

CHILDCARE REFERENCE GUIDE

for Babysitters & Caregivers

OF AUTISTIC CHILDREN

Thank you for caring for my child. This guide is designed to help you understand their needs, preferences, routines, and support strategies so everyone can have a safe, successful, and enjoyable experience.

Remember: Autism is part of who they are—not something that needs to be “fixed.” Patience, flexibility, and understanding go a long way.



Your patience, kindness, and understanding can make a tremendous difference!



CHILD INFORMATION

Child's Name: _____
Age: _____
Parent/Guardian Names: _____
Emergency Contact Number: _____
Pediatrician: _____
Medical Conditions: _____
Allergies: _____
Medications: _____

THINGS MY CHILD LOVES

- ☐ LEGO ☐ Video Games
☐ iPad ☐ Art
☐ Trains ☐ Music
☐ Dinosaurs ☐ Other: _____
☐ Airplanes _____



THINGS THAT MAY CAUSE STRESS

- ☐ Loud noises ☐ Strong smells
☐ Bright lights ☐ Waiting
☐ Changes in routine ☐ Transitions
☐ Being told “No” ☐ Other: _____
☐ Crowds _____



COMMUNICATION GUIDE

My child communicates best by:

- ☐ Spoken language
☐ Visual supports
☐ Gestures
☐ Communication Device
☐ Combination of the above



Helpful Communication Tips

- ✓ Use clear, simple language.
- ✓ Give one direction at a time.
- ✓ Allow extra processing time.
- ✓ Avoid rapid-fire questions.
- ✓ Use visual reminders when possible.
- ✓ Stay calm if they become frustrated.

EXAMPLES

Instead of:

“Can you maybe start getting ready?”

Say:

✓ “Put on your shoes.”

DAILY ROUTINE

Preferred Schedule

Time	Activity
:	
:	
:	
:	

MEALS & SNACKS

Favorite Foods: _____

Foods to Avoid: _____

Drink Preferences: _____



SENSORY NEEDS

Things That Help My Child Stay Calm

- ☐ Headphones ☐ Swinging
☐ Quiet room ☐ Movement breaks
☐ Weighted blanket ☐ Deep pressure hugs
☐ Fidget toys ☐ Other: _____
☐ Stuffed animal _____



Signs My Child May Be Becoming Overwhelmed

- ☐ Covering ears ☐ Crying
☐ Pacing ☐ Aggression
☐ Repetitive behaviors ☐ Running away
☐ Increased volume ☐ Other: _____
☐ Refusing directions _____

MELTDOWN SUPPORT PLAN

- STEP 1**
Remain calm.
Your calm helps them stay calm.
- STEP 2**
Reduce demands.
Avoid arguing or lecturing.
- STEP 3**
Move to a quiet environment if possible.
- STEP 4**
Offer preferred calming tools.
Examples: headphones, favorite toy, stuffed animal, sensory item.
- STEP 5**
Allow time and space.
Many autistic children cannot process language during a meltdown.

DURING A MELTDOWN

- DO**
- ✓ Speak calmly
 - ✓ Give space
 - ✓ Ensure safety
 - ✓ Use few words
 - ✓ Stay nearby
- DON'T**
- ✗ Yell
 - ✗ Threaten punishment
 - ✗ Force eye contact
 - ✗ Ask lots of questions
 - ✗ Take behavior personally



BEHAVIOR SUPPORT

Positive Reinforcement Works Best

My child responds well to:

- ☐ Praise ☐ Favorite snack
☐ Stickers ☐ Preferred activity
☐ Extra screen time ☐ Other: _____

Helpful Phrases

- ♥ “Great job!”
- ♥ “Thank you for listening.”
- ♥ “You worked really hard.”
- ♥ “I love how you stayed calm.”

SAFETY INFORMATION

Does My Child Wander? ☐ Yes ☐ No

Triggers for Wandering: _____

Water Safety Concerns: ☐ Yes ☐ No

Other Safety Concerns: _____



EMERGENCY PLAN

Contact Parent Immediately If:

- ☐ Injury ☐ Medication concern
☐ Severe meltdown ☐ Illness
☐ Running away ☐ Other: _____

PARENT CONTACT

Name: _____

Phone: _____

BACKUP CONTACT

Name: _____

Phone: _____

CAREGIVER NOTES

What went well today?

Any concerns?



Every child has brilliance.
Every family deserves support.



Raising Brilliance LLC

ENCOURAGING. EQUIPPING. ADVOCATING.

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