



## Participation Visuals – Supporting your child

### Helping Your Child Communicate with Visuals

Using visual aids can be a great way to help children and young people express themselves. They are especially useful for young people who do not use spoken words, or who feel overwhelmed and can't find the right words.

For young people that are not used to visuals, you can start by using the visuals yourself. For example, if you see your child getting frustrated, you might point to the 'I need help', or 'no' or 'bad' visual to help them connect how they are feeling with the picture. If you are not sure how to start, or what will work best for your child, it is always a good idea to speak with your child's therapist or an intervention professional who can help you work out what is best for your child.

### How to Use the Visuals

You can use as many or as few visuals as you need. Some children do well with a lot of options, while others like just a few. You can use them on a tablet or print them out. You can even make your own. Keep them close by so your child can always reach them.

### Working with Professionals

It is important to tell your child's therapist or support worker that you are using visuals. Explain what they are and how you use them, so everyone is on the same page.

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