



Helping Your Child Increase Eye Contact

Children with autism or other social communication differences often have difficulty sharing eye contact with others. Eye contact is one of many ways you and your child can tune in with each other.

Try these strategies to increase opportunities for eye contact with your child:

- Play back-and-forth activities with your child (like peek-a-boo, tickle game, silly faces, songs with actions, etc.).
- Position yourself face-to-face with your child so it is easy for your child's eyes to meet yours.
- Adjust your body to be closer or farther away, bring the child up to you, or get down to their level.
- Talk about what your child is interested in.
- Join in with what your child is doing.
- Pause the activity and allow a few seconds of wait time for your child to look your way and then continue.

If you notice your child is looking at you more, what you are doing is working. It is okay if your child does not look at you all of the time.