

Strategies to Improve Speech and Language Delay in Children with ASD

From the experiences of a special educator

As a special educator I have met a lot of children on the autism spectrum at different levels. Based on my personal experiences, I am sharing strategies and methods that can help improve speech and language delay in these children.

Assessment of the Child

First, get a proper assessment of the child's understanding and development. Observe how he or she looks at things around them. Is the child able to recognise everyday objects and places?

Take the child to the park. This is one of the best real-time settings for assessment and learning.

Day 1 – Ask these 10 questions

Start simply:

“Hey, let's go to the park.”

When you are just outside the park, ask:

“Where is the park?”

Wait for the answer. If the child answers, say “Yes, it is the park.” Then go inside.

Inside the park, keep asking and showing:

1. Hey, what is this? (Show the tree)
2. Hey, what is this? (Show the grass)
3. Hey, what is this? (Show the flower)
4. Hey, what is this? (Show the swings)
5. Hey, who are they? (Show the children around)
6. Oh, this child came with whom? Uncle / Aunty?
7. See, the boy is cycling?
8. Do you love cycling?
9. Oh, they are playing. You want to play?
10. See, it's a dustbin. We will throw the garbage here.

Three Possible Responses You May Receive

1. No response

The child may not answer at all. Still, the child is listening to the words you are saying. Repeated approaches will bring clarity. New words slowly enter the child's brain information system. In every case there is an add-on.

2. Partial involvement

A child who already has some words in his or her brain may respond to a few questions and stay quiet on others. The same process still works. Vocabulary gets stored, and repeated practice benefits the child.

3. Self-initiative

A child with milder symptoms may show advanced involvement. He or she can quickly learn the park environment along with many new words. These words become add-ons to sentence-making. But most of the time ASD also brings forgetfulness, so regular practice is very important.

Parents can often see positive results within 15 days if they stay consistent.

Important Things Parents Must Understand

Children on the spectrum see the world in a different way. This happens because of how their brain processes information. Most of the time children on the spectrum are visual learners. That is why real-time intervention in the park works so well. There the child gets nature, sensory input, and socialisation – everything together.

Parents should always look for ways in which their child can experience real-life situations. At the same time, every child is different. For more guidance you may contact us on the given WhatsApp number. We will provide a customised home plan for your child completely free of cost.

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