Helping Your Autistic Child

Stay Calm & Happy at Home

Practical Strategies for Everyday Success

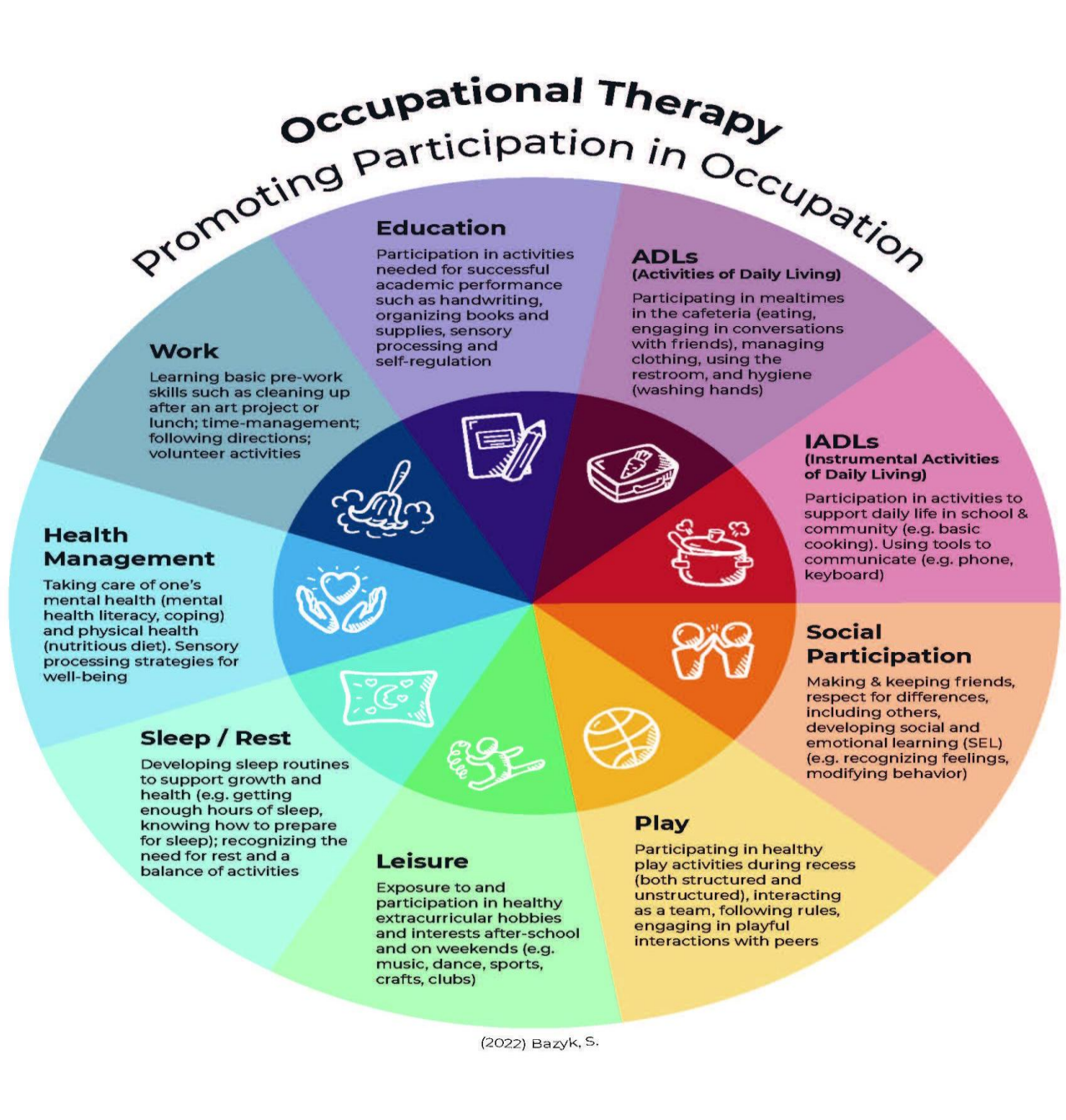
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Occupational Therapy

"Helping people participate in meaningful daily activities."

- Play Skills
- Fine Motor
- Self-Care
- Cognition
- Sensory Processing
- Social Skills
- Rehabilitation
- Geriatrics
- School-Based
- Community

What We See vs. What We Don’t See

Behavior is often the result of hidden challenges.



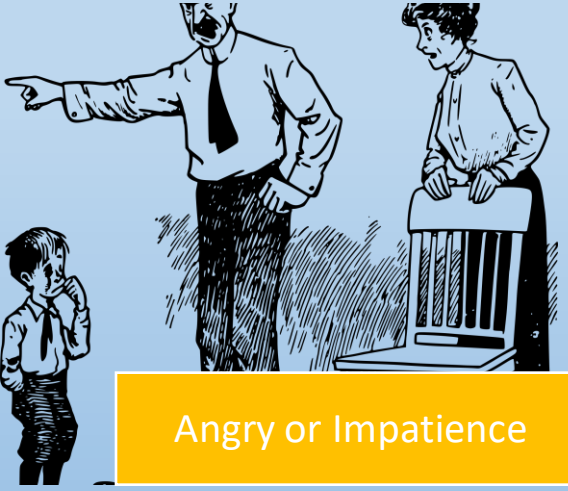


Instead of asking

HOW DO I STOP THIS BEHAVIOR?

ASK: WHAT IS CAUSING THIS BEHAVIOR?

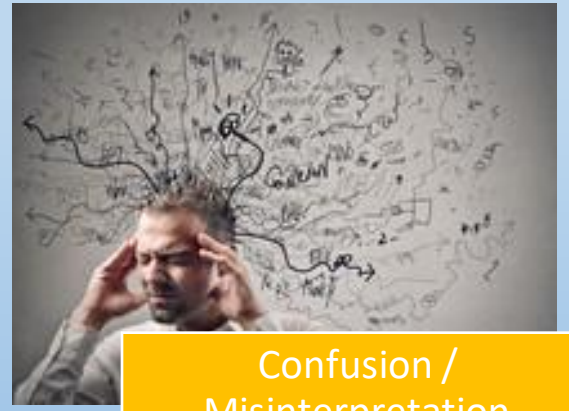
Common Parents' Reaction to Autistic Child Meltdown and Tantrum



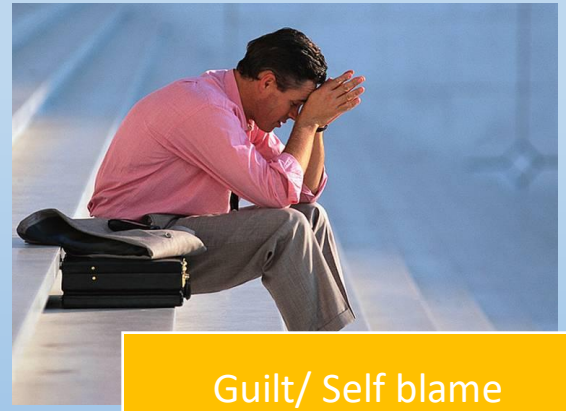
Angry or Impatience



Social Worry or Embarrassed



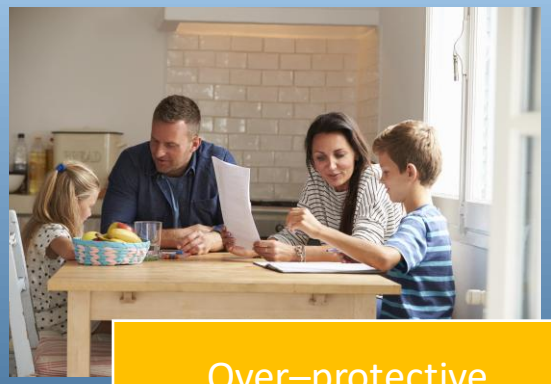
Confusion / Misinterpretation



Guilt/ Self blame



Frustration & Over whelm



Over–protective



Inconsistent Response

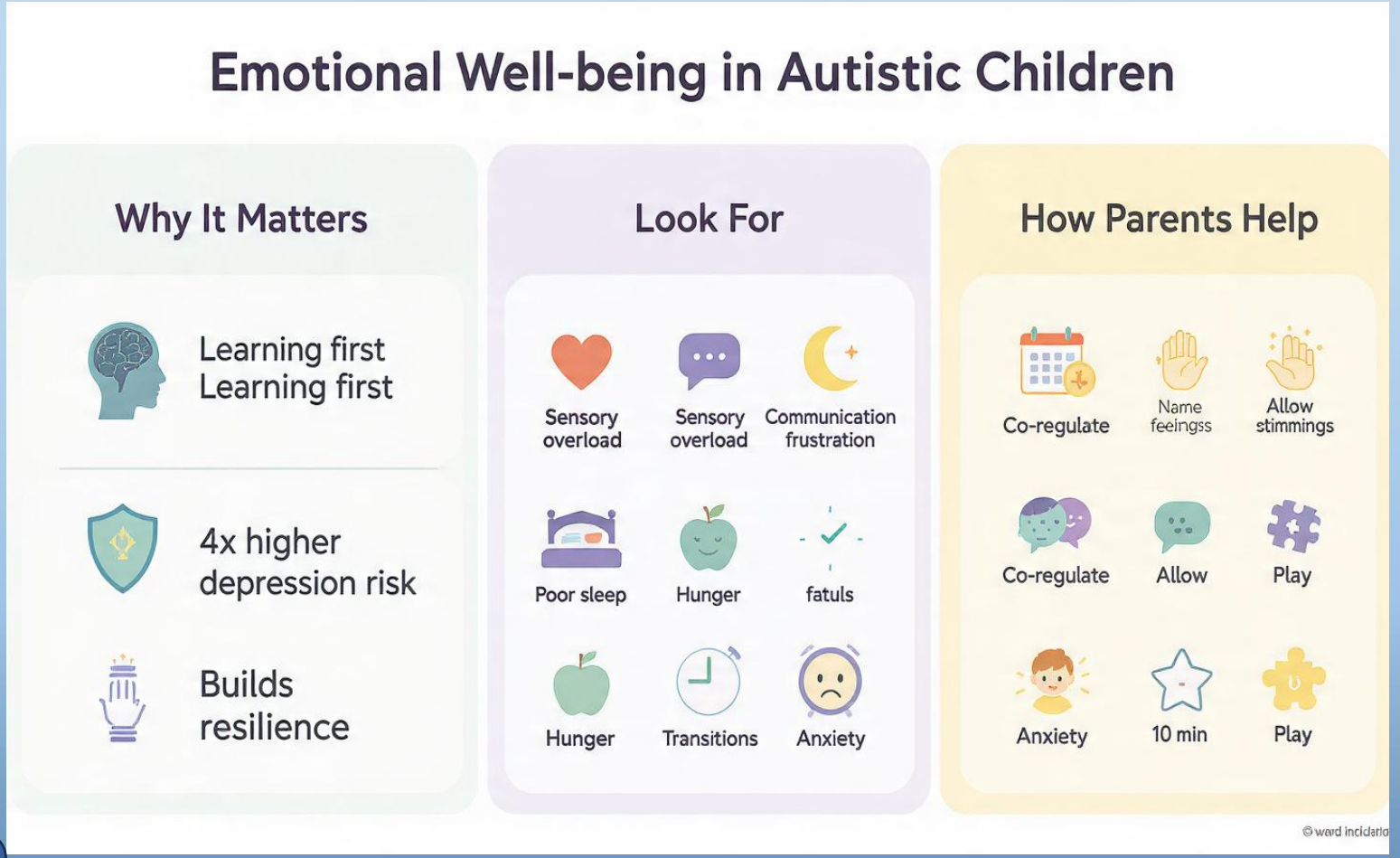


Anxiety / Fear

When an autistic child shows tantrums or a meltdown due to sensory overload or Emotional Dysregulation. These are the common Parental Reactions.

What is Emotional Well-being?

Emotional well-being is a child's ability to feel safe, understood, valued, and supported, while being able to express and manage emotions effectively.



"A child who feels emotionally safe and understood is more likely to learn, participate, communicate, and thrive."

How Parental Misunderstanding Affects a Child's Emotional Well-being











- Increased Anxiety
- Low Self - Confidence
- Fear
- More Meltdowns
- Emotional Distress
- Withdrawal from others
- Difficulty trusting adults

- **Sensory Overload Simulation - What is it like to be extremely sensitive in daily situations?**

- https://youtu.be/KurXpARairU?si=IJRRzfDzwerW82m8

How can we provide a sensory-friendly environment at home by using daily routine things

- Heavy Work Activities
- Support During Meals
- Create a Calm Corner
- Offer Movement Breaks
- Sensory Play at Home
- Reduce Noise
- Adjust Lighting
- Keep a Predictable Routine
- Provide Comfort Items

Sensory Support Tools for Autistic Children

Dumbbells



Dumbbells provide proprioceptive input that can help improve focus, body awareness and self-regulation.

Weighted Ball



Weighted balls help with sensory processing, coordination and provide calming deep pressure input.

Blanket Wrapping



Blanket wrapping offers deep pressure input that can help reduce anxiety and promote calm and relaxation.

Weighted Vest



Weighted vests provide constant deep pressure input which can improve attention, calmness and body awareness.

Note: Always consult with an occupational therapist before using sensory tools. **Every child is unique.**



- Carrying grocery bags
- Pushing a laundry basket
- Helping move cushions
- Watering plants with a watering can

"Heavy work = Calm body → Better attention → Improved participation."

CALM CORNER AT HOME

A SAFE PLACE FOR MY AUTISTIC CHILD



WHAT IS A CALM CORNER?

A quiet, comfortable space where your child can go to relax, calm down, and feel safe when they are overwhelmed.

VISUAL SUPPORT

Use visual schedules or calm down charts to help your child understand and feel in control.

SOFT & COMFORTABLE

Use pillows, cushions, bean bags, or blankets to make it cozy.

SENSORY TOOLS

Include items like fidget toys, stress balls, or weighted blankets.

REDUCE STIMULATION

Keep the area quiet, with soft lighting and minimal distractions.

SAFE & ACCESSIBLE

Make sure your child can easily access this space whenever they need it.

REMEMBER

Every child is different. Personalize the calm corner to your child's needs and preferences.

BENEFITS

- Helps reduce anxiety and meltdowns
- Teaches self-regulation
- Promotes a sense of safety and comfort

"A calm corner is not a punishment place. It is a **safe place.**"

- Pillows
- Cushions
- Bean bag
- Blanket
- Soft Toys



Headphones or earmuffs
Close doors and windows
Use soft furnishings (curtains, rugs, cushions) to absorb sound
Avoid running multiple devices at the same time
Turn off unnecessary TV, music, or appliances
Give advance warning before using loud appliances (vacuum, blender, hair dryer)

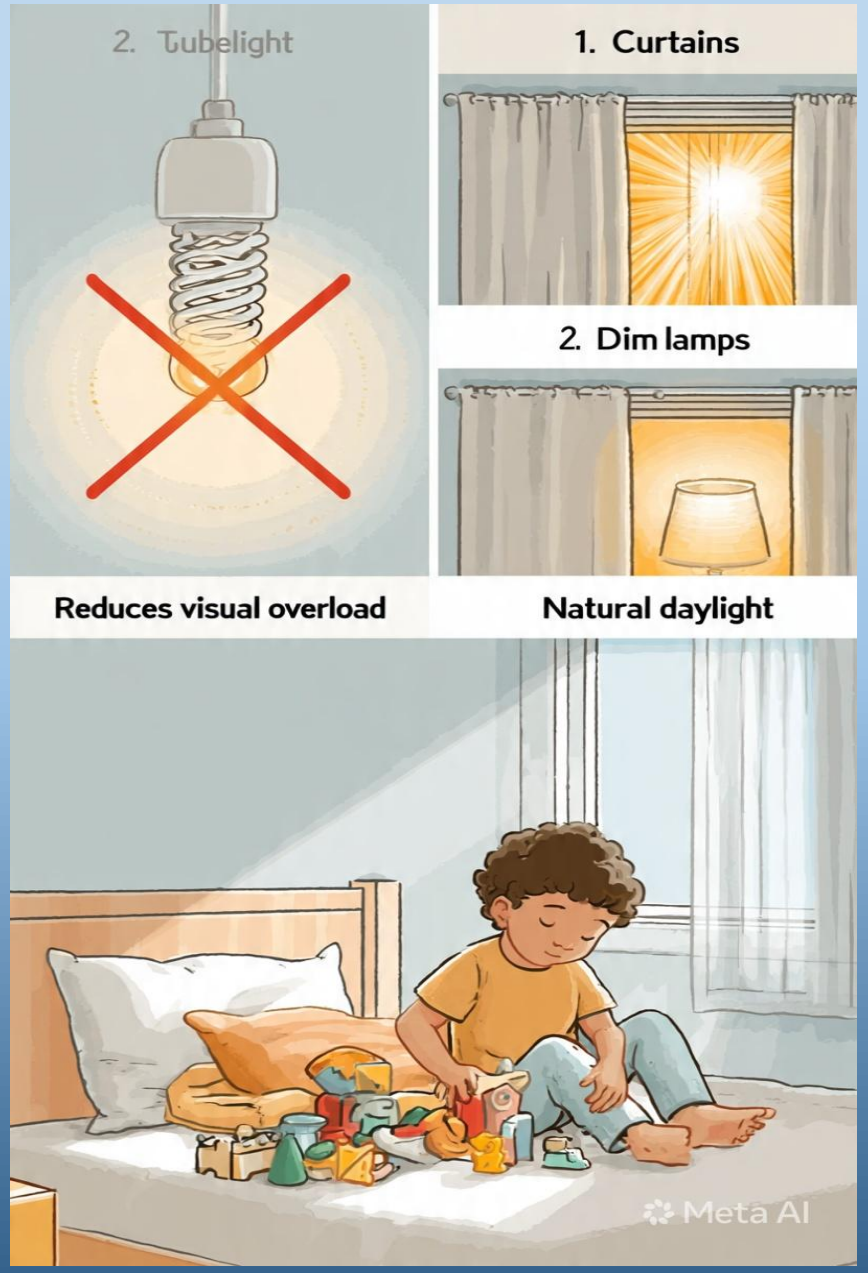
Reduce Visual Cluttering

No use of overhead Lights

Use warm light Lamps

Natural Daylight is more Favorable

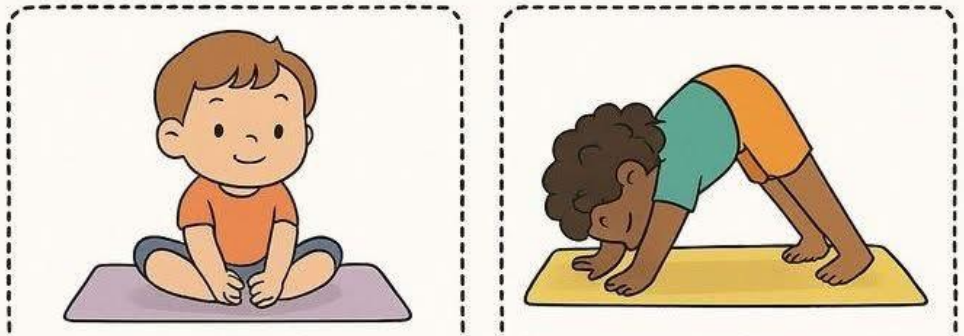




Movement Break/ Brain Break







Butterfly Pose

Downward-Facing Dog



Tree Pose



Cobra Pose



Bridge Pose



Cat Pose

Rice
Lentils

Kidney
Beans.

Pasta

Flour

Soap
Bubbles

Water

Playdough
Slime

Shaving
Foam

Salt

Sensory play at Home



2 Rice scooping and pouring



1 Flour kneading for deep pressure



4 Water safe pouring practice



pty play dough

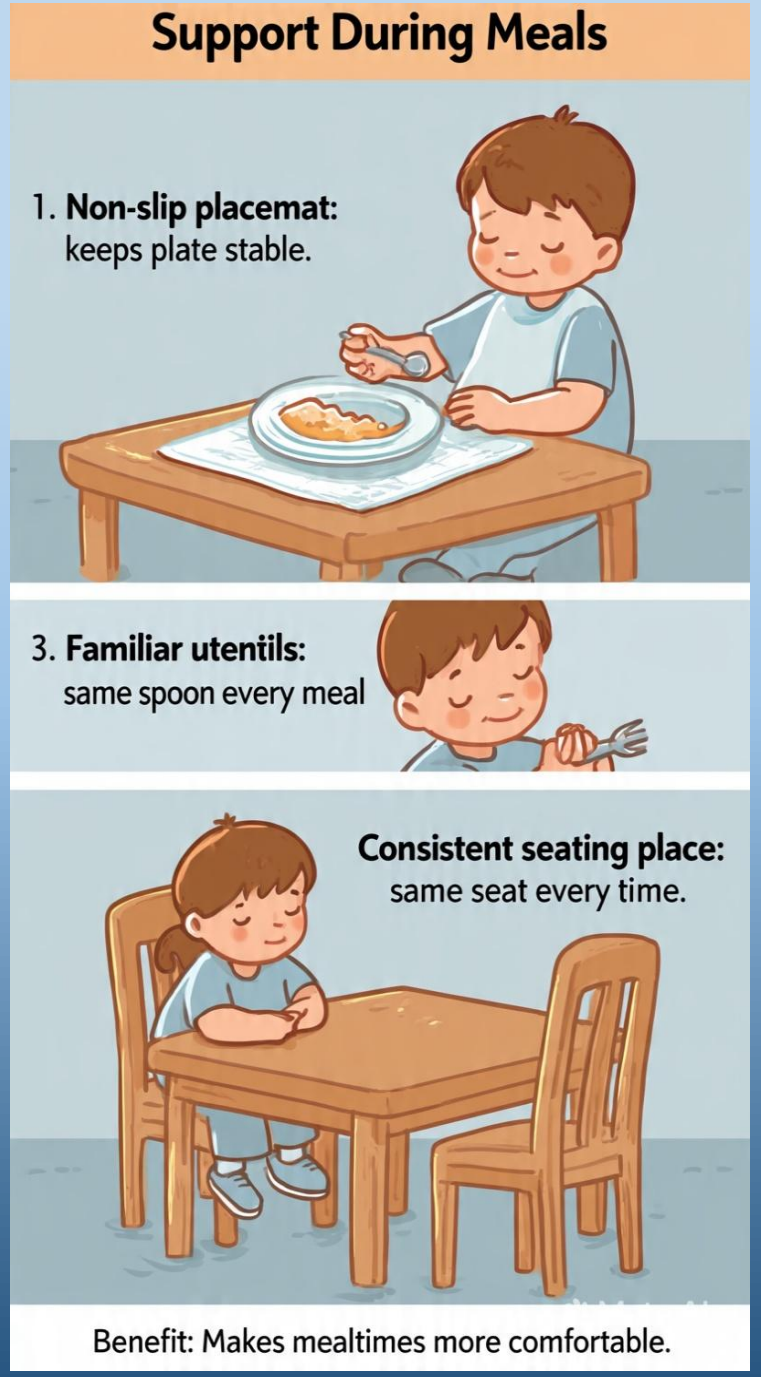


3 Play dough hand strengthening



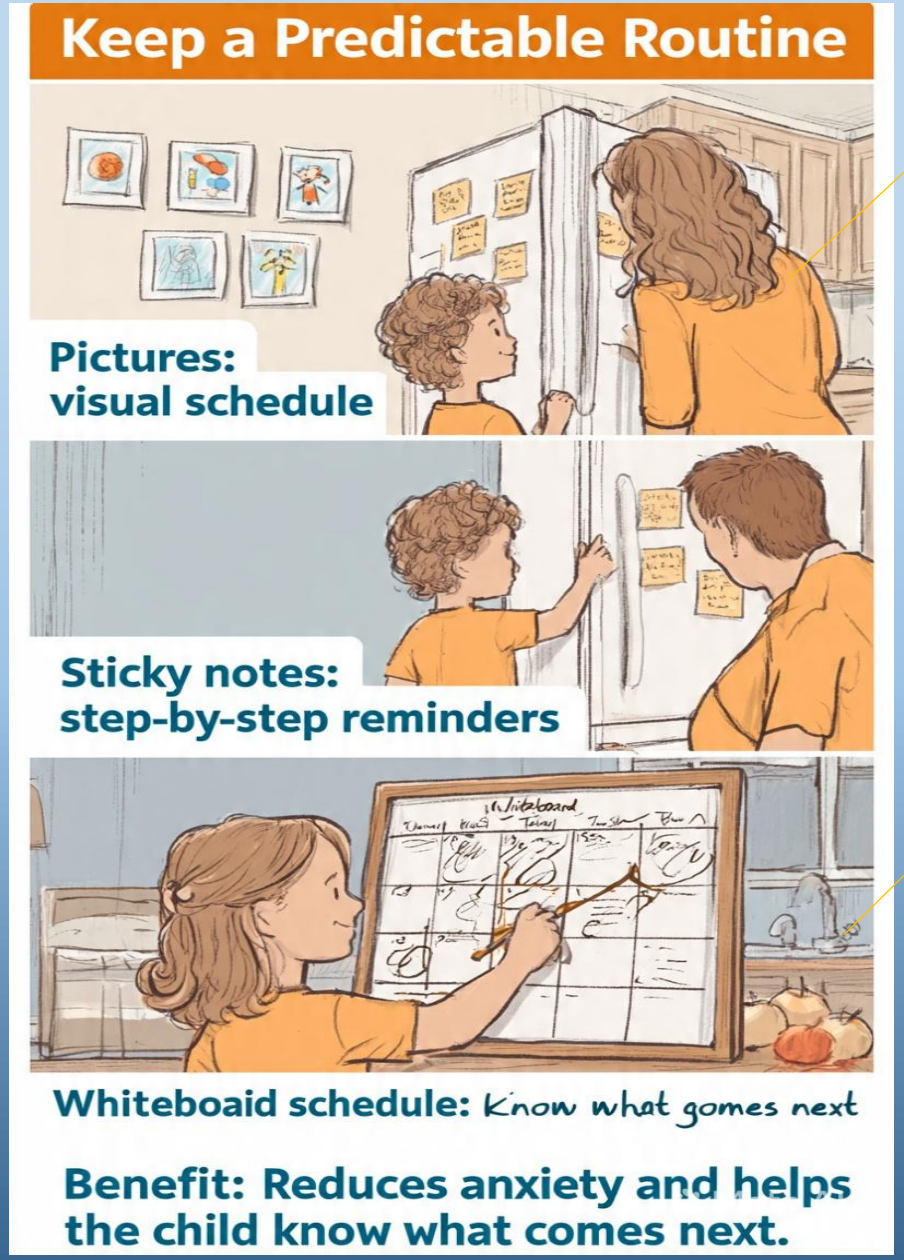
5 Soap bubbles oral motor + visual tracking

"Mealtimes are more than eating—they are opportunities for participation, independence, social interaction, and emotional well-being."





Use Sticky Notes



Use Visual Schedules

Use a Whiteboard Schedule

Predictable Routine = Less Anxiety → Better Understanding → Greater Independence ✸

Simple Parent Message:

"A sensory-friendly home is not about buying more things; it's about making everyday things work for your child's sensory needs."

