

LUMI FOR EVERY CAPTAIN

Grown-Up Guide

Using Lumi with neurodivergent children and children who communicate differently

Model, don't test.

Use the cards yourself during everyday moments: "I'm going to ask first. Hug?" Children learn by seeing the words used, not by being quizzed.

Every way of communicating counts.

Pointing, signs, pictures, eye gaze, behavior and speech devices are all real communication. Add Lumi's words (STOP, NO, Ask me first, Bright light, Dim light, Safe grown-up) to your child's AAC system.

Keep it literal and the same.

Use the same short words every time. Avoid sayings like "stranger danger": most harm comes from people a child knows.

Teach consent in personal care.

If your child needs help with dressing, washing or the toilet, say what you will do before you do it, and invite them to help. Their body is still theirs.

Honor "no" whenever you safely can.

When a child says or shows no to a tickle or a hug, stop. This proves their NO works, which makes it more likely they'll use it if something is wrong.

Watch for changes.

For children who can't easily tell, changes in behavior, sleep, toileting, or fear of a person or place can be a sign. Take changes seriously.

If your child tells or shows you something.

Stay calm. Listen more than you speak, and don't ask leading questions. Say, "Thank you for telling me. You did the right thing. My job is to help you be safe." Then report it. In the U.S., call Childhelp at 1-800-422-4453, or 911 if a child is in danger.