



视觉辅助

Simplified Chinese - Visual Supports



什么是“视觉辅助”？

我们每天都在利用视觉辅助，它无处不在。道路标志、餐厅招牌、菜单、日历和购物清单等都是视觉辅助工具。

我们还利用文字、标识、符号、照片和各种物体辅助认知我们所处的世界。

同样，手势和表情也都担当着视觉辅助的功能。

怎样利用视觉辅助

与孩子讲话时尝试减少词汇量。

在家中和学校中都要运用视觉辅助，并保持两处一致。

确保孩子能随时使用视觉辅助工具，同时记得定期审查更新。

教导孩子掌握利用视觉辅助沟通的技巧。如果你不确定是否能做到，可以请教孩子的老师或治疗师，了解一些诀窍。

为何使用视觉辅助？

运用视觉辅助技巧有助于你与孩子沟通，也可以帮助他们与你沟通。

孩子同时听到说话和看到实物，这能帮助他们理解和学习。

视觉辅助是一种永久性的提示，能够协助自闭症人士学会独立。

利用视觉辅助，能减少孩子的挫折感，鼓励他们不断尝试沟通、表达自己和作选择。

视觉辅助能够帮助你使用口头语言分享想法、提出问题或发出指令。

研究表明，视觉辅助**不会**妨碍儿童学习讲话。恰恰相反，视觉辅助有助于**鼓励**儿童的说话和语言发展。

每个人都能制作视觉辅助工具并利用视觉辅助技巧。以下是一些建议：



使用实物向你的孩子演示如何做一件事，例如告诉他们接下来将会发生什么。



使用肢体动作、脸部表情、声音的高低变化和各种手势。



拍下地方和人物的照片。

查阅我们的网站：positivepartnerships.com.au



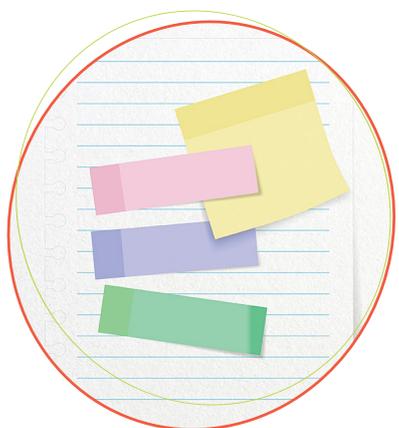
图文并茂并鼓励你的子女作选择



列出清单



搜索网络图片



日常事务和指示
用颜色分类



制作漫画书: 使用火柴人和对话泡泡, 边讲故事边画画。



计时器和日历等
手机应用。



情景故事 — 在孩子开始一项新的计划或活动前, 用他们本人或最喜欢的人物作为角色编写一个情景故事, 帮助他们作好准备。

如果你担心子女的发育成长, 应该向医生或可以帮助子女的专业人员寻求帮助。
与别人多交流总是比“等等再说”有用。



Using Visual Supports



What are Visual Supports?

Visual supports are all around us and we use them every day. These include road signs, restaurant signs and menus, calendars, grocery lists etc.

We also use words, signing, symbols, photos and objects to understand the world we live in.

Gestures and facial expressions are also examples of visual supports.

How to use visual supports

Try to reduce the amount of spoken words you use when sharing them.

Use visuals across home and school and be consistent.

Keep them in place and available to young people and review regularly.

Teach young people how to use them. If you're unsure about how to do this, chat to your child's teacher or therapist for some ideas.

Why use visual supports?

Visual supports can help you to communicate with your child and help your child to communicate with you.

If children hear and see things at the same time it can support them to understand and learn.

Visual supports are a permanent reminder and can support people to be independent.

They can reduce frustration and encourage individuals to communicate and express themselves and make choices.

They support ideas, questions and instructions that are shared verbally and allow for processing time.

Research shows that the use of visual supports **does not** stop children from learning to speak. It has been shown **they encourage** the development of speech and language

Anyone can make and use visual supports. Here are some ideas for you:



use objects to show your child what to do e.g. to let your child know what's happening next



use body movements, facial expressions, voice range and gestures



take photos of places and people

Go to positivepartnerships.com.au

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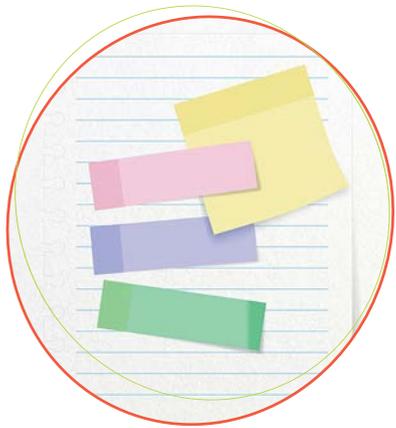
put words with pictures and encourage your child to make choices



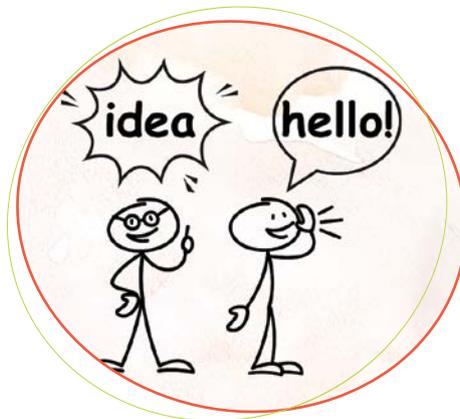
make checklists



find images on the internet



colour code routines and instructions



make a comic book script: draw and tell the story as you go, using stick figures and speech bubbles



apps on phones, i.e. timers, schedules



social stories – make one using your child or your child’s favourite character to prepare your child for a new activity or a plan

If you are concerned about your child’s development, see your doctor or a professional that helps your child. It is better to talk to someone than to ‘wait and see’.