

SUPPORTING A CHILD WITH AUTISM: KEYS AND SOLUTIONS FOR EVERYDAY LIFE

For parents, educators, and caregivers supporting autistic children

Understand, support, and promote the development of your autistic child with confidence

Duration : 4 hours	Modules : 4 modules
Lessons : 10 lessons	Audience : Parents, educators, professionals working with autistic children
Format : 100% online, asynchronous	Provider : N° 11757351875
Certification : Qualiopi	Price : On request

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Course description

This training provides clear guidelines to understand autism and its daily impact on the child and family. You will learn to recognize sensory, emotional, and communicative particularities unique to each autistic child. Through practical advice and easy-to-implement tools, you will create a reassuring environment, promote autonomy, and develop social skills. You will also discover how to collaborate effectively with professionals and maintain family balance. This positive and caring approach equips you with concrete solutions to support your child with kindness and confidence.

Module summary

MODULE 1	Understanding Autism	3 lessons
MODULE 2	Supporting the Child on a Daily Basis	3 lessons
MODULE 3	The Role of the Family	3 lessons
MODULE 4	DYNSEO to Support a Child with Autism	1 lesson

Learning objectives

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- Understand autism as a neurodevelopmental disorder and recognize profile diversity
- Identify sensory and emotional particularities to anticipate stressful situations
- Spot communication difficulties and implement alternative supports
- Establish reassuring routines and adapt instructions to reduce anxiety
- Implement simple educational strategies and value each progress
- Collaborate effectively with school and professionals for educational continuity
- Encourage social skills development through adapted games and activities
- Support the family in accepting diagnosis and establishing caring communication
- Promote autonomy through gradual responsibilities and respect for the child's pace
- Discover COCO THINKS and COCO MOVES to support learning and inclusion

General information

Duration	4 hours
Target Audience	Parents, educators, special education professionals, caregivers supporting autistic children
Prerequisites	None, training accessible to all adults
Price	On request - VAT not applicable (article 261-4-4° du CGI)
Certification	Qualiopi - Certificate of completion

Organization

DYNSEO - Activity registration number: 11757351875

Lesson 1 - Autism: Sensory and Emotional Particularities

- Define autism spectrum disorder affecting communication and social relationships
- Recognize hypersensitivity to sounds, lights, smells, and textures
- Identify hyposensitivity and active search for strong stimuli
- Understand emotional intensity and difficulty verbalizing feelings
- Respect the need for routines and predictability to avoid overload

Lesson 2 - Communication and Relationship Difficulties

- Understand that communication difficulty does not mean lack of willingness
- Recognize language variability: absent, limited, or echolalia
- Identify non-verbal communication challenges with gestures and facial expressions
- Accept literal interpretation and misunderstanding of irony or jokes
- Use alternative supports: images, pictograms, AAC applications
- Value all communication forms: smiling, pointing, touching, eye contact

Lesson 3 - The Importance of Routines

- Understand the reassuring role of routines in reducing anxiety
- Facilitate learning through repetition and anticipation
- Reinforce autonomy through action sequences without constant help
- Encourage communication via visual schedules and pictograms
- Gradually introduce changes with clear announcements and support
- Prepare for new situations by detailing known and unpredictable elements

Lesson 1 - Adapted Educational Strategies

- Give simple, short, precise instructions one step at a time
- Use visual support: pictograms, images, spatial organization with labels
- Value efforts and partial successes rather than pointing out shortcomings
- Build on the child's interests to capture attention and facilitate learning
- Plan appropriate quiet times or physical activity based on sensory needs

Lesson 2 - Support at School and at Home

- Build consistency between environments with same strategies and pictograms
- Adapt school environment with visual instructions and quiet corners
- Apply same principles at home: clear routines, visual supports, break times
- Communicate regularly between parents and teachers to share what works
- Share successes as well as difficulties for comprehensive support

Lesson 3 - Developing Social Skills

- Teach basics: saying hello/goodbye, waiting turn, sharing objects
- Use board games to learn turn-taking and interaction
- Practice role-playing to prepare for real situations like doctor visits
- Create illustrated social stories to explain appropriate behaviors
- Value every social effort: eye contact, sharing attempts, spoken words
- Respect individual pace and prioritize quality over quantity of interactions

Lesson 1 - Accepting and Understanding the Diagnosis

- Welcome emotions related to diagnosis: surprise, worry, relief of understanding
- Understand diagnosis allows tailored support, not a limiting label
- Recognize autism as part of child's identity, not an illness to cure
- Identify child's strengths and talents beyond difficulties
- Seek help from professionals, associations, and other parents
- Move forward step by step with kindness toward child and oneself

Lesson 2 - Encouraging Autonomy

- Assign small age-appropriate responsibilities: tidying, setting table, choosing clothes
- Allow child to try independently, accepting imperfect results and longer time
- Offer choices between two simple options to develop decision-making
- Value successes even small ones to boost motivation and confidence
- Turn mistakes into learning opportunities by exploring strategies together
- Adjust expectations according to daily variations in fatigue and pace

Lesson 3 - Maintain a Peaceful Family Atmosphere

- Communicate with kindness: listen, acknowledge emotions, avoid constant blame
- Share quality time: screen-free meals, games, bedtime rituals
- Respect everyone's rhythms and allow quiet time for all family members
- Manage parental stress through rest, asking for help, self-care
- Value positive moments rather than pointing out what is wrong

MODULE 4

DYNSEO to Support a Child with Autism

1 lesson

Lesson 1 - The COCO THINKS and COCO MOVES Application

- Discover an educational and playful toolkit with over 30 games
- Work on language, memory, attention, logic, and spatial organization
- Develop social and emotional skills with emotion mime game and audio explanations
- Benefit from sports breaks every 15 minutes to release tension and avoid overload
- Progress at own pace with adaptable difficulty levels
- Use at home, school, or with professionals for comprehensive support

Teaching methods

- 100% online training accessible 24/7 from any device
- Educational videos, practical sheets, and visual tools to download
- Interactive quizzes to validate knowledge at end of each module
- Certificate of completion issued at end of training
- Direct access to COCO THINKS and COCO MOVES application for practical implementation
- Personalized support available via email for questions and guidance