

# 7 Habits of Highly Successful Kindergarteners on the Autism Spectrum



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Autism Expert – has helped over  
1,000 children with autism



Learning objective:

- Participants will be able to identify ways to improve kindergarten readiness for children on the autism spectrum.



# Introduction

- Most common request in my developmental and behavioral pediatrics practice.
- Time for Kindergarten readiness is NOW!



# 4 Key Principles



# 6 Functional Development Levels

- Self regulation and shared attention (FDL 1)
- Engagement (FDL 2)
- Two-way Communication (FDL 3)
- Complex two-way Communication (FDL 4)
- Shared Meanings & Symbolic Play (FDL 5)
- Emotional Thinking (FDL 6)



# What is intensive intervention for autism?

National Research Council (2001) recommends:

- Begin early: 18 month-5 years
- 25 hours/week
- 1:1 or 1:2
- Engaging
- Strategic Direction
- Comprehensive programs address ASD
- Examples: ABA, PLAY Project, others





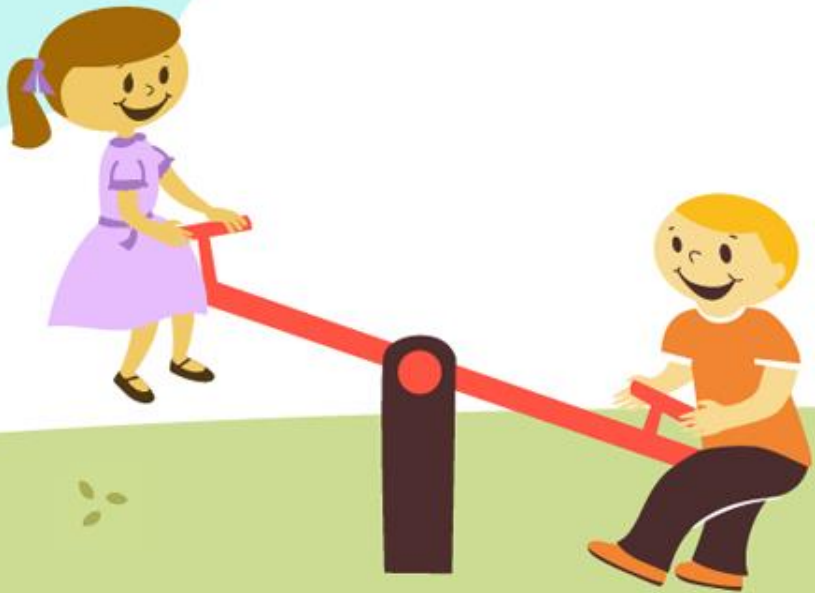
Remember that children with autism have tremendous potential.

Work intensively (intensive early intervention) to turn this potential into a greater quality of life.



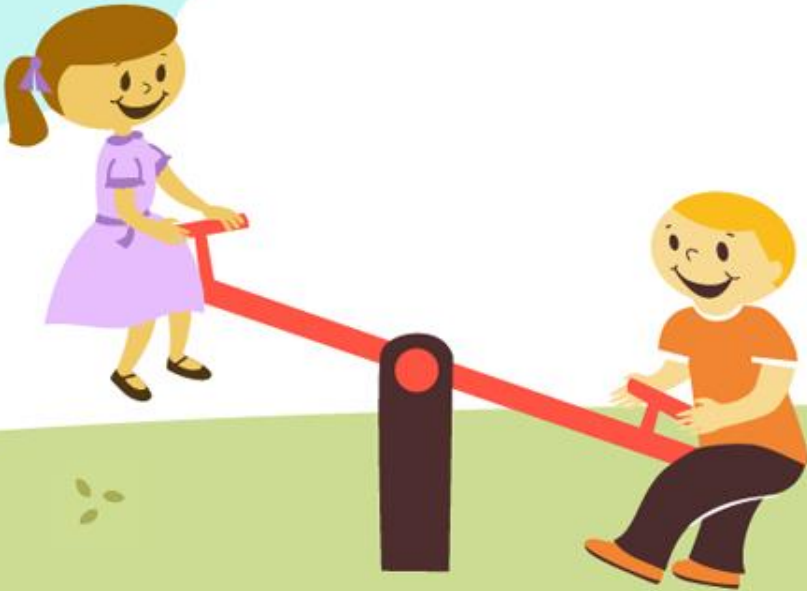


# Finding your balance as a parent



# Did you know?

The PLAY Project intervention for young children with ASD is evidenced-based and the *first* developmental, relationship-based, parent training model with research results that show improvements in autism symptomatology.



# The 7 Habits

- Habit 1. Go Along With the Gang
- Habit 2. Auditory Processing vs. being “a good listener”
- Habit 3. Getting the Main Idea
- Habit 4. Perform Sequences of Actions
- Habit 5. Working Memory – Holding many ideas
- Habit 6. Process Information Quickly
- Habit 7. Know How and When to Ask for Help



# Case studies:

3 types:

1. fast movers,
2. medium movers,
3. slow movers.



Conclusion:

Work to help your child obtain the 7 Habits BEFORE kindergarten

Work on moving up the Functional Levels toward 4-6



# Questions and Thank you!

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