



TYPES OF SERVICES

Parent and teacher training: One of the best things you can do for your autistic child is surround them with adults who understand them. Autism New Zealand runs Way to Play, Tilting the Seesaw and FANZ courses to help the adults in your child's life interact with them in a way that works for everyone. You can find more information on our courses here:

<https://autismnz.org.nz/programmes/>

Augmentative and alternative communication (AAC): Picture boards, tablets, sign language, and/or text-to-speech programs can be used by children who have difficulty speaking, or who don't speak at all. If your autistic child isn't speaking, a speech language therapist can help you investigate whether AAC solutions could help your child communicate.

Play therapy: Focuses on teaching you as a parent/caregiver to interact with your child in a way that is positive for both of you. A professional will teach you different ways to approach playing and interacting with your child.

Occupational therapy (OT): Occupational therapy teaches concrete physical skills, and can help with physical and motor development. An occupational therapist can help your child learn life skills like brushing their teeth or holding a pencil. They can also help with swallowing or feeding difficulties, and may be able to help with sensory issues.

Speech language therapy (SLT): A speech language therapist can help your child develop verbal and/or nonverbal ways of communicating, depending on what works best for your child. They can also help if your child has physical difficulties with speaking, or is mostly speaking understandably, but seems stuck on a particular language skill, like using correct pronouns or muddling up cause and effect.

Special skill or interest groups: If your child has a particularly strong interest in some subject or activity, finding a related social or extracurricular group can really help with their ability to socialise and engage with others. Lego groups, dance or drama classes, board game groups, or other hobby-related groups and classes can be great opportunities for your child to socialise in the sort of more structured environment they may find easier.