

## DR. SARA'S TOP TIPS

# - SUPPORTING A CHILD WHO TALKS VERY LOUDLY -

A VISUAL RESOURCE FOR PARENTS AND TEACHERS

*I need this if:*

My child or student speaks very loudly or can't control their volume in places such as the bus, in the shop, in the library or in the classroom.

*This can help if:*

My child or student has autism and they are aged 5 years or over.

*Why is this useful:*

Children and young people with autism often do not know which volume to use in which setting.

*Suggestion for how to use this:*

Tell your child or student that we use different volumes in different places. Show them the voice volume scale and discuss with them what volume they can use in a context that is particular to your family or class. For example, in the library you can tell them that their volume should be at number 2.

### HOW TO ACCESS THIS RESOURCE:

This is taken from the Incredible 5-point Scale which you can buy. There are also a number of free downloadables, including a blank 5-point Scale template:

<https://www.5pointscale.com/downloadables.html>

This YouTube video also shows us other ways to use the 5-point Scale:

<https://www.youtube.com/watch?v=AuPjB9kMNwY>

### My Voice Volume Scale

<b>5</b>	Screaming/ Emergency Only 
<b>4</b>	Outside Voice 
<b>3</b>	Inside/ Classroom Voice 
<b>2</b>	Whisper/ Soft Voice 
<b>1</b>	No Talking Silent/Shh 