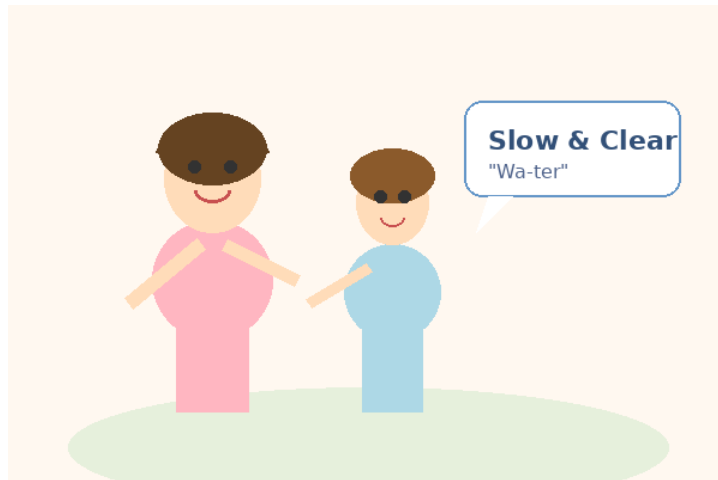




# Home Speech Therapy Activities for Children with Autism

A practical parent guide • Simple daily activities that build communication

Children with autism often benefit from calm, consistent, and sensory-rich ways to practice speech and communication at home. These activities focus on **slow, clear speech**, **visual supports**, **everyday naming**, and **natural outdoor sensory experiences** — all of which help the brain form stronger connections for language.



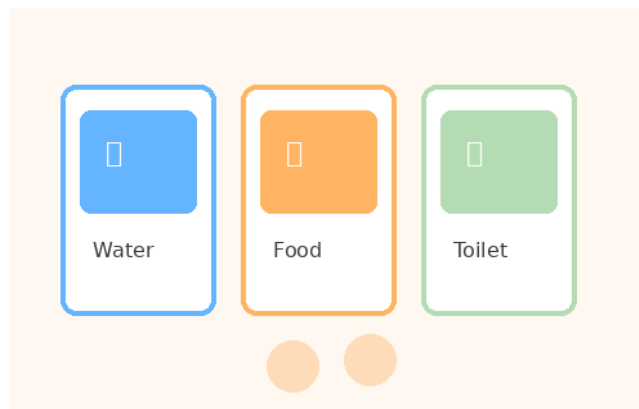
Talk slowly • Use clear words • Face your child • Pause and wait

## 1. Talk Slowly & Clearly

- Speak at a calm, slightly slower pace than usual. This gives your child extra time to process sounds.
- Use short, simple sentences: “Water.” → “Want water?” → “I want water.”
- Face your child, get to their eye level, and wait 5–10 seconds after you speak. Silence is powerful — it invites them to respond.
- Model the word clearly once or twice, then pause. Avoid rapid questions or long explanations.

## 2. Start with Picture Cards

Visual supports reduce pressure and help your child link images to words. Begin with everyday needs:



- Create simple cards (or use free apps) for: **Water / Drink, Food / Eat, Toilet, Help, More, Finished, Play, Outside.**
- Hold the card, say the word slowly, and wait. When your child looks, points, or reaches — celebrate and give the item immediately.
- Gradually move from pointing to attempting the word. Accept any sound attempt as success.

**Parent Tip:** Keep 4–6 core cards in a small binder or on a keyring. Use them during real moments (meals, bathroom, play) so the words become meaningful, not just drills.

### 3. Name Everyday Tasks & Objects

Turn daily routines into language practice. Name what is happening as you do it together:

- **Bathroom:** "Toilet." "Wash hands." "Soap." "Dry."
- **Meals:** "Food." "Eat." "Spoon." "More." "All done."
- **Getting ready:** "Shoes." "Jacket." "Go outside."
- Keep it natural — one or two words at a time. Repeat the same words consistently so they become familiar.

### 4. Outdoor Sensory Play at the Park

Natural sensory input (touch, movement, sight, sound) helps the brain organize information and can support attention, calm, and readiness for communication.



Grass • Soil • Stones • Swing • Fresh air — all give rich sensory signals to the brain

- **Grass & soil:** Walk barefoot or sit on the grass. Say "Soft grass." "Feel the dirt." Touch and name.
- **Stones & textures:** Collect smooth or rough stones. "Hard stone." "Smooth." "Heavy."
- **Swing:** Gentle swinging provides vestibular input that many children find regulating. Sing or count softly while swinging: "Swing... stop." "More swing?"
- Follow your child's lead. If they are calm and engaged, introduce simple words or picture cards related to what they are doing.

### Key Principles for Success

|                              |                                                                                      |
|------------------------------|--------------------------------------------------------------------------------------|
| <b>Be patient</b>            | Progress can be slow. Celebrate every attempt — a sound, a look, a point.            |
| <b>Follow their interest</b> | Join what they are already focused on. Language sticks better when it is meaningful. |
| <b>Keep sessions short</b>   | 5–10 minutes of focused practice several times a day is better than long drills.     |
| <b>Reduce pressure</b>       | Avoid testing ("What is this?"). Instead model and wait.                             |
| <b>Stay consistent</b>       | Use the same words and cards across home and outdoor settings.                       |

**Remember:** You are your child's most important communication partner. Warm connection, slow speech, visual supports, and joyful sensory experiences create the best conditions for speech and language to grow.

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*This resource is for general guidance only. Always consult a speech-language pathologist or your child's therapy team for personalized advice.*

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