

INTERVENTIONS FOR AUTISM

WHAT IS EVIDENCE-BASED PRACTICE AND WHY IS IT IMPORTANT?

There are many interventions to support your child with autism throughout his/her life. However, some have been shown to be more effective than others. Evidence-based practices are interventions that are supported by multiple scientific research studies and have shown to have a positive impact for children with autism. They may be used by you or by your child's doctor, school or therapist to support your child.

EARLY CHILDHOOD EVIDENCE-BASED PRACTICES

Some examples of evidence-based practices that are commonly used to support toddlers and young children with autism in a variety of settings include:



- **Applied Behavior Analysis (ABA):** Intervention to understand a child's behaviors and support behavior change. ABA concepts are often included in autism interventions.
- **Parent-Mediated Intervention:** Parents are taught to use specific strategies with their child at home and/or in the community to support learning and skill development
- **Naturalistic Developmental Behavioral Intervention (NDBI):** Intervention happens in the child's typical settings, daily activities and routines.

For more information on evidence-based practices for autism, visit: delawareautismnetwork.org



WILL ALL OF THESE BE USED WITH MY CHILD?

Not necessarily. Each child is different and you know your child best. You are an important part of the team that will support your child and set individualized goals that your child will work toward. Your therapist or educator's knowledge and experiences will help to inform which practices will be the most effective for your child.

DO I NEED TO START SERVICES WHILE MY CHILD IS SO YOUNG?

Research shows interventions for young children with autism have a positive impact on their progress in school and in their lives. **Early services are key** to enhancing your child's abilities and skill development. You will also be involved and learn how to best support your child.

Additional autism resource guides at:

delawareautismnetwork.org