



Therapy at home

Therapy is a few hours a week. Your child spends the rest of the week with you. What you do at home can multiply what happens in sessions, so skills are used everywhere, not just in the therapy room.

Do

- **Ask for 1 to 3 home goals each week**, written down, so you know exactly what to practise.
- **Watch or join sessions**, or ask for a short video, and copy what works.
- **Use the same words, signs, pictures and rewards** as the therapist and school.
- **Practise in everyday routines**: meals, dressing, bath time, play, the car, the shops.
- **Keep it short and often**. A few minutes, many times a day, beats one long session.
- **Follow your child's interests**. Use what they love to build communication.
- **Wait**. Give your child time to respond: slowly count to ten in your head.
- **Praise the effort, specifically**: "Great asking for juice!"
- **Use visual supports**, such as a daily schedule and a Now and Next board.
- **Keep a simple log** and share it with the therapist (page 2).
- **Get everyone on the same page**: partner, grandparents, nanny, school.
- **Look after yourself**. Rest, ask for help and connect with other parents.

Don't

- **Don't turn home into a clinic**. Hours of drills tire everyone. Home should feel safe and loving.
- **Don't use punishment, shouting or withdrawing affection**. They raise anxiety and block learning.
- **Don't force eye contact**, or stop harmless self-soothing such as rocking or hand-flapping.
- **Don't change many things at once**. One new goal or routine at a time.
- **Don't give up after a bad day**. Give a new approach two to three weeks.
- **Don't compare your child with others**. Compare them with themselves a month ago.
- **Don't talk about your child as if they aren't there**. They often understand more than they can say.
- **Don't try new treatments without checking** with your child's doctor first.

Start early, but it is never too late

Support that starts in the toddler and pre-school years helps skills grow when they grow most easily. Don't wait for a diagnosis to ask for speech and language or occupational therapy, or a parent programme. Older children and teenagers keep learning too.



Questions to ask your child's therapist

- ☐ What should we practise at home this week?
- ☐ Which words, signs, pictures or rewards do you use?
- ☐ What should I do when my child gets upset or says no?
- ☐ Can I watch a session, or can you send a short video?
- ☐ How will we know it is working, and when will we review the goals?
- ☐ How can the school use the same approach?

Weekly practice log

Write the goal, what you practised and how it went. Take it to the next session.

Goal(s) this week:

Day	What we practised (where, how long)	How it went	Notes
Mon			
Tue			
Wed			
Thu			
Fri			
Sat			
Sun			

Treatments to avoid

Autism cannot be cured. Never use chlorine dioxide (MMS or "CD", a bleach), chelation, hyperbaric oxygen or unproven stem cell treatments for autism. Check any new treatment with your child's doctor.