A Parent's Guide to Nurturing Social and Communication Skills In Young Children with Autism

SPARK Webinar
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AGENDA

• Goal
• Parents
• At Risk
• Parent Led Interventions
  • 7 Domains
• Tips
• Questions
STATEMENT ON VIDEOS

• This presentation contains videos of parents and children.
• Consent was provided solely for use of videos within this webinar.
• Please do not use personal devices to record or take pictures of the children shown in this webinar and do not edit and or repost the videos to social media.
At-Risk

- Sibling
- Familial history
- Premature birth /low birth weight
- Difficult pregnancy /delivery
- Medical condition
- Unknown history
- Exposure to toxins
- Showing delays
- Concerning behaviors
Track/Screen Your Child
Download CDC’s free Milestone Tracker App

Help your child grow and thrive with CDC’s free Milestone Tracker app.
cdc.gov/MilestoneTracker
1. Hard to Get Your Baby to Look at You
2. Rarely Shares Enjoyment with You
3. Rarely Shares Their Interests with You
4. Rarely Responds to Their Name or Other Bids
5. Limited Use of Gestures such as Show and Point
6. Hard to Look at You and Use a Gesture and Sound
7. Little or No Imitating Other People or Pretending
8. Uses Your Hand as a Tool
9. More Interested in Objects than People
10. Unusual Ways of Moving Their Fingers, Hands, or Body
11. Repeats Unusual Movements with Objects
12. Develops Rituals and May Get Very Upset Over Change
13. Excessive Interest in Particular Objects or Activities
14. Very Focused on or Attached to Unusual Objects
15. Unusual Reaction to Sounds, Sights, or Textures
16. Strong Interest in Unusual Sensory Experiences
Parent Led Interventions
Tummy Time: Social Development

• Place baby on your chest
• Face to face
• Facial expressions, sounds, talk
• Social Interaction=reward
Social Looking
Activity # 1

• **Peek-a-boo!**
  • Blanket on adult face
  • Repeat
  • Pause & wait
  • Look or try to remove blanket? Resume
Activity # 2

• Looks to resume activities
  • Begin activity
  • Visual, auditory, & tactile
  • Repeat
  • Pause & wait
  • Look? Resume
Activity # 3

- **Looks during feeding**
  - Begin feeding
  - Repeat it
  - Pause & wait
  - Look? Resume

*Prerequisites-
- Orients towards voices, sounds-
  - hearing evaluation
Reciprocity
“Social Turn Taking”
Activity # 1

• Hand Items Back and Forth
  • Shake a maraca
  • Hand to your child to shake
  • Put your hand out to encourage giving it back
  • Shake the maraca
  • Repeat
Activity # 2

• Take turns with completion tasks
  • Place piece in bucket/ring/puzzle
  • Hand item to your child/they put item in
  • Put your hand out to encourage giving it back
  • Repeat
Activity # 3

• Imitation of your child’s vocalizations
  • Child vocalizes/babbles
  • You babble the same way (face to face)
  • Pause/wait
  • Repeat
Activity # 4

• Fills-ins with Songs and Books
  • Sing a familiar song with actions/read familiar book
  • Pause, wait
  • Child makes a sound/babbles/words
  • Resume song/book
Communication with Gestures
Activity # 1

• **Accessing Help**
  • Place snack in container
  • Shake it or hand it to them
  • Wait—don’t help right away
  • Gently guide them to hand it to you
  • Praise/open/access to snack
Activity # 2

- Use interesting objects/events to promote pointing
  - Blow bubbles/activate animate toy
  - Gently bring your child over to toy/bubbles
  - Position their finger to point and touch the object
  - Praise/engage socially with child and object
  - Model pointing often
Imitation
Activity # 1

- Set up 2 identical objects
  - Sit face to face/across from each other
  - Start by modeling a simple action
  - Wait a few seconds
  - Gently guide your child to do the same
  - Praise / smile / encourage
Activity # 2

- Sit face to face/across from each other
- Start by modeling a simple action (clap hands, tap table)
- Wait a few seconds
- Gently guide your child to do the same
- Praise/smile/encourage
Understanding Language
Activity # 1

- Sit face to face
- "Where’s your belly?"
- Wait
- Gentle guidance
- Praise/ smile/ tickle
- Repeat
Activity # 2

- Label what you/child are doing
- Label things around you- daily activities
- Read to your child
- State label-Wait a few seconds/give your child a chance to respond
- Gentle guidance
- Praise/smile
Talking
Activity # 1

- **Talk to your child often**
  - Label what you/child are doing
  - Label things around you- daily activities
  - Read to your child
  - Imitate your child’s sounds
  - Expand on their words
  - Wait a few seconds/give your child a chance to respond
  - Praise-smile/encourage
TIPS

- During Everyday Routines
- Meaningful moments vs. long “sessions”
- During Play
- Have Fun
- Be Silly
DON’T WAIT!
SCHEDULE A FORMAL EVALUATION

• Licensed Psychologist
• Pediatric Neurologist
• Developmental Pediatrician
• Speech and Language Pathologist
• State Early Intervention
• Be informed about your insurance (Govt program, private)
References


From diagnosis to intervention, Alpine can help.

- Autism Screening
- Autism Diagnosis (12 months - adult)
- Neuropsychological Evaluations
- In-home ABA (Early Intervention)
- Social Skills
- Parent Training
- Education Program
- Transition Program
- Adult Program

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