

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

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.



Encourage their interaction with you

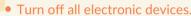
- Play games like tickling or peek-a-boo.
 Or sing songs to them.
- Focus on eye contact, smiles and shared excitement.
- Stay at your child's eye level and adjust your position as they move.

Use descriptive comments

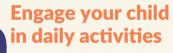
- Comment on their actions: "Your car is so fast!" or "You stacked five blocks!"
- Avoid asking too many questions.

Remove distractions









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



Show approval

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

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.



Imitate your child

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

4 autism resources for parents



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

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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.

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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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