

WHAT CAN I DO AT HOME?

Speak with your child often—even if they don't respond right away

- Use routines—they help your child feel secure
- Accept and celebrate your child's unique way of engaging
- Encourage play and reward attempts at interaction
- Keep a diary of behaviours to discuss with your doctor

MYTH VS FACT!

- **"Children with autism don't feel emotions."**

Not true—children with autism feel deeply, but may express it differently.

- **"Poor parenting causes autism."**

False—autism is a Neurodevelopmental condition, not a result of how a child is raised.

- **"All autistic children are the same."**

Not at all—every child on the spectrum is unique in their strengths, challenges, and personality.



WHEN IN DOUBT, REACH OUT!

If you have concerns about your child's development, we're here to help. Early recognition and support can open up a world of possibilities.



AUTISM IN CHILDREN

UNDERSTANDING THE SPECTRUM AND SUPPORTING YOUR CHILD



WHAT IS AUTISM SPECTRUM DISORDER?



Autism is a developmental condition that affects how a child communicates, interacts, and experiences the world. It's called a "spectrum" because it looks different in every child—some may need a lot of support, others very little.

WHEN SHOULD I WORRY OR SEE A DOCTOR?

If your child:

- Isn't responding to their name by 12 months
- Isn't using gestures (like pointing or waving) by 12–15 months
- Has few or no words by 18–24 months
- Shows little interest in interacting or sharing experiences
- Regresses in skills they once had

Ask your doctor for a developmental screening. Early support makes a big difference.

WHAT ARE THE SIGNS?

Early signs can appear before age 3, but may become more noticeable as your child grows.

COMMON SIGNS INCLUDE:

- **LIMITED EYE CONTACT OR DIFFICULTY ENGAGING SOCIALLY**
- **DELAYED SPEECH OR UNUSUAL LANGUAGE PATTERNS (E.G., REPEATING WORDS)**
- **STRONG INTEREST IN SPECIFIC TOPICS OR TOYS**
- **REPETITIVE MOVEMENTS (HAND-FLAPPING, SPINNING, LINING UP TOYS)**
- **SENSITIVITY TO SOUND, LIGHT, TEXTURES, OR SMELLS**
- **DIFFICULTY WITH CHANGES IN ROUTINE**
- **PREFERRING TO PLAY ALONE OR NOT SHOWING INTEREST IN PEERS**

HOW IS AUTISM DIAGNOSED & TREATED?



Diagnosis is made by developmental paediatricians using behaviour-based assessments

- There's no single test—observation and parent input are key
- Support may include speech therapy, occupational therapy, or behaviour therapy
- Family education and early intervention are powerful tools

