

Helper: All right. You talk when you're ready.

Daniel: Okay.

Another approach is to set up a call in which the other person is aware of Daniel's anxiety, and asks questions for Daniel to answer so that he doesn't have to initiate conversation himself. Over time and with practice, Daniel should become more comfortable talking on the phone.

## Social Situations: Sensory Issues

### Developed by the Project Work Group

*(Note: There is a vignette on the DVD based on this material.●)*

Many individuals who have fragile X syndrome can become overwhelmed by sensory stimuli. It is critical to help them learn techniques to deal with sensory issues, which will affect them for their entire lives.

*Nick and his helper are having dinner. The noise level is high, the area is crowded, and people keep bumping into Nick. To a person who has fragile X syndrome, an accidental bump can feel like someone rubbing sandpaper on him. It can make him want to run away, yell, or hit something.*

Helper: It is crowded in here. People keep bumping into me.

Nick: Me too—I don't like it. I've got to get out of here.

*Nick may not know how to ask for or secure his own space.*

Helper: Here are two things you can do: Tell the person, "Please don't bump into me."  
Or ask to sit at the end of the table.

Nick: Okay, good idea. Thanks.

*To help the individual with FXS, pre-plan social activities so you select restaurants that are not too small or too noisy.*

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