

# AUTISM AWARENESS DAY

Tips to try at home

## Structure and Routine

**Keep a Routine:** Children with autism do well with structure, so have set times for meals, activities, and bedtime. Make use of visual schedules for morning and night routines.

**Prepare for Changes:** Let them know in advance if something in their routine will be different.

**Create a Safe Space:** Have a quiet, comfortable spot where they can go when they need a break.



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## Communication

**Speak Clearly:** Use short, clear sentences and avoid complex words or phrases. Where possible use physical gestures or visual cues when communicating.

**Support Social Skills:** Help them interact with others through playdates and group activities.



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## Behaviour Management

**Encourage Good Behavior:** Praise and reward positive actions.

**Be Aware of Sensory Needs:** Make the environment comfortable and not overwhelming.



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## Therapeutic Interventions

**Occupational Therapy:** Teaches daily life skills for independence.

**Sensory Integration Therapy:** This therapy helps children process sensory information and manage sensitivities.

**Speech Therapy:** Assists with reaching communication milestones.

