

THE ULTIMATE GUIDE IN  
**UNDERSTANDING**  
**AUTISM**

BY **QUENNIE LIM**



**8 THINGS**

YOU NEED TO LEARN

**BEFORE**  
**TEACHING**  
**YOUR**

CHILD WITH AUTISM

Hi Parents! It's so nice to meet you.

As a fellow parent, I'm truly glad our paths have crossed—thanks to the internet!



In this guide, you'll discover that there are many hidden traits that children with autism have in common—traits that many parents are not aware of.

By the way, I'm Teacher Quennie. I'm here to help you understand autism more deeply and show you how this knowledge can help you better support your child.

You may have already learned a lot about how to handle your child—but today, you'll learn even more.

I'm here to guide you, because I believe in one simple mission: I teach parents about autism.

If you'd like to learn more about me—and decide if I'm the right person to guide you—you can visit my website at [www.oqpublishing.com](http://www.oqpublishing.com) and explore the About page.

Over the years, I've helped many parents and worked closely with children with autism. Now, I'm extending that support beyond my local community to reach parents who are seeking guidance from afar.

My goal is to equip families with practical strategies and the confidence to support their children.

I also want to be honest—teaching parents is not always easy. You know your child best, and your instincts matter. I'm not here to replace that, but to guide you with strategies that have worked in real situations.

The knowledge I share is not based on opinion alone. It is grounded in years of experience and supported by methods that have been tested and proven to help children with autism.

## Disclaimer:

Please keep in mind that I am a Special Education (SPED) teacher. I am trained to support children using a holistic approach. I am not an Occupational Therapist (OT) or a Speech Therapist (ST), and those roles are different from what I do.

When I say holistic, I mean supporting the child's overall development—not just speech or motor skills, but also behavior, learning, and daily life skills.

One challenge many parents face is that they are never taught these strategies. This often leads to frustration, delays, or feeling stuck not knowing what to do next.

The truth is, parents play a powerful role. When you learn the right strategies, you can support your child every day in meaningful ways.

And I'm glad you're here—because you are taking that step to learn and take action.

Let's get started.

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# 8 THINGS

**YOU NEED TO LEARN**

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**CHILD WITH AUTISM**

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# 1

## Establish Routine

Teaching routines can take time, especially because it can be difficult to change a child's established patterns. However, if you want your child to become independent in areas such as dressing, toileting, or eating, it is important to start as early as possible. Early teaching helps them develop skills so that, as they grow, they can do these tasks on their own—with little or no assistance.

Children with autism (CWA) do best when they are familiar with their routines. They thrive on predictability. You may notice this in how they play, dress, or even watch TV.

Although this need for routine can sometimes feel challenging, it can also be used as a strength. With the right approach, routines can help children manage daily living skills and participate more successfully in everyday activities.

# 2

## Difficulty Accepting Change

Children with autism (CWA) often have difficulty accepting change due to challenges with flexibility or a tendency toward rigid thinking.

Many parents are not aware of this. As a result, when a child experiences a tantrum or meltdown, it can be difficult to identify the root cause.

Some children have a strong resistance to change, making it harder to break established patterns, while others may tolerate change more easily.

As mentioned earlier, children with autism thrive on predictability. They tend to function more confidently in environments that are familiar—whether it's with certain people or in specific places.

The good news is that learning to accept change is possible. With the right strategies and consistent support, children with autism can gradually become more flexible over time.

# 3

## Use of Visual Support

Children with autism often learn best through visuals.

You may notice that they enjoy watching the same movies or advertisements repeatedly, or prefer familiar YouTube videos. Many are also drawn to signboards, pictures, or images in books.

Some children even have strong visual memory skills. I've worked with students who can draw detailed pictures from memory with impressive accuracy.

Because of this strength, using visuals when teaching your child can make a big difference. Visual supports help them understand better, remember information longer, and learn more effectively.

# 4

## Sensory Seeking Behaviour

When we talk about sensory, we are referring to our senses—sight, smell, hearing, touch, and taste.

Children with autism (CWA) may respond to these senses differently. Some are drawn to patterns or visuals, while others may avoid certain smells or seek specific textures.

This happens because they process sensory information differently. They may either seek or avoid certain sensory input.

Because of this, some parents may feel unsure about these behaviors. However, they are important to understand, not simply stop.

This is where an Occupational Therapist (OT) can help. They assess sensory needs and guide children in managing and redirecting these behaviors safely.

# 5

## Difficulty Interpreting Social Cues

Social cues are a form of communication that help us “read” situations and respond appropriately.

Children with autism (CWA) may have difficulty understanding these cues. They may struggle to read gestures, interpret body language, or understand complex language such as idioms.

When communicating with your child, it is helpful to be clear and specific. Pairing your words with gestures can also support their understanding.

Speech Therapists (ST) can provide valuable support in this area. They not only help with speech, but also with social communication skills.

# 6

## Lack of Social Interaction

Social interaction is the exchange between two or more people.

You may notice that your child prefers to play alone or avoid others. This often happens because children with autism (CWA) may have difficulty with social interaction.

One common challenge is joint attention—the ability to share focus on an object or activity with another person. During typical play, children naturally share toys, look at each other, and engage together. However, children with autism may prefer solitary play and may avoid eye contact.

Because of this, it is important to create opportunities for interaction. Spend time engaging with your child through simple, shared activities to help build their social skills over time.

# 7

## Breaking Down Tasks

Children with autism (CWA) often need to be taught explicitly. This means they benefit from clear, step-by-step instruction and guidance.

They usually learn best with concrete information because abstract thinking can be more difficult for them. Many are literal thinkers—what they see is often exactly how they understand it. If one step is missed, they may struggle to move on and can become stuck in the task.

That is why providing a step-by-step guide is so important. Adults play a key role in breaking tasks down into smaller, manageable steps so children can follow instructions more successfully.

# 8

## Structure

Children with autism (CWA) need structure. Structure helps them stay organized and understand what will happen next.

*They thrive on predictability and routine.*

When structure is built into daily tasks—such as toileting, bathing, or study time—they tend to perform better. It increases engagement and can help reduce behavior challenges.

There are different types of structure you can use. For example, physical structure (like placing a study table away from distractions) and task structure (such as adding tabs labeled 1–3 on a worksheet to show where to start and finish).

Now that you've learned this guide, it's time to start applying it in your daily life.

I encourage you to print this and place it somewhere you can see every day. Let it serve as a reminder of these important strategies. The more you understand your child, the more confident and patient you will become—leading to less confusion, fewer struggles, and more meaningful moments together.

I truly hope this guide has given you valuable insight into autism and helped you feel more prepared to support your child. If you have any questions or would like to connect further, please feel free to reach out anytime. I'm here and always happy to support you in any way I can.

# Another Awesome Guide That Will Help You Even More



If you want to learn the right strategies to teach your child at home, this Homeschool Guide will help you stay on the right track.

Even if you are not homeschooling, this guide provides effective, practical strategies you can use in your daily routine to better support your child at home.

Visit my website ([oqpublishing.com](http://oqpublishing.com)) to learn more.

BY

*Quennie*

*Lim*

**TALK TO ME.**



teachingparentsautism@yahoo.com