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**ASD Tips**

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## Substitute Teachers

Most students with ASD have difficulty accepting changes in the daily schedule and a substitute teacher is one of those changes.

When change is about to happen it is important to notify particular teachers and staff so they are aware of the difficulties that this student will face and to be aware to look for signs of anxiety.

There are two reasons why students find having a substitute teacher difficult. These are:

- Not the substitute teacher but the reactions from the other students in the class.
  - The emotional arousal that comes from the other students.
  - The “pushing the limits to see how far we can go” that comes from having a new teacher.
- The spontaneous change of having someone new in the class.

One strategy that has worked well has been to introduce the teacher to the student before class begins.

- Take a few minutes before class and explain to the student that his regular teacher is away and that Mr/s \_\_\_\_\_ has taken his place for today.
- If this is not possible then tell the student in advance of the day that there will be some changes to staffing just for this day.
- Set up a strategy at the beginning of the year for giving any advance notice for this change.
- Provide a support person or safety person who will be available for that student.
- Allow him to join the class of a teacher he knows well and gets along with well for this period.

These strategies help the ASD student to adjust to classroom and teacher expectations, deal with the unexpected, and enable him to participate in class with his peers. This extra effort will most likely help prevent some of the difficult behaviour that can arise when the student is put in an unfamiliar situation.



# Information for Substitute Teachers

One of my students: \_\_\_\_\_ has Autism Spectrum Disorder (ASD). As a result there are certain things in the school setting that are difficult for this student. Typically students with AS have difficulty in social situations and when their routine is changed.

The following is a list of situations that may be difficult for this student:

- a) .....
- b) .....
- c).....
- d) .....

The following is a list of behaviours that the student may exhibit when feeling stressed or overwhelmed:

- a) .....
- b) .....
- c).....
- d) .....

The following is a list of strategies you can use when you see the student exhibiting these behaviours:

- a) .....
- b) .....
- c).....

If you notice the student doing any of the following:

- a) .....
- b) .....
- c).....

Immediately ask for \_\_\_\_\_ to help you.

Please do **not** try to handle this on your own, as there are specific methods for approaching this student that work very well.

