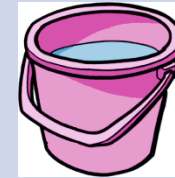


Situation: A trip to the supermarket

Potential Triggers:

It might be busy, it might be noisy. He will not like the cold in the chilled and frozen sections.
Other customers may try to speak to him. His favourite biscuits may not be in stock.
The queue at the till may be longer than expected. He will almost certainly get bored.



What we want to see:

Not too much running around.

Staying close to mum and the trolley.

Calm and occupied.



Strategies to maintain or react:

Give him his own list of his favourite items which he is responsible for putting in the trolley.
Give him lots of praise for helping you. Have ear defenders handy.



Leave after 15 minutes (or agreed time) even if not quite finished.
Wear sunflowers lanyard and ask for till to be opened if busy.

Have some of his bubble wrap ready to distract him.

First signs of problems:

Voice will get louder.

Will try to run to find next item.

Won't listen to you unless you get down to his level and make sure you have his attention.

Will press face into your leg when other customers pass by.

Offer him a piece of free fruit if on offer.

Have his hoodie ready to put on if he finds it cold.
He can put his hood up if doesn't want people to see him.

Place hand gently on his and say his name before speaking.
Remind him occasionally that he can have his new comic in the car if he behaves nicely in the store.