

KSHITIJ

A Parent's Journey of Understanding

Parenting Tips for a Child with Mild Autism



Understand • Support • Encourage • Empower

Meet Kshitij and His Family

A fictional story illustrating supportive parenting; every child is unique.



A family learning together

Kshitij is a curious child with his own interests, strengths, and support needs. Sometimes communication, changes in routine, or busy environments feel difficult for him.

The parents' goal

His parents want to understand what helps him feel safe, communicate, learn, and participate—not to change who he is.

Remember

Autism is a spectrum. Support should fit the individual child.

Chapter 1: A Safe and Loving Home

Kshitij feels more settled when he knows he is accepted.

1 सुरक्षित और प्रेमपूर्ण वातावरण बनाएं

- अपने बच्चे को सुरक्षा और अपनापन का एहसास दें।
- रोजमर्रा की दिनचर्या को शांत और नियमित रखें।
- बिना शर्त प्यार और स्वीकृति दिखाएँ।



The story

After a noisy day, Kshitij becomes upset. His parents notice that a quiet, predictable space helps him recover. They offer comfort without forcing him to talk.

Everyday example

After school, they give him a few quiet minutes, then invite him to choose a snack or activity.

Parent tip

Offer calm reassurance, respect sensory needs, and make home a place of belonging.

Chapter 2: Learning to Communicate

The family discovers that communication can take many forms.

2 संचार को प्रोत्साहित करें

- बातचीत के लिए धैर्य रखें और ध्यानपूर्वक सुनें।
- सरल और स्पष्ट भाषा का प्रयोग करें।
- हाव-भाव, चित्रों और संकेतों का उपयोग करें।



The story

Kshitij sometimes needs extra time to answer. His parents slow down, use clear words, and listen. They also accept pointing, gestures, pictures, or communication tools.

Everyday example

Instead of asking several questions at once, a parent says, “Would you like water or juice?” and waits patiently.

Parent tip

Follow your child’s communication style; do not demand eye contact or speech.

Chapter 3: Discovering Strengths and Interests

Kshitij's interests become a bridge to learning.

3

ताकतों और रुचियों पर ध्यान दें

- बच्चे की रुचियों को पहचानें और उन्हें प्रोत्साहित करें।
- नई कौशल सिखाने के लिए उनकी रुचि का उपयोग करें।
- छोटी-छोटी उपलब्धियों पर भी उनकी प्रशंसा करें।



हर बच्चा खास है!

The story

Kshitij loves puzzles and drawing. His parents use these interests to connect, encourage curiosity, and practise new skills in a motivating way.

Everyday example

Counting puzzle pieces becomes a playful way to practise numbers; drawing a favourite animal can lead to reading its name.

Parent tip

Notice what your child enjoys and build learning around their interests.

Chapter 4: Making Routines Predictable

A simple visual plan helps Kshitij know what comes next.

4 संरचना और दिनचर्या का पालन करें

- दृश्य कार्यक्रम और दिनचर्या का उपयोग करें।
- छोटे-छोटे चरणों में कार्य कराएं।
- नियमों और अपेक्षाओं को सतत बनाएं।

मेरा दिन	
	उठना
	स्कूल/गतिविधि
	खेलना
	नाश्ता
	आराम



The story

Unexpected changes can be hard for Kshitij. His parents create a simple picture schedule and prepare him when plans need to change.

Everyday example

A morning chart shows: wake up, get dressed, breakfast, school. Before an appointment, they explain what will happen.

Parent tip

Use visual schedules, small steps, and gentle warnings before transitions.

Chapter 5: Supporting Behaviour with Care

The parents look for the reason behind a difficult moment.

5 सकारात्मक व्यवहार को बढ़ावा दें

- सकारात्मक प्रोत्साहन (प्रशंसा, पुरस्कार) का उपयोग करें।
- डांट-डपट और मारपीट से बचें।
- धैर्य के साथ वैकल्पिक व्यवहार सिखाएं।



The story

One day, Kshitij cries when a preferred activity ends. His parents consider whether he needs more warning, a break, help communicating, or support with the transition.

Everyday example

They use a timer and say, “Two more minutes, then snack.” When he asks for a break, they praise the communication.

Parent tip

Focus on safety and understanding; teach helpful alternatives instead of using punishment.

Chapter 6: Practising Social Skills at His Pace

Kshitij learns through comfortable, supported experiences.

6 सामाजिक कौशल विकसित करें

- खेल के माध्यम से समूह गतिविधियों में शामिल करें।
- बारी-बारी से खेलने और साझा करने की आदत डालें।
- धीरे-धीरे सामाजिक व्यवहार का अभ्यास कराएं।



The story

Kshitij enjoys playing beside another child before joining a shared game. His parents arrange a short, low-pressure playtime with a familiar peer.

Everyday example

They start with building blocks together, taking turns only when Kshitij is ready, and allow breaks when needed.

Parent tip

Respect your child's pace and comfort; social participation can look different for each child.

Chapter 7: Parents Need Support Too

A supported parent can better support a child.



The story

Kshitij's parents realise that caring for themselves is part of caring for him. They share responsibilities, take breaks, and ask trusted people for help.

Everyday example

One parent takes a short rest while the other spends time with Kshitij. They also discuss questions with teachers or qualified professionals.

Parent tip

Seek practical support and make time for rest; you do not have to do everything alone.

Chapter 8: Celebrate Every Step

Progress is personal—and every meaningful step counts.



The story

Kshitij tries a new activity, communicates a need, or manages a transition with support. His parents celebrate the effort, not just the final result.

Everyday example

When he puts on his shoes with a little help, they acknowledge his effort and give him time to feel proud.

Parent tip

Notice small gains, be patient, and avoid comparing your child with others.

A Day in Kshitij's Life

Putting the parenting tips together

Morning

Use a picture schedule. Give one instruction at a time. Allow extra time to get ready.

After school

Offer a quiet break. Let Kshitij choose a preferred activity. Check whether he needs food, rest, or help communicating.

Evening

Prepare him for changes. Practise a small daily-living skill. Praise effort and keep bedtime predictable.

Example only: adapt the routine to the child's preferences, needs, and family life.

Helpful Responses: What Parents Can Try

Respond to the child's needs rather than assuming the reason.

Try

- Stay calm and use simple language.
- Offer choices and processing time.
- Notice sensory triggers and signs of stress.
- Praise specific efforts.
- Ask the child what helps, in an accessible way.

Avoid

- Shaming, threats, or harsh punishment.
- Forcing eye contact or social interaction.
- Giving many instructions at once.
- Assuming every behaviour is deliberate.
- Comparing the child with siblings or peers.

Build a Support Team

Families can work with people who know and respect the child.

Family

Share observations, routines, and strategies. Include the child in decisions in ways they can understand.

School

Coordinate with teachers about communication, transitions, strengths, and helpful classroom supports.

Professionals

When needed, consult qualified professionals for individualized guidance and support.

Choose support that respects the child's dignity, preferences, and individual needs.

Parent Reflection and Discussion

Use these prompts as a family or classroom activity.

What helps my child feel safe?

Notice calm spaces, sensory preferences, and reassuring routines.

How does my child communicate?

Look for words, gestures, pictures, actions, or communication devices.

What interests motivate my child?

Use favourite topics and activities to connect and practise skills.

What is one small goal?

Choose a meaningful, achievable step and celebrate effort.

Support Today... Stronger Tomorrow!



Understand your child. Celebrate their strengths. Grow together.