

Children with autism and other social communication differences can have difficulty interacting with others and engaging in everyday activities and learning opportunities. Children may need an adult's help engaging in family routines and activities.

6 strategies to help your child engage in family routines:

- 1. Consider ways to use your child's interests to get them to come and stay longer.
- 2. Let your child use the materials (objects, toys) in any way they want.
- 3. Limit distractions that compete for your child's attention. Like background noise or screens.
- 4. Position yourself to be in the child's line of sight.
- 5. Give your child objects or interact with them in ways they find enjoyable without expecting anything in return.
- 6. End the activity when your child leaves the area or when the activity is naturally over.