Supports that fit my goals

The best support starts with what matters to me.



The tiny idea

Speech-language support, occupational therapy, visual school supports, or help with anxiety may support real-life goals. A clinician can also check sleep, pain, and digestion.

Look inside: what is happening?

A support adds a tool where it helps

1. **What matters to me?**
   name a goal or hard moment
2. **Choose a tool**
   with trusted people
3. **Try it together**
   adjust space or add support
4. **Check how it feels**
   keep what helps me

Try this

Choose one thing you would like help with: communication, sensory comfort, school routines, sleep, or stomach concerns.
Remember: Good support listens to me and checks whether it is actually helping.

A scripture to keep

“Bear ye one another’s burdens.”

Galatians 6:2

A true thing about me

I can let trusted people help me.

The science, in plain words

Supports that fit my goals

What this lesson means

Supports can work together and should reflect the child's goals, comfort, and autonomy. Options may include speech-language services, AAC, occupational therapy for daily living goals, school accommodations, feeding or mental-health support, and gentle mind-body practices such as music, breathing, prayer, or movement. These practices may support relaxation, comfort, or connection; evidence and goals vary by approach. The child's experience, safety, and goals can guide what families explore.

A few supportive next steps

- Ask the child what she wants to feel easier and how she prefers to communicate.
- Choose one goal with her and agree on what she would notice if a support feels helpful.
- Check comfort, participation, and her feedback together; adapt the plan as her needs change.

Keep this in view

In my faith, I believe God designed our bodies with a capacity to heal through Him, in His name and in His timing, and gives each of us wisdom, tools, and direction for our unique journeys. A clinician can help us explore health questions.

Sources to explore

CDC, Treatment and Intervention for Autism

American Academy of Pediatrics, Complementary and Integrative Therapies for Autism (updated 2026)

NIH NCCIH, Autism and Complementary Health Approaches

Sources checked September 2026. Research can change; these links are for further reading.