

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.