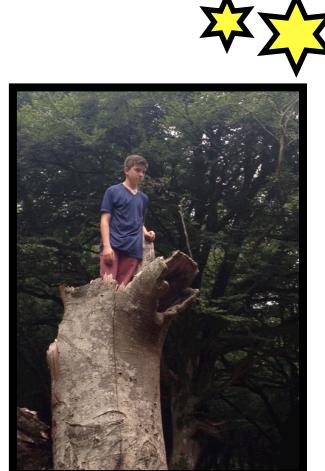




**Starlight ASD  
Support**

Jenn Davies  
Starlight ASD Support  
1:1 Teaching, Training, and  
Social Skills groups  
[jenn@starlightasdsupport.co.uk](mailto:jenn@starlightasdsupport.co.uk)

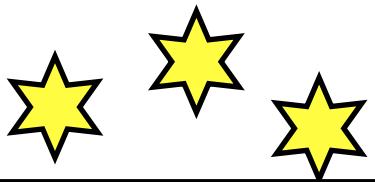
Learning Made Fun  
Tel:-07777665546



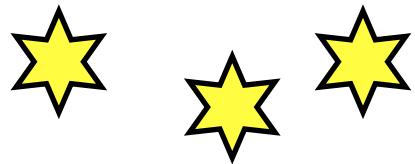
Starlight ASD was set up to help all families affected by any kind of social communication and interaction difficulty, diagnosed or undiagnosed. I began Outreach work, after spending years directly working with my own children and training in America I had learnt first hand the need for strategies, help and support. Outreach work is a very exciting project and it is exciting watching children, teenagers and young adults learn skills they need to help them within so many areas of their lives.

In the first instance I meet with parents (or staff members) to discuss their child, I then spend an initial hour meeting with the young person in a fun way, to explore each child's level of understanding and depth of their difficulties. I then focus on a variety of skills to help them learn essential social interaction and communication skills to help them begin to learn and recognize their feelings and how to interact and react in situations. I also try to help them learn how to deal with specific fears, or triggers to anger and/or disruptive behavior. Over time I also try to help reduce their rigidity of thought and help them to begin to look outside the box, and be less "controlling" in their behavior and attitudes. The main focus of the sessions is to teach them through having fun essential skills they need to learn. Skills which to others have come naturally but to many children with social interaction and communication difficulties, sadly are missing and so they need help and encouragement to help understand the confusing "rules" of appropriate social interaction and communication. A more in-depth look at the skills I teach and help children are described within this information pamphlet.

My philosophy has always been that I believe every young person has skills and abilities to help them within life. It is just a matter of how they allow us to reach those skills, that is the challenge. A challenge which opens the door to endless exciting opportunities.



## Skills and Strategies

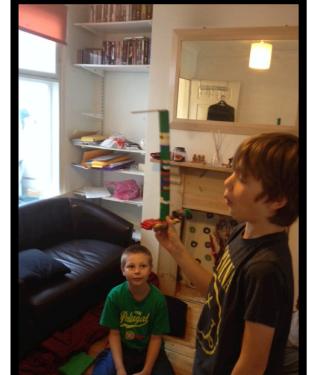


### Some of the topics Covered:-

- Developing and improving Social Interaction
- Developing and improving Social Communication
- How to start, maintain and close a conversation
- Ways to assist and improve eye contact
- How to identify and level emotions
- How to recognize emotions...looking at the whole face not just part of it.
- Empathy
- Friendships....How to make friends, maintain friendships, importance of friendships
- Tone of voice
- Strategies to develop a "fix it" box to manage emotions
- Developing and expanding Imagination
- Role playing skills to help transfer skills
- Learning how to share, ask for help, take turns plus learn skills to develop and assist all aspects of social interaction
- Use a specific computer programs designed to help people increase emotional understanding and expand social skills.
- Games for understanding body language and non verbal gestures
- Fun with idioms
- Help with Anger
- Help with Anxiety
- The above mentioned social skills are broken down into tangible steps relevant for each student. For example "teaching them to say something nice about someone". Some students will already know what "nice" means other students will need that broken down further. Every student is worked with in an individual approach relevant to meet their skills and their level of understanding and need.

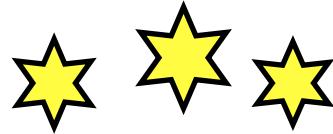


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## learning Through Play-Games and Resources



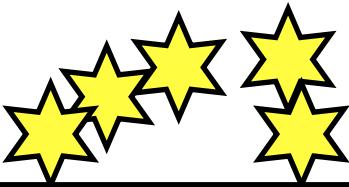
Throughout teaching and working 1:1 with the children, a great deal of learning is taught through the use of games and resources. Children with social and interaction communication difficulties all learn in different ways, each child's learning style is unique and as individual as their needs. By learning whilst playing, this opens the door of opportunity, to enable children to directly put into practise essential skills they are trying to develop and learn. I use a variety of resources and games all of which are designed to help children with social interaction and communication difficulties to understand and learn ways to help them cope, learn and progress, whilst having fun. Games and resources focus on the following

- Social communication and interaction
- Emotional Understanding
- Conversational Skills, including non verbal gestures and body language
- Empathy
- Imagination
- Anger and behavioural difficulties
- Reducing, recognising and managing anxiety
- Understanding Idioms
- Developing and maintaining friendships
- Learning alternate ways of thinking to help them discover ways to think and manage situations they find challenging
- Levelling emotions and discovering "tools" to manage and understand their behaviour as well as the behaviour of others
- Other games, resources and computer programs are also used within the sessions but the key resources used are mentioned above.

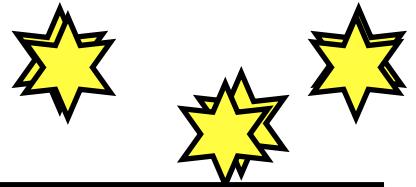


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## Groups



Alongside the 1:1 outreach work I also run a variety of social skills groups all of which are based around teaching the children that interaction can be fun. The groups are very relaxed and the idea is to be able to assist them whilst they are within the group, and help them directly with all areas of conversational, interaction and social skills. The groups have fantastic helpers who are all trained in ASD and the focus is on helping the children to grow in confidence and to learn skills whilst playing. Groups at present are available on Friday evenings and Tuesday evenings, plus specialised Saturday groups. For more information please e-mail me direct and I will send you further details. Groups are available for teenagers and children in primary & junior school

## Pricing and Fees

1:1 Tuition

£30 per/hour

Meeting with parents

Initial Consultation Free

Future meetings £20 per hour

Reports

£20 per hour

School consultations

£30 per hour

Resources/ visual aids

£30 per hour

Phone/e-mail consultation

£20 per hour

Consultations and 1:1 tuition takes place at either school, client's home or my own home. Additional petrol costs may occur depending on travel distance to work with client. This will be discussed at initial consultation.



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