Autism Spectrum Disorder (ASD) Screening Checklist

BEYOND WORDS
FOCUS • COMMUNICATION • GROWTH

The core characteristics of Autism Spectrum Disorder (ASD) generally fall into two areas: **social communication and interaction** and **restricted or repetitive behaviors and interests**. This checklist is designed to help parents organize observations and prepare for conversations with educators or healthcare professionals. It is **not intended to diagnose autism.**

Social Communication & Interaction

☐ Difficulty reading social cues such as facial expressions or body language.

☐ Challenges maintaining natural back-and-forth conversations.

☐ Limited or inconsistent eye contact during conversations.

☐ Difficulty understanding or expressing emotions in social situations.

☐ Challenges developing or maintaining age-appropriate friendships.

Restricted & Repetitive Behaviors

☐ Repetitive movements such as rocking, hand-flapping, pacing, or lining up objects.

☐ Strong preference for routines and distress when routines change unexpectedly.

☐ Intense interests focused on specific subjects or activities.

☐ Sensitivity (or reduced sensitivity) to sounds, lights, textures, clothing, food, or other sensory experiences.

☐ Preference for predictable environments and familiar routines.

Additional Observations

☐ Notices details others may overlook.

☐ Prefers independent activities over group settings.

☐ Becomes overwhelmed in loud or busy environments.

☐ Benefits from visual schedules or predictable routines.

☐ Displays unique strengths, talents, or highly focused interests.

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Next Steps

If several of these characteristics consistently describe your child—and they are affecting daily life, school, or relationships—it may be helpful to speak with your pediatrician or request an educational evaluation through your child's school.

Remember, every child develops differently. This checklist is intended to support awareness and informed conversations, not provide a diagnosis.

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