

Parent Guide



@twinklparents

We are excited to share this content with you. If you are interested in finding more resources made especially for Parents, then check out these links to different areas of the **Twinkl Parents** hub.

SEND Support



Subject Guides

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Health & Wellbeing

Supporting Learning



What is this resource and how do I use it?

Think of your child's energy levels as a battery - some tasks will drain the battery while some will recharge the battery. This is especially true for Autistic children. Energy accounting is a way of balancing your child's energy so the battery doesn't deplete completely, which often leads to meltdowns, confusion and exhaustion.

What is the focus of this resource?

Empowering Parents of
Children with SEND

Energy Accounting

Autism

Further Ideas and Suggestions

For more resources on Autism Spectrum Condition, visit [this category](#). This **parent guide** talks about what Autism is and the signs to look out for. It also discusses getting a diagnosis and ways to support your child. Our '**Supporting a Child with...**' series gives information about many other conditions.

Parents Blog



Parenting Wiki



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Parents
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Energy Accounting for Autism

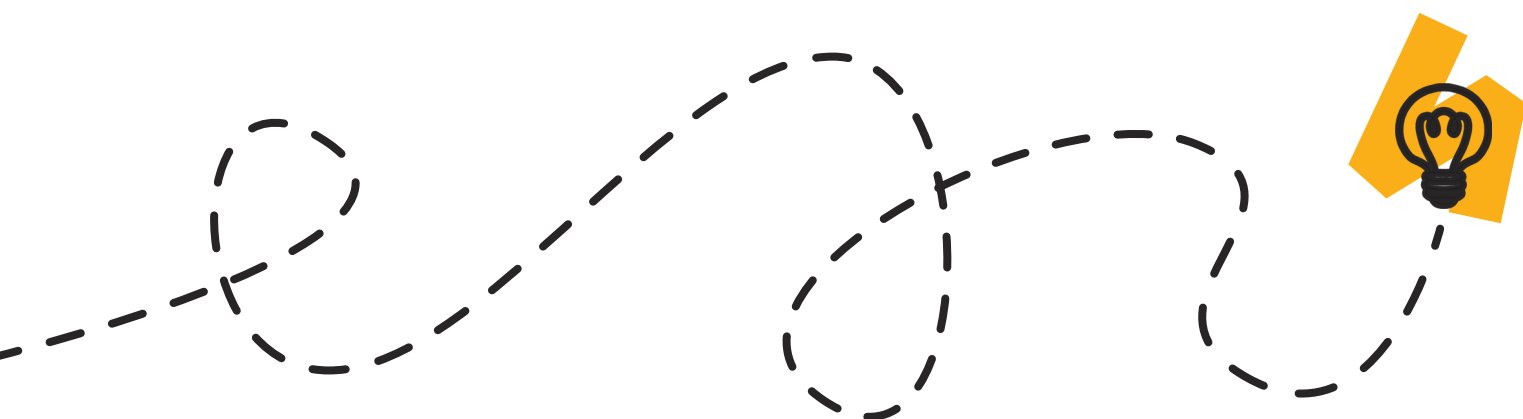
What is energy accounting?

Energy accounting is a wellbeing tool designed to help Autistic people manage their daily stress and keep their energy levels up to avoid meltdowns or shutdowns brought about by emotional depletion.

How does energy accounting work?

Imagine your child's energy levels are a battery. At the beginning of the day, the battery will (hopefully) be fully charged after a good night's rest. Throughout the day, some activities will cause the levels in the energy battery to deplete, while others will recharge energy levels. The trick is to balance depleting activities with those that recharge the battery to maintain good energy levels.

A visual tool is included in this resource to help with this. Work through it together with your child so you both understand what activities your child finds recharging and which they find depleting. Stick the battery sheet up somewhere your child can see it - a visual representation may help them to learn how to balance their own energy eventually. It is important that your child's battery has a balanced amount of red and green activities to avoid exhaustion and meltdowns.

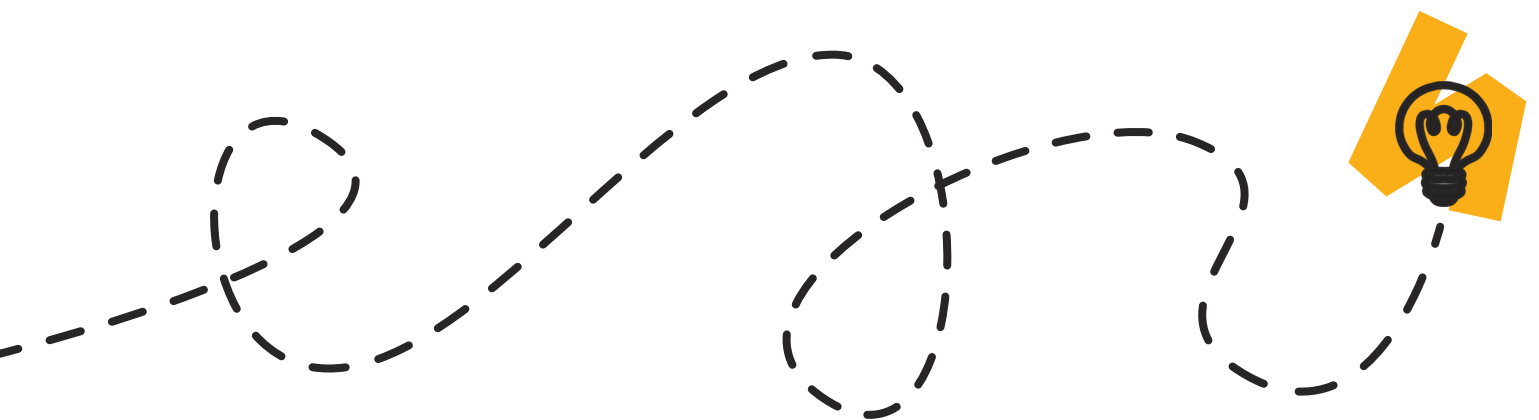


Energy Accounting for Autism

Why is maintaining energy levels important for Autistic children?

Autistic children often find certain situations in daily life very draining. Lack of energy or emotional burnout can lead to meltdowns, shutdowns or other negative behaviour. This is your child's way of telling you they are exhausted. If you and your child can learn how to balance their energy levels, you can avoid confrontations and help make everyone feel calmer and more balanced.

Although energy accounting has been created to help Autistic children, it is a useful tool for everyone to use to balance stress levels and maintain mental health. Perhaps encourage everyone in the family to try it together.



Disclaimer - These resources are those which we have generally found to be of benefit to learners with SEND. However, every child's needs are different and so these resources may not be suitable for your child. It is for you to consider whether it is appropriate to use these resources with your child.

Energy Accounting for Autism

How can I help my child with energy accounting?

Discuss the idea of energy accounting and the battery analogy with your child. Draw a picture if you think it would help them visualise the concept.

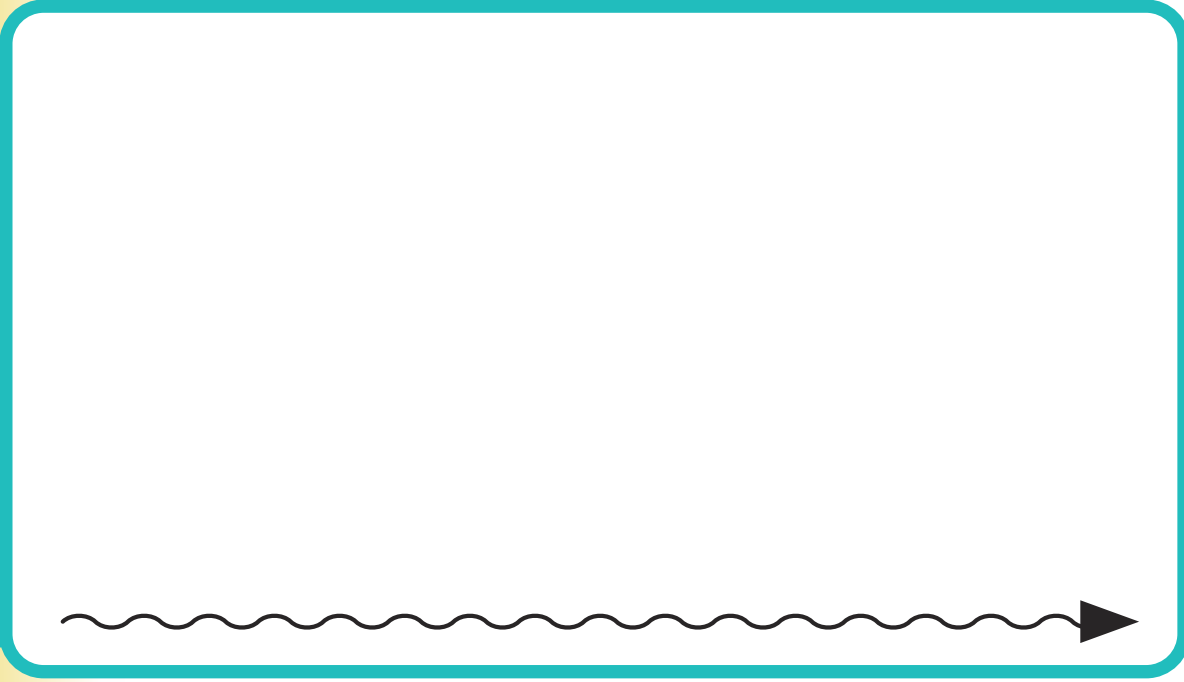
Print out the worksheet attached to this resource and fill in the columns on the left and right with your child. This will help you both better understand what will drain and what will recharge their energy levels.

Each day, print a new battery and write each task you must complete that day on the bars of the battery. Then colour them in red or green accordingly. You can both now quickly see visually if you need to schedule in some more recharging activities.

Encourage your child to continue this activity every day until they get used to the idea. Eventually, they may learn to be aware of and manage their energy levels without the visual representation.

Discuss the activities you find draining with your child and then describe how you recharge. For example, "That trip to the doctor's was quite draining. I'm going to have a cup of coffee and some lunch to recharge my batteries."

Things that drain my energy:



Things that recharge my energy:

