



Checklist for Possible Autism Support Needs in Children

This checklist is designed to help parents and carers notice patterns over time and support informed conversations with a GP, health visitor, SENCO, or other professional. It is not intended to diagnose autism or any other condition. Children develop in different ways, and behaviours may have more than one explanation. What matters most is whether these patterns are persistent, happen across settings, and impact a child's daily life or wellbeing.

Communication and Language

| Observation | Present | Impacting daily life | How long |
|---|--------------------------|--------------------------|----------|
| Delayed speech or limited use of spoken language | <input type="checkbox"/> | <input type="checkbox"/> | _____ |
| Difficulty starting or maintaining conversations | <input type="checkbox"/> | <input type="checkbox"/> | _____ |
| Repeating words or phrases from others or media | <input type="checkbox"/> | <input type="checkbox"/> | _____ |
| Taking language very literally | <input type="checkbox"/> | <input type="checkbox"/> | _____ |
| Limited use of gestures, facial expressions, or eye contact | <input type="checkbox"/> | <input type="checkbox"/> | _____ |

Social Interaction

| Observation | Present | Impacting daily life | How long |
|---|--------------------------|--------------------------|----------|
| Prefers to play alone most of the time | <input type="checkbox"/> | <input type="checkbox"/> | _____ |
| Finds group settings overwhelming | <input type="checkbox"/> | <input type="checkbox"/> | _____ |
| Struggles to understand social rules or turn-taking | <input type="checkbox"/> | <input type="checkbox"/> | _____ |
| Difficulty understanding others' emotions | <input type="checkbox"/> | <input type="checkbox"/> | _____ |
| Appears socially withdrawn or unsure how to join in | <input type="checkbox"/> | <input type="checkbox"/> | _____ |

Behaviour and Routines

| Observation | Present | Impacting daily life | How long |
|---|--------------------------|--------------------------|----------|
| Becomes distressed by changes to routine | <input type="checkbox"/> | <input type="checkbox"/> | _____ |
| Strong need for sameness or specific rituals | <input type="checkbox"/> | <input type="checkbox"/> | _____ |
| Intense interests that dominate play or conversation | <input type="checkbox"/> | <input type="checkbox"/> | _____ |
| Repetitive movements such as rocking or hand flapping | <input type="checkbox"/> | <input type="checkbox"/> | _____ |

| | | | |
|---|--------------------------|--------------------------|-------|
| Difficulty transitioning between activities | <input type="checkbox"/> | <input type="checkbox"/> | _____ |
|---|--------------------------|--------------------------|-------|

Sensory Differences

| Observation | Present | Impacting daily life | How long |
|---|--------------------------|--------------------------|----------|
| Strong reactions to noise, light, textures, or smells | <input type="checkbox"/> | <input type="checkbox"/> | _____ |
| Avoids certain clothes, foods, or environments | <input type="checkbox"/> | <input type="checkbox"/> | _____ |
| Seeks sensory input such as spinning or pressure | <input type="checkbox"/> | <input type="checkbox"/> | _____ |
| Appears overwhelmed in busy places | <input type="checkbox"/> | <input type="checkbox"/> | _____ |

Emotional Wellbeing and Daily Life

| Observation | Present | Impacting daily life | How long |
|--|--------------------------|--------------------------|----------|
| Frequent meltdowns or shutdowns | <input type="checkbox"/> | <input type="checkbox"/> | _____ |
| High levels of anxiety or distress | <input type="checkbox"/> | <input type="checkbox"/> | _____ |
| Sleep difficulties | <input type="checkbox"/> | <input type="checkbox"/> | _____ |
| Difficulty coping at school or childcare | <input type="checkbox"/> | <input type="checkbox"/> | _____ |

Needs significant
adult support with
daily routines

Notes and additional concerns

My Virtual Carer supports families to coordinate care with clarity, compassion, and shared understanding.