



April 2026

Autism Acceptance Month

Celebrate the Spectrum!

World Autism Acceptance **Week**: 2nd to 8th April

World Autism Acceptance **Day**: Thursday 2nd April

Information for Parents and Carers

Join in to celebrate your Autistic child, explore new resources and advocate for inclusive communities!

Why 'Autism Acceptance' and not 'Autism Awareness'?

Autism acceptance goes beyond awareness. It's about recognising the unique strengths and challenges of autistic individuals and ensuring they have the support and opportunities to thrive.

"Autism Awareness is knowing autistic people exist. Autistic Acceptance is about embracing them as they are, with strengths and weaknesses." (Lyric Holmans, NeuroDivergent Rebel blog).

What can you do to celebrate and support your Autistic child?

- ∞ **Embrace their individuality** – Every child is unique. Celebrate their strengths and interests.
- ∞ **Advocate for their needs** – Work with schools and communities to ensure your child has access to necessary accommodations and support.
- ∞ **Promote communication** – Value and respond to **all** communication methods. Model how to use non-verbal communication like signs, pictures, objects and gestures.
- ∞ **Create a supportive environment** – Provide a structured, sensory-friendly space at home.
- ∞ **Recognise all behaviour is communication** – Avoid asking your child to stop behaviours like rocking and flapping. Try to look for patterns in behaviour to understand what your child is trying to tell you and respond in a way that supports that need.
- ∞ **Educate family & friends** – Encourage understanding and acceptance within your community.
- ∞ **Self-care!** – Connect with support groups and take time for yourself to maintain well-being.

How can you support

Today's Schedule

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		2	<input type="checkbox"/>	
		3	<input type="checkbox"/>	
		4	<input type="checkbox"/>	
		5	<input type="checkbox"/>	

Start
 Clear the
 Review

One way you can provide a structured environment at home is to use a visual timetable. The information at the end of this document shows you how to put this together and how to use it. For some children and young people who can read, you can use written words instead of symbols. We all use visuals (calendars and lists for example) to help us structure our time and environment and make our lives more predictable.

Where can you find information to share?

National Autistic Society: [World Autism Acceptance Month](#)

Neurodivergent Narwhals – [Ed Wiley Autism Acceptance Lending Library \(neurodiversitylibrary.org\)](#)

Ambitious About Autism: [World Autism Acceptance Month toolkit](#)

Autism myths - [Autism Understood](#)

Involve your autistic child or family members. What would they like other people to know? What changes would make life better for them?



The Language, Communication and Interaction Service (LCIS)

The Language, Communication and Interaction Service (LCIS) is a multi-disciplinary team of specialist teachers, speech and language therapists and SEN Early Years and School-Age Practitioners.

For more information about LCIS, and access to **FREE** parent training please visit www.newham.gov.uk/LCIS or scan the QR code.

Further information and resources for Newham parents and carers

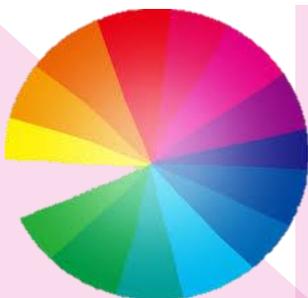
Mencap family connectors and support groups: [Newham Families Advice and Support | MENCAP](#)

Occupational Therapy: [Our Sensory Zone | East London NHS Foundation Trust](#)

Newham Parent Forum: [A voice for all Parents of Children with Additional Needs](#)

'Newham Support for SEND' Youtube: [Newham Support for SEND - YouTube](#)

Information leaflet: My child is Autistic, should they learn more than one language?: [Autism and Bilingualism - for Families](#)



Another celebration date for your diary...

Autistic Pride Day Thursday 18th June 2026

Autistic Pride is when autistic individuals feel secure and confident, taking pride in their authentic, neurodivergent selves. This celebration day recognises the importance of pride for autistic people and its role in bringing about positive changes in society.

Language, Communication and Interaction Service

Visual Timetable

What is a visual timetable?

A visual timetable helps your child see and understand their daily routine. It shows each activity using pictures or symbols so your child can clearly see what is happening now and what will happen next.

When used consistently, a visual timetable can:

- Help your child follow instructions
- Reduce anxiety about changes
- Support smoother transitions between activities
- Encourage independence

Visual timetables can look different depending on your child's needs. The example below describes a timetable that uses symbols arranged vertically (from top to bottom).



What you will need

- Printed symbols (pictures of activities)
- Card
- Laminator (if available)
- Velcro
- Two A4 sheets of card (for the “work” column)
- One A4 sheet of card (for the “finish” board)
- A small box or folder for spare symbols

How to prepare the visual timetable

1. Cut out the symbols and stick them onto card.
2. Laminate the symbols for durability.
3. Attach Velcro to the back of each symbol.
4. Laminate two A4 sheets of card for the “**work**” column and add Velcro so symbols can stick to it.
5. Laminate one A4 sheet of card for the “**finish**” board and add Velcro.
6. Store extra symbols in a box (you may wish to organise them alphabetically) or laminate an additional A4 sheet to hold unused symbols.

How to use the visual timetable at home

Place the timetable somewhere central and easy to see, such as:

- Near the kitchen or dining table
- In your child’s bedroom
- By the front door

The timetable should be used whenever there is a change in main activity (for example, moving from homework to snack time).

Daily routine:

1. Set up the timetable in the morning (and again after lunch if needed).
2. Before each activity, support your child to move the correct symbol from the “**work**” column to the “**finish**” column.
 - You can gently guide their hand, or
 - Use a verbal prompt such as, “What’s next?”
3. Repeat this process after each main activity.

Using the timetable regularly will help your child feel more secure, prepared, and confident throughout the day.

Please remember to replace any missing symbols



Communication Tips & Strategies: Visual Schedules