**Autism Spectrum Disorder (ASD)**

| **I can help myself by…** | **I can help others by..** | **Professionals to contact** |
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| Not applicable. | Going in for early diagnosis and intervention which is essential | Occupational therapist |
| Having consistency in providing a routine being supportive of a routine | Speech therapist |
| Utilising free time in the area of their strength. | Behavioural therapist |
| Meeting sensory needs | Remedial educational programme |
| Social skill training |
| Play therapist |
| Family therapist |