

A Day in the Life of a Child with Autism: An Insight into the Unique Perspective of a Special Child



Kai's World: A day in a life of child with ASD

by Lenyfer Garrido

★★★★★ 5 out of 5

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Morning: A Sensory Symphony

The day begins with a gentle awakening, as the room fills with the soft rustling of leaves outside the window and the faint chirping of birds. However, for a child with autism, these seemingly ordinary sounds can be overwhelming, like a symphony of sensory overload that floods their senses.

The child's body responds instinctively, seeking solace from the sensory barrage. Hands flap rhythmically, providing a calming rhythm, while their feet press firmly against the carpet, seeking grounding. Clothing feels too tight or scratchy, causing discomfort that can overshadow the joy of a new day.

Breakfast: Navigating Social Expectations

Breakfast time presents a new set of challenges. The family table, once a place of shared laughter and conversation, becomes a daunting social arena where the child with autism struggles to understand the unspoken rules.

Eye contact, a seemingly effortless social cue, proves difficult, creating an invisible barrier between the child and their loved ones. Conversation is equally puzzling, as the child may not fully grasp the nuances of language or the expected flow of a conversation.

School: Learning in a Different Way

School is a microcosm of challenges and triumphs for the child with autism. The classroom, with its constant buzz of activity and multitude of faces, can be a source of sensory overwhelm.

However, within this stimulating environment, the child's unique strengths shine through. They may excel in visual learning, absorbing information through pictures and videos. Their attention to detail and ability to focus on specific tasks can astound their teachers.

Afternoon: Exploring Sensory Delights

After school, the child seeks solace in activities that soothe their senses. Exploring nature's textures with their fingertips, they find comfort in the rough bark of a tree or the velvety petals of a flower.

Water play offers another sensory haven. The gentle caress of water on their skin brings a sense of calm, while the colorful bubbles and swirling currents provide visual stimulation that delights them.

Evening: The Importance of Routine

As evening approaches, the day's sensory rollercoaster gradually slows down. The child finds comfort in routine, which provides structure and predictability in an often-unpredictable world.

A quiet bath, followed by a favorite meal and the familiar steps of a bedtime story, create a sense of safety and belonging. As they drift into sleep, their bodies and minds finally find the peace and stillness they have been longing for all day.

Embracing the Journey

The life of a child with autism is a tapestry of unique challenges and extraordinary moments. It is a journey filled with obstacles, but also with remarkable resilience, creativity, and love.

For parents, educators, and loved ones, it is essential to approach this journey with empathy, understanding, and a willingness to learn from the child's perspective. By embracing their unique strengths and providing support tailored to their needs, we can help them navigate the complexities of their world and unlock their full potential.

Additional Resources

- [Autism Speaks](#)
- [National Autism Society](#)
- [CDC: Autism Spectrum DisFree Download](#)

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