

CUES: Coping with Uncertainty in Everyday Situations



Do everyday scenarios like plans changing, visiting a new playground or going to a birthday party trigger anxiety for your child? It's common for autistic kids to experience difficulty when faced with uncertainty.

At CliniKids, we offer a therapy called CUES for parents of autistic kids. This evidence-based parent coaching program is facilitated by a CliniKids clinical psychologist. You'll emerge feeling empowered to support your child in everyday situations.



WHAT IS THE FORMAT?

CUES can be offered as a one-on-one or in a small group format.



HOW LONG?

Eight sessions, either weekly or fortnightly, with each session lasting two hours.



WHERE?

In person at our Subiaco or Joondalup clinics, or online via Telehealth.



CUES is designed for caregivers of children aged 4–9 with an autism diagnosis, who experience anxiety related to uncertainty.

Reduce the impact on your family's everyday life

CUES will teach you how to manage your child's challenges with uncertainty to reduce the associated anxiety, meaning that uncertain situations don't always need to be avoided.

- ▶ Understand what intolerance of uncertainty looks like in your child
- ▶ Identify situations in your everyday life that may lead to uncertainty for your child
- ▶ Develop personalised strategies to support your child in difficult situations

Why do kids struggle with uncertainty?

A large proportion of autistic children experience anxiety around uncertainty or unpredictability. For example, changes in routines, new situations or fear that sensory sensitivities may be triggered. Autistic kids often become highly anxious when they're not sure what's going to happen. This is typically due to a fear of the unknown, an expectation that it will be bad or harmful, and/or a feeling that they won't be able to cope.

This can lead to children developing an intolerance of uncertainty – and subsequent avoidance of uncertain situations.

How CUES can help your family

The CUES program focuses on helping you as a parent or caregiver to recognise, understand and manage your child's intolerance of uncertainty (IU).

You'll develop a toolbox of effective strategies, including:

- How to talk to your child about uncertain situations
- How you can use play at home to practice new skills for coping with uncertainty
- Strategies for helping your child to build tolerance around uncertainty



About CliniKids

CliniKids is The Kids Research Institute Australia's first clinical service, providing therapies and supports for young children with autism and developmental delay.

The Kids is one of Australia's largest paediatric medical research institutes.

At CliniKids, our team of world-class researchers and experienced clinicians work in collaboration to bring research into practice.



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CliniKids is a registered **ndis** provider.