

8 ways to create a supportive environment for your child on the autism spectrum

1 Choose activities they enjoy

- Find out their interest by observing your child – what do they touch, or what makes them laugh.
- Engage them with toys they find interesting, even ones that may seem unusual.
- Follow their changing interests.



2 Encourage their interaction with you

- Play games like tickling or peek-a-boo. Or sing songs to them.
- Focus on eye contact, smiles and shared excitement.
- Stay at your child's eye level and adjust your position as they move.

3 Use descriptive comments

- Comment on their actions: "Your car is so fast!" or "You stacked five blocks!"
- Avoid asking too many questions.

4 Remove distractions

- Play with one toy at a time.
- Turn off all electronic devices.

5 Engage your child in daily activities

- Involve your child in routines like setting the table, brushing their teeth or picking out clothes.

6 Show approval

- Smile, nod and use positive affirmations when they communicate or try to interact with you.

7 Observe and offer help

- Watch their actions, gestures, vocalisations and facial expressions.
- Offer simple words like "hungry", "tired" or "play" to help them express what they need.

8 Imitate your child

- Copy their play with similar objects, sounds and facial expressions.

4 autism resources for parents

1

Access the OneNUHS app chatbot.

Download the OneNUHS app and ask the chatbot questions about child development. Go to: Services & Useful Links > More > Chat > Child Development

2

Join NUH Child Development Unit (CDU) training sessions.

Sign up for a parent training session (in person or via telehealth) to learn how to apply effective strategies at home.

3

Find a certified Early Start Denver Model (ESDM) therapist.

Visit this [link](#) to locate a certified therapist near you.

4

Learn more about autism in young ones

Read the Ministry of Health's 2023 Clinical Practice Guidelines: Autism Spectrum Disorder in Children and Adolescents

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