**PARENTING TIPS for Children with AUTISM**

Children with special needs with the category of autism have [neurodevelopmental](https://en.wikipedia.org/wiki/Neurodevelopmental_disorder) disorders characterized by disturbances in social interaction, language development, and communication. The characteristics of autism vary, from the mildest to the heaviest, so these children need special attention. Children with autism have difficulty understanding what others think and feel. This makes it very difficult for them to express themselves, both with words, gestures, facial expressions, and touches. In order to help your child to a better quality of life, here are some parenting tips for children with autism.

**First and foremost, we must stop trying to improve the child’s “disability” and to create conditions that can help the child’s brain do a better job.**

* **Learning as much as you can about autism and being actively involved in treatment** will be a long-term benefit for your child’s development.
* **Enrich your knowledge and other family members about autism** so that you understand the symptoms and behavior
* Give structure and stability: **Autistic children need uniformity and familiarity.** They will have difficulty adapting what information they have learned in one situation (for example from the therapist’s office or school) to other different situations, including home. For example, at school, they might be accustomed to using sign language to be able to communicate but never did it at home.
* Organize and provide structure**:** Provide clear and consistent visual schedules, calendars, consistent routines, etc. so that the person knows what is coming next.
* Inform transitions and changes**:** Recognize that changes can be extremely unsettling, especially when they are unexpected. Refer to a schedule, use countdown timers, give warnings about upcoming changes, etc.
* Use Visual Supports**:** Pictures, text, video modeling and other visuals are best for visual learners. Provide a safe place and teach when to use it: A calming room or corner, and/or objects or activities that help to calm (e.g. beanbag) provide opportunities to regroup and can be helpful in teaching self-control.
* Remove or dampen distracting or disturbing stimuli: Replace flickering fluorescent lights, use headphones to help block noise, avoid high traffic times, etc.

### Design a detailed daily schedule:Autistic children tend to put out the best side when they have a daily schedule that is designed in detail over time, as well as the consistency of the types of routines they do.

### Respect good behavior**: Praise** and **appreciation** for the success they achieved will be very beneficial for autistic children,

### Look for nonverbal ways to communicate**: If you are aware and observant, you can learn to pick up on nonverbal cues that are used by children to communicate. Pay attention to the type of sound they make, and the body movements they use when they are tired, hungry, or need something.**

* Creative in designing personal therapy: **Apart from therapeutic needs, autistic children also need to unwind and have fun as children.**Schedule playtime when the child is at his best energy. Find out various effective ways to have fun together by paying attention to what things can make your child smile, laugh, and relax. Your child will be more likely to enjoy these activities if they do not seem like an obligation or therapeutic.
* **If you understand what can affect your child, you will be better able to solve problems, prevent situations that can trigger problems, and create a home environment that runs in harmony with the child’s development.**

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