

Body Positioning

Body positioning is important to make sure you are the most available you can possibly be for eye contact and other types of interaction. It is crucial to make your job as easy as possible. You never want to replace sound and simple strategies with working harder.

- Lower your body when working with a young child: The typical vision of a child with autism is downward. You want to make it as easy as possible for your child to look at you. This is fairly obvious when doing a program at a table, but when you are engaged in free play, it becomes another story.
- Be in front of your child: Your child may be running around the room from location to location. You want to be in front of your child. Move objects your child is climbing or bouncing on so you can always be in front of them if they turn their back to you.
- Gauge your distance. If you are too far from your child you will be out of their immediate vision and attention, but you can also be too close. Some children need a few feet to increase their ability to look at you.
- Stay with your child: The previous three steps won't be possible if you don't stay with your child. This is about timing more than anything. It is important to not lag behind and be one step behind your child. Think of it like a dance when you are in sync with the other person.
- Vary your positions to add fun and humor to the program. Stand over a child lying on their back, lean over a couch to be in front of your child, lie underneath a child so they can look down at you, or place them on a high surface so you can stand and hold their hands.
- Props- Use props to bring interest into the play. Look through the other end of a tunnel, use hoses to look through, or peek around the corner of various structures.

Please feel free to ask any questions [facebook.com/voglautism](https://www.facebook.com/voglautism) or call Andrew Vogl directly at 860-391-5124.