



## Babysitting Autistic Children (Checklist)

### **Learn about kids with Autism Spectrum Disorder (ASD)**

They might have difficulty understanding nonverbal communication. They may not respond to your frown or smile.

They find it hard to handle one idea or thought at an instance. They keep conversations simple and focused.

They see things differently from how you would view them. Ordinary smells, sounds, touches, sights, and tastes that aren't quickly noticeable don't go unnoticed to an autistic child.

They take things literally. So, you may want to be careful to say exactly what you mean.

They often want to talk about what interests them at that time.

### **Plan a pre-babysitting visit**

### **Ask about the child's specific requirements**

What is the child's routine and rules?

Does the child have a restricted diet?

What is the best way to interact with the child?

How do you handle problems?

Who do I contact in case of an emergency?

Use our special needs child details form.

### **Follow the familiar daily routine**



**Respect the common needs of children with autism**

Show your love and interest.

Be patient and understand that it might take some time for the child to get comfortable around you.

Avoid making direct eye contact unless the parents allow you to.

Be positive at all times.

Take it slow at first. Ensure that your approach suits the kid.

Ignore irritating and attention-seeking behavior.

Allow the child to approach you first and then take the lead.

Be affectionate and respectful.

Be consistent in your greeting. Do it how the parents do it and maintain it in every other meeting so that the kid knows what to expect from you.

**Connect with the child**

Learn to self-regulate.

Less communication means more connection.

Go slow on power struggles.

It's never that serious.

**Engage kids with autism in active play**

Make the unknown familiar.

Celebrate small successes.

If things don't go well the first time, try again.

Incorporate "favorites" into any activity.



**Interact While Respecting Bodily Contact and Personal Space**

Be sensitive to sensory aspects such as hugging.

Interact with the child even if they don't speak.

Note that some toys might cause over-stimulation and avoid using them.

Avoid invading the child's personal space.

Do not take toys away from the little one.

**Try Activities that Autistic Children Enjoy**

Craft activities.

Animal care.

Video gaming.

Anime.

Solving puzzles.

Science fiction.

**Help children with ASD to Fall Asleep**

**Watch Out For Their Safety**

Lock all the doors and ensure fences are secure.

Introduce yourself to the neighbors and ask them to contact you in case they see the child wandering in the estate.

Request the parents to give you a recent photograph and the child's description so that you can trace him or her in case they get lost.

Take additional precaution around water bodies like pools, streams, and baths.



## **Monitor their behavior**

Get a positive outlet for the behavior. For instance, shouting indoors might seem unforgivable but doing so in the park is allowed.

If the child cannot read, draw the rules in pictures.

Say “no” firmly without shouting.

Talk with the parents and find out the discipline tactics they use and know which ones you are allowed to exercise.

Don't let the child look at you when you are angry.

Praise appropriate behavior.