

Finding the Right Program

What to ask as a parent or caregiver



Questions to Ask



What are your goals ?

Consider starting with programs that emphasize fun, participation and physical activity.



Is there an individualized pace of skill development?

Look for programs that can adapt activities for each participant's skill level. Ask if they have experience coaching Autistic athletes.



Can I share some support strategies?

Gauge how open the coach is to collaboration and give them tips to set the athlete up for success.

When you are considering enrolling your child in a community recreation or sport program, it can be difficult to know where to start.

Considering your goals and the adaptations available can set the stage for success. Some sports have categories designed for those who require specialized support.

