

# TOP TIPS

How to help an autistic child make friends



- 1** Build your child's interests and try to find children with a similar interest. You can liaise with their parents and invite their children around to the house but do make sure that you structure the activities.
- 2** Organised extra -curricular activities can be really helpful. They tend to have a predictable pattern that can be rehearsed and reminders can be given outside the group.
- 3** Help your child understand what a friend is and what a friend is not e.g. a friend is not someone who calls you names.
- 4** Practice learning how to be friends with safe people e.g. siblings and family friends. Try to make it fun and think about the best phrases to use.
- 5** Use scripts and visual aids. Write out a script, encourage him/her to watch others' interactions.