



Your Backyard Can Be Your Autistic Child's Sanctuary

With so many parts of the world inaccessible for people with autism, it's hard to see your autistic child feel out of place. Although you work to help your child learn to cope and thrive in adverse environments, you can also create a space made just for them. Here are some tips for designing an autism-friendly backyard for your child.

Start with Safety Measures

There are several steps you can take to ensure your yard is as safe as possible:

- Install a fence. Your little one may [get curious and wander](#), but a solid boundary will keep them close to home.
- Consider [setting up a playhouse](#) or tent your child can use as a safe space if they get overwhelmed.
- Carefully inspect your yard for potential hazards and ensure it's [as accessible as possible](#).

Get Your Child's Input

Ask your child what they want out of a yard and use their interests as a guide.

- If your child has any sensory experiences they enjoy, such as the texture of [different ground covers](#), try to incorporate that into the design.
- Cater to your child's interests; for example, a space to perform experiments is perfect for the [budding scientist](#).
- Communicate with them throughout the process, and make changes gradually to give them [time to adjust](#).

Help Other Family Members Understand

Talking with other children, grandparents, and aunts and uncles can ensure your child's needs are respected and understood.

- [These books](#) are a great introduction to autism for children on and off the spectrum.
- Teach your children these alternative, accessible [versions of popular games](#).
- Talk to the adults in your child's life to clear up [myths and misconceptions](#) they may have about autism.

It may seem like a small gesture in the grand scheme of things, but creating an autism-friendly space can be a magnificent display of love. While the world may present challenges, you can ensure one little slice of it is just for them.

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