

Behavioral Strategies for Supporting Children with Autism

1. Establish a Routine

- Children with autism thrive on predictability. Create a consistent daily schedule.
- Use visual schedules and timers to help with transitions.

2. Use Clear and Simple Communication

- Speak in short, direct sentences.
- Use visual aids, gestures, or pictures to reinforce verbal instructions.

3. Provide Positive Reinforcement

- Reward desired behaviors with praise, stickers, or a favorite activity.
- Be specific when giving praise (e.g., "Great job sitting calmly!").

4. Create a Calm Environment

- Reduce sensory overload by controlling noise levels and bright lights.
- Offer sensory-friendly spaces with fidget toys or quiet corners.

5. Set Clear Expectations

- Use first-then statements (e.g., "First clean up, then play outside.").
- Be consistent with rules and consequences.

6. Support Social Interaction

- Use role-playing or social stories to teach appropriate behaviors.
- Encourage small group activities with structured interactions.

7. Manage Challenging Behaviors with Redirection

- Distract and redirect the child to a preferred activity if they become frustrated.
- Identify triggers and try to minimize stressors.

8. Encourage Choice-Making


- Offer limited choices to give the child a sense of control (e.g., "Do you want to use the blue or red crayon?").

9. Use Visual Supports


- Label areas with pictures and symbols.
- Use visual cues like stop signs or emotion charts.

10. Be Patient and Flexible

- Progress may be slow, but small steps lead to big achievements.
- Adjust strategies based on the child's response.

 **For more support, contact: 612-481-8316**

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