



Ways to Increase Eye Contact

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This information is not meant to diagnose or treat and should not take the place of personal consultation, as appropriate, with a qualified healthcare professional and/or occupational therapist.

Strategies to promote eye contact:

- Model appropriate eye contact
- Bring a toy or object to your eye level to encourage the child to look at your eye level
- Praise all eye contact immediately after it has occurred- “Good looking”
- Pause before responding to a question they have asked you to encourage them to look to see if you heard them, as soon as they look praise their eye contact
- Use visual cues, such as a card with an eye on it that says “look”, as it has been proven children with autism learn better through visual prompts than verbal direction

Promoting eye contact through play:

- Face painting – promote eye contact through being in a close proximity to each other, encourages comfort during this interaction
- Peek a boo
- Push them on a swing – stand in front of them and encourage eye contact



References

The Hanen Centre

<http://www.hanen.org/Helpful-Info/Articles/Four-Tips-for-Helping-Children-with-Autism-Make-Ey.aspx>

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Austism Speaks

<https://www.autismspeaks.org/expert-opinion/why-it-so-hard-someone-autism-make-eye-contact>

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Austism Treatment Center

<https://autismtreatmentcenter.org/knowledge-base/ways-to-improve-eye-contact-and-speech/>

Raising Children

<https://raisingchildren.net.au/autism/communicating-relationships/communicating/communication-asd>

National Institute on Deafness and Other Communication Disorders

<https://www.nidcd.nih.gov/health/autism-spectrum-disorder-communication-problems-children>

Applied Behaviour Analysis Edu

<https://www.appliedbehavioranalysisedu.org/6-strategies-for-encouraging-a-non-verbal-child-to-communicate/>



