

AUTISM SOCIALIZATION



- **Use routines.** Routines can help ease anxiety because the child knows what comes next.
- **Schedule play dates** with kids who are typically developing. Kids learn through imitation.
- **Create stories** starring your child that can prepare him/her for social settings: "Ashley goes to the park," or "Mark is going on a play date." These stories can help create expectations and also help with transitions.
- Help your child **find the words** for what s/he is feeling. If your child doesn't like something another child is doing, help him/her address the situation. "I don't like when you _____."
- When going to the park, **bring a ball or bubbles.** Kids tend to love these and will come over to play. Encourage your child to ask them to play. "Want to play?" "Come play?" "Play?" Use a social phrase at their language level. When they like the activity, encourage them to ask for "more."
- **Give behavior-specific praises.** "I like the way you ____." "Great job asking to play."
- **Practice what to do and say** when other children say they don't want to play. Role playing can help prepare your child for these situations.