

Introduction

Autism Spectrum Disorder (ASD) affects how a person thinks, interacts, communicates, and experiences the world. Recognising early signs of autism can help in seeking timely intervention and support. Below is a list of common early signs and symptoms of autism, particularly in young children.

Most Common Early Signs and Symptoms of Autism

1. Social Communication and Interaction Difficulties

- ☐ Limited eye contact or facial expressions
- ☐ Rarely responds to their name by 12 months of age
- ☐ Lack of interest in interacting with people or playing social games (like peek-a-boo)
- ☐ Difficulty understanding other people's feelings or talking about their own
- ☐ May appear unaware when others are talking to them

2. Repetitive Behaviors and Restricted Interests

- ☐ Engaging in repetitive movements (rocking, hand-flapping, spinning)
- ☐ Insistence on sameness, routines, or rituals
- ☐ Intense interest in specific topics or objects
- ☐ Unusual attachment to objects (carrying the same toy everywhere)

3. Language and Communication Delays

- ☐ Delayed speech and language skills
- ☐ Repeating words or phrases (echolalia)
- ☐ Difficulty initiating or maintaining conversations
- ☐ Not using gestures like pointing or waving

4. Sensory Sensitivities

- ☐ Overreacting or underreacting to sensory stimuli (sounds, lights, textures)
- ☐ Unusual responses to pain, smell, or taste
- ☐ May cover ears or avoid touch

5. Other Developmental Differences

- ☐ Unusual posture, clumsiness, or difficulty with coordination
- ☐ Regression in previously acquired skills (e.g., loss of words or social engagement)
- ☐ Inconsistent response to social cues or environments

Important Notes and Disclaimer

Warning and Disclaimer:

This checklist is intended **only for educational and informational purposes**. It is **not a diagnostic tool** and should **not replace professional medical advice, diagnosis, or treatment**. If you notice any of the above signs in a child or adult, it is recommended to consult with a licensed healthcare provider or a developmental specialist for a comprehensive evaluation.

We do not claim to diagnose or treat autism. Any concerns should be addressed with a qualified professional.