

Supporting a Loved One With Autism Spectrum Disorder



Use Clear and Concrete Language



Tip: Speak in **clear, concise sentences**. Avoid abstract language or idioms that may be confusing.

Example: Instead of saying "It is raining cats and dogs," say "It is raining heavily."



Be Patient and Allow Processing Time



Tip: Give individuals time to process information and respond. **Avoid rushing or pressuring** for an immediate reply.

Example: After asking a question, wait calmly for a response without interrupting.



Respect Sensory Processing Differences



Tip: Be mindful of sensory triggers like **loud noises, bright lights or strong smells**.

Example: Offer quiet spaces or headphones in noisy environments.



Use Visual Supports and Tools



Tip: Use visual aids like pictures, schedules or diagrams to **enhance understanding and communication**.

Example: Use a visual schedule to outline daily activities or transitions.



Show Interest and Listen Actively



Tip: Show genuine interest in their hobbies and perspectives. **Practice active listening**.

Example: Ask open-ended questions to encourage conversation.



Be Flexible and Respect Routines



Tip: Understand the importance of **routines and predictability**. Provide advance notice of changes when possible.

Example: Use a visual timer to signal transitions between activities.



Offer Choices and Empower Decision-Making



Tip: Offer choices to **foster independence** and decision-making skills.

Example: "Would you like to play with blocks or read a book?"



Provide Positive Reinforcement



Tip: Acknowledge and praise positive behaviors. Use **positive reinforcement** to encourage desired actions.

Example: "Great job sharing your toys!"



Why These Tips Matter

Using these strategies promotes effective communication and understanding while building trust and reducing feelings of stress or anxiety.

Consult with your pediatrician or primary care physician for more information.

 www.Chickasaw.net/CNPC

 PMHCA@Chickasaw.net



Pediatric Collaborative

the Chickasaw Nation

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