AGES 3–14 EDUCATIONAL GUIDE

Understanding Autism



WHAT THIS IS

Autistic children may experience sensory input, communication, and routines differently. Different minds need different supports, and they are not broken.

HOW TO USE IT

1. Complete the sensory profile.
2. Add one support for each area.
3. Share it with teachers and caregivers.

EXAMPLE

"Sound: bothered by the hand dryer. Support: noise-reducing headphones in public bathrooms."

My child's sensory profile

Sense	More sensitive	Less sensitive / seeks	What helps
Sound	☐	☐	
Light	☐	☐	
Touch	☐	☐	
Taste or smell	☐	☐	
Movement	☐	☐	

Communication supports

- Visual schedules
- Clear, literal words
- Extra processing time

Predictability

- Warn about changes
- Use first-then
- Keep routines

Strengths to celebrate

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Autism is diagnosed by qualified professionals. This guide is neurodiversity-informed education, not an assessment. Support should recognize your child as an individual.

Educational self-help resource from Therapy with Sazzy, an initiative of Beyond Boundaries Consulting, LLC. It is not a diagnosis or a substitute for individualized professional care. In a crisis call or text 988, or call 911.