make a contribution to society
- Autistic quality of life

Limpsfield Grange
- Mainstream curriculum
- Residential
- Animals / horticulture
- Mental health
- M is for Autism
- M in the Middle
- Girls with Autism documentary
Why do I feel so different to everyone else? I’m just trying to be normal. How do I get normal?”

M is for Autism – Page 27 Chapter 2

Relationships

- Friendships
- Families
- Romantic relationships
- Vulnerabilities
- Self esteem
- Specialist interests

“Anxiety – a wild, savage beast …”

M is for Autism – Page 18 Chapter 1

Masking

- Watching
- Suppressing
- Reflecting
- Looks almost authentic
- Exhaustion / meltdowns / isolation

“together we make a difference”
Anxiety

The anxiety roller coaster – from extreme anxiety to every day peaks and troughs. It can be caused by anything.

'together we make a difference'

Anxiety continued

› Talking it through
› Big deal / not big deal

Daily structured conversations:
5 mins problem identification
5 mins problem solving
5 mins moving on

'together we make a difference'
Anxiety continued

There are things that you can all do to help manage this anxiety:

- Managing change
- Communicating changes
- Minimising uncertainty
- Thinking out loud

Anxiety continued

Understanding that anxiety is part of life

Empowering girls to manage the challenge of anxiety

"together we make a difference"
Meltdowns

- Imploding
- Withdrawing
- Shutdowns
- Keeping it together all day then crashing at home
- Blaming self
- Extreme sadness
- Isolation
- Exhaustion
- Self punishment – food / harm/exercise

Self regulation

- Talking it through
- Calm boxes / compact calms
- Language Suitcases / Emotion Thermometer
- Phone Apps & age appropriate aids
- Mindfulness

Self regulation

- Understanding what is socially acceptable behaviour is one of the keys to being economically viable

Thank you!

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