



# Tip Sheet



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## HOW TO JOIN A CHILD WITH AUTISM IN PLAY

[\(Click HERE to access a video tutorial\)](#)

Some children, particularly those with an autism diagnosis, do not often seek YOU as a play partner. In fact, despite your best efforts, they may ignore you, walk away when you try and join them, or even become agitated at your efforts to share toys.

Other times, the child may be really good at exploring on their own, but not expanding with new ideas or including you in the fun. Still other children may engage in play that includes repeating things from a movie or something memorized, but isn't true imaginative play.

Times like these can be frustrating! You want to connect and play with the child, but your perception is they don't want you to connect with them. The truth is, however, the child may simply not trust that your additions will make sense, be manageable, or meaningful.

The good news is...it is possible to engage a child with autism in such a way as to not only build necessary trust, but also guide the child to improve social and cognitive engagement. This video tutorial is designed to help you meet a child where they are and, step by step, show you how to engage the child in a new level of social engagement and play.

[\(Click HERE to access a video tutorial\)](#)

### Steps for joining the play of a child with autism

*(At any step, if the child escalates, stop and take a breath. Stay at this step and practice before moving to the next)*

1. Sit near the child
2. Bid for back and forth co-regulation
3. Allow the child to SEEK your contributions
4. Add new challenges/elaborations
5. Return to easy co-regulation
6. End interaction leaving child wanting more