



TEACHING LIFE SKILLS

to Children with Autism

A STEP-BY-STEP GUIDE



Life skills build independence, confidence, and a sense of belonging.
Small steps today create a more independent tomorrow.

WHAT ARE LIFE SKILLS?

Life skills are everyday abilities that help children navigate daily routines, interact with others, and take care of themselves.



WHY THEY MATTER

- Builds confidence and self-esteem
- Promotes independence
- Prepares for school, home, and community
- Supports long-term success

COMMON LIFE SKILLS

- ✓ Daily living (hygiene, dressing)
- ✓ Safety awareness
- ✓ Communication
- ✓ Money management
- ✓ Health and wellness
- ✓ Social skills

A STEP-BY-STEP APPROACH

1

ASSESS THE SKILL



Identify the skill your child needs most right now.

2

BREAK IT DOWN



Break the skill into small, manageable steps.

3

TEACH STEP-BY-STEP



Use visuals, modeling, and clear instructions.

4

PRACTICE REGULARLY



Practice in different settings and with support.

5

REINFORCE SUCCESS



Celebrate progress and provide positive feedback.

6

BUILD LASTING INDEPENDENCE



Gradually fade support as confidence grows.

EXAMPLES OF LIFE SKILLS

- ✓ Getting dressed
- ✓ Brushing teeth
- ✓ Preparing a snack
- ✓ Cleaning up
- ✓ Following routines
- ✓ Asking for help
- ✓ Making choices



TIPS FOR SUCCESS

- ✓ Be patient and consistent
- ✓ Use visual supports
- ✓ Celebrate small wins
- ✓ Practice in real-life situations
- ✓ Adapt to your child's strengths



REMEMBER

Every child learns at their own pace. Your support today helps build a more independent tomorrow.



DID YOU KNOW?

Life skills help children feel more confident, capable, and prepared for the world around them.



KEEP BUILDING A BRIGHTER TOMORROW

With patience, practice, and the right support, your child can achieve amazing things!



YOU ARE THEIR BIGGEST CHEERLEADER

Keep encouraging.
Keep believing.
Keep making a difference.



For more resources, support, and practical strategies, visit

lifeafterabaclassroom.com

SUPPORT. UNDERSTAND. EMPOWER.

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