



Fall Tips for Children with Autism

Simple, supportive strategies to help your child navigate seasonal changes with confidence.

- 1 Ease into fall clothing** – Try on jackets or layers for short periods during a favorite activity to build comfort with new textures.
- 2 Prepare for the return to school** – Use a visual schedule and visit the school ahead of time to help your child feel more confident and familiar.
- 3 Adjust to earlier sunsets** – Add cozy lighting and keep evening routines predictable to ease the transition as daylight fades.
- 4 Make Halloween flexible** – Let your child choose how (or if) they'd like to celebrate—there's no one right way to participate.
- 5 Explore new foods gently** – Involve your child in prepping or smelling fall foods without pressure to eat.
- 6 Support emotional expression** – Use visuals or simple scripts to help your child process changes in routine, setting, or season.
- 7 Preview changes using visuals** – First/then boards or visuals can help your child feel more prepared for fall transitions.
- 8 Try sensory-friendly fall activities together** – Flip to the next page for fun, low-pressure ideas you can do at home or outdoors!



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Ready to help your child achieve meaningful progress?

Call us at 888.922.2843 or visit www.behaviorfrontiers.com to learn more.



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Fun Things to Try This Fall with Your Child with Autism

Choose what fits your child's interests and skip the rest—no pressure!



Leaf Scooping + Sorting – Collect colorful leaves on a walk, then sort them by color, shape, or size at home.



Create a Pumpkin Washing Station – Fill a tub with water and soap. Let your child scrub mini pumpkins with sponges for calming sensory play.



Make a Fall Sensory Bin – Fill with corn, leaves, acorns, and scoops for tactile, open-ended fun.



Decorate Pumpkins Without Carving – Use stickers, paint, or pom-poms to create fun pumpkin art.



Go on a Glow Walk at Sunset – Explore the dark safely with flashlights and glow sticks as the light fades.



Fall Windows Clings - Use fall-themed window clings to decorate windows with pumpkins, apples, or fall leaves.



Backyard Autumn Obstacle Course – Jump over leaf piles, roll pumpkins, or crawl through pop-up tunnels or blanket forts.



Have a Cozy Fall Movie Picnic – Watch a seasonal movie in a blanket fort with snacks and soft lighting.



Set Up a Fall Food Tasting Corner – Offer small bites of pumpkin bread, or cinnamon snacks—no pressure to try!

Let us know how we can support you!