

11 WAYS TO SUPPORT AUTISTIC CHILDREN AT HOME



Visuals: Children with communication difficulties rely on visuals to support their understanding. Visual aids can be photos, symbols, videos and pictures. Now and next boards, schedules and signing are great visuals.



Communication: Keep it simple, speak clearly and at the child's level of understanding. Say things in order so your child knows what is coming first. Don't assume a child has understood something you have said. Repeat key words.



Attention Autism: An intervention to support improving attention skills and speech using visually motivating items. Developed for groups but can easily be adapted and used at home.



Play & Intensive Interaction: The best toy in the house is you. Let your child lead play but join in. Copy the child's actions and sounds. Enjoy playing with your child, be attentive, responsive and have fun.



Picture Exchange Communication System /PECS®: A functional communication system using pictures. Ideal for young autistic children with limited / no speech and communication difficulties.



Music Therapy: Music is a fun and enjoyable way to express feelings without words. Music therapy is designed to enhance communication, improve listening skills, concentration and confidence.



TEACCH: A teaching method developed specifically for autistic children. A structured method using visual supports, sequencing and routine.



Social Stories: A social story is a description (often with visual aids) about everyday activities or events. They detail specific information relating to a situation and what to expect.



Reading with your child: When a child learns language they need to hear a word a number of times before they can say and/or understand it. Children's books support visual understanding of words.



Messy Play: Water, sand, mud, craft, food and sensory play are fun ways to engage with your child. Most children enjoy messy play and it can be used to support learning in many ways.



Sensory Supports: Children with autism can be over or under-sensitive to sounds, light, texture, smell and other sensory input. They will need sensory accommodations and physical activities to provide sensory input they need.