Autism Spectrum Disorder (ASD) CHALLENGES can get in the way of showing FEELINGS





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Ways To Be A Friend To Someone With Autism

Follow this **path** to learn seven strategies for inclusion and friendship you can discuss with your child!



Jack and Mia are classmates. Jack knows Mia has autism and would like to ask her to play with him, but is unsure of how to start the conversation.

Take Initiative to Include

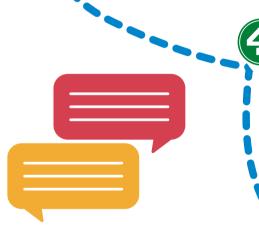
Jack notices Mia alone on the playground and wants to ask her to play with him.

Find Common Interests

Jack likes sports and notices Mia seems to like bouncing a ball on the playground. Maybe she'd like to play catch?

Keep Trying

Jack asks Mia if she wants to play catch. She doesn't look at him right away. Does Mia hear him? Jack can't tell so he asks her more than once to play catch. Jack can also use gestures to demonstrate how to play.



Communicate Clearly

Mia hasn't played catch on the playground before, so Jack decides to show and explain catch to her in a calm, clear voice.

Give Feedback

Mia laughs as she throws the ball away from Jack. Jack tells Mia that throwing the ball away from him isn't how you play the game. He gently reminds her and gestures how to appropriately play catch.

Remember Sensory Sensitivity

Mia often drops the ball and covers her ears while they are playing catch. Jack remembers that Mia doesn't like loud noises in the classroom, so Jack suggests moving to a quieter area of the playground.



Stand Up For Your Friend

Jack and Mia have a great time playing catch! Jack knows that if classmates are unkind to Mia, he can tell them to stop and can tell them how to include Mia in games and conversations. Jack is happy to have his friendship with Mia!