

## STRATEGIES FOR FRAGILE X SYNDROME



### Maintain routine

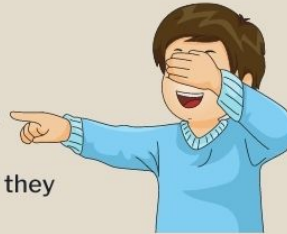
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Having a visual schedule gives structure to the day and keep their anxiety at a minimum. Lower anxiety will ensure better co-operation and learning.

### Avoid forcing eye contact

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Demanding eye contact is again an anxiety trigger and should not be forced. The child is learning even if they avoid eye contact.



### Keep it contextual

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Try to incorporate what the child likes in the learning process. They will be curious to learn more if it is contextual. They are need based learners.

### Indirect teaching

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Use third person dialect to get your way around children with Fragile X Syndrome. For eg. pretend to talk to someone on the phone in front of your child and be assured they have listened and absorbed.



### Let them complete

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When you ask "what did you do in the garden today" it might trigger anxiety, Instead, say "you went to the garden and....." be sure they will complete the sentence.

Praise and celebrate every victory of your child. Remember that they are putting in a lot of effort in everything they are doing.