



AUTISM SPECTRUM DISORDER (ASD)

UNDERSTANDING SIGNS. SUPPORTING BETTER. GROWING TOGETHER.

AUTISM IS A SPECTRUM...

And that means no two children experience it the same way.

Signs evolve with age, and so should the support.

HOW AUTISM SHOWS UP AT DIFFERENT AGES IN TODDLERS (1-3 YEARS)

- Doesn't respond to name
- No pointing or gestures
- Limited eye contact or smiles
- Repetitive movements (hand flapping, tiptoes)

Early signs often begin here—subtle, but important.



IN PRESCHOOL / EARLY SCHOOL YEARS (4-7 YEARS)

- Difficulty playing with others
- Unusual tone of speech
- Strong focus on one topic
- Distress over small routine changes

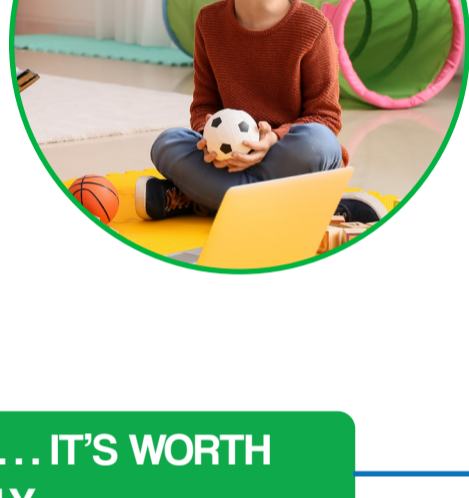
Social differences become more noticeable.



IN TEENS (13+ YEARS)

- Attempts to "fit in" by copying others
- Anxiety or feeling overwhelmed
- Difficulty with friendships or independence
- Emotional shutdown or overload

Many teens begin masking their struggles.



IF YOU NOTICE PATTERNS ACROSS AGE... IT'S WORTH EXPLORING SUPPORT EARLY.

WHY THE RIGHT ENVIRONMENT MATTERS

The right support, in the right environment, makes all the difference. Every child needs personalized care and often, the best place to begin is where they feel safest.

HOW HOME-BASED CARE CAN HELP COMFORT OF HOME

- Familiar surroundings reduce overwhelm
- Easier adaptation to new experiences

Children process sounds, textures, and changes better in a known space.



BUILD SOCIAL SKILLS

- One-on-one interaction
- Guided play and communication

A calm setting encourages connection and reduces stress.



PERSONALIZED SUPPORT

- Tailored activities
- Focus on speech, behavior, and play

Care is designed around your child not the other way around.



FAMILY SUPPORT

- Guidance for parents
- Shared caregiving
- Time for self-care

Because support isn't just for the child it's for the family too.



CONSISTENCY MATTERS

- Same environment = better learning
- Reinforces therapy outcomes

Familiar routines help children feel secure and progress faster.



MYTH BUSTER

Therapy only works in clinics.

WRONG.

Children often learn better in environments where they feel comfortable and understood.

WHEN TO CONSIDER HOME-BASED SUPPORT

Struggles in group settings

Feels overwhelmed easily

Finds transitions difficult

Home-based care can be a powerful starting point.

ANYA SAYS

Message "Autism age signs" to understand stage-wise changes

Message "Autism care" to explore support options at home

