

## **Lifeskills**

### **Visiting the Dentist**

The Provincial Autism Centre with the assistance of the IWK Health Centre Dental Department has prepared a brochure of tips on how to help your child with autism have a positive dental experience and to promote healthy dental habits.

[Helping Your Child Have a Good Experience at the Dentist](#)

### **Social Stories**

This page is from The Gray Center for Social Learning and Understanding, and features a good introduction to the role of social stories, including guidelines for writing and using social stories. Includes samples of stories and problem solving. This is a commercial site - there are advertisements for books and workshops by Carol Grey, who pioneered the technique - but overall still a very useful site.

[http://www.thegraycenter.org/Social\\_Stories.htm](http://www.thegraycenter.org/Social_Stories.htm)

### **Social Problems: Understanding Emotions and Developing Talents**

Temple Grandin, PhD, focuses on an important lifeskills for people with ASD: understanding the sometimes complex world of social relationships and developing talents that can take individuals into the workplace with meaningful employment. Temple speaks from experience, as she is a world recognized authority on animal husbandry as well as autism.

<http://www.autism.org/temple/social.html>

### **Play and autism**

From the National Autistic Society in the U.K., this article focuses on the importance of play in children with autism. The article discusses the purpose of play in children, how play differs in children with autism and why parents should teach their child with autism how to play. With references for further reading.

<http://www.nas.org.uk/nas/jsp/polopoly.jsp?d=108&a=3353>

### **Stories about issues of cleanliness and self-care**

A list of social stories focusing on self-care and personal hygiene. Each of these that are a basic social story that can be cut and paste into a word document and modified to fit the needs of particular families. This entire site is a great resource for parents interested various types of practical, hands on tools for helping to teach children with autism.

<http://www.polyxo.com/socialstories/hygiene/>

### **What's Cooking?**

From TinSnips, a great autism page that focuses on visual tools to assist learning in children and adolescents with autism. What's cooking gives visual recipes for ten different dishes, and worksheets about measuring cups and reading labels. This can give parents and support workers great ideas for creating your own visual recipes to assist the ASD individual requires more visual support.

<http://members.cox.net/tinsnips/Pages/cooking.html>