

**DR. JAC DEN HOUTING**

HOW CAN AUTISTIC  
CHILDREN LIVE THEIR  
BEST LIVES?



How can Autistic children live their  
**best lives?**





What helps  
**you** live a  
good life?



It is hard for me to run

Have you had fun?

It is hard for me to do chores around the house

Have you been happy with the way you are?

I feel sad or blue

Have you been able to do the things you  
want in your free time?

I forget things

Have your parent/s treated you fairly?

I worry about what will happen to me

Have you been able to talk to your parent/s when  
you wanted to?

Other kids do not want to be my friend

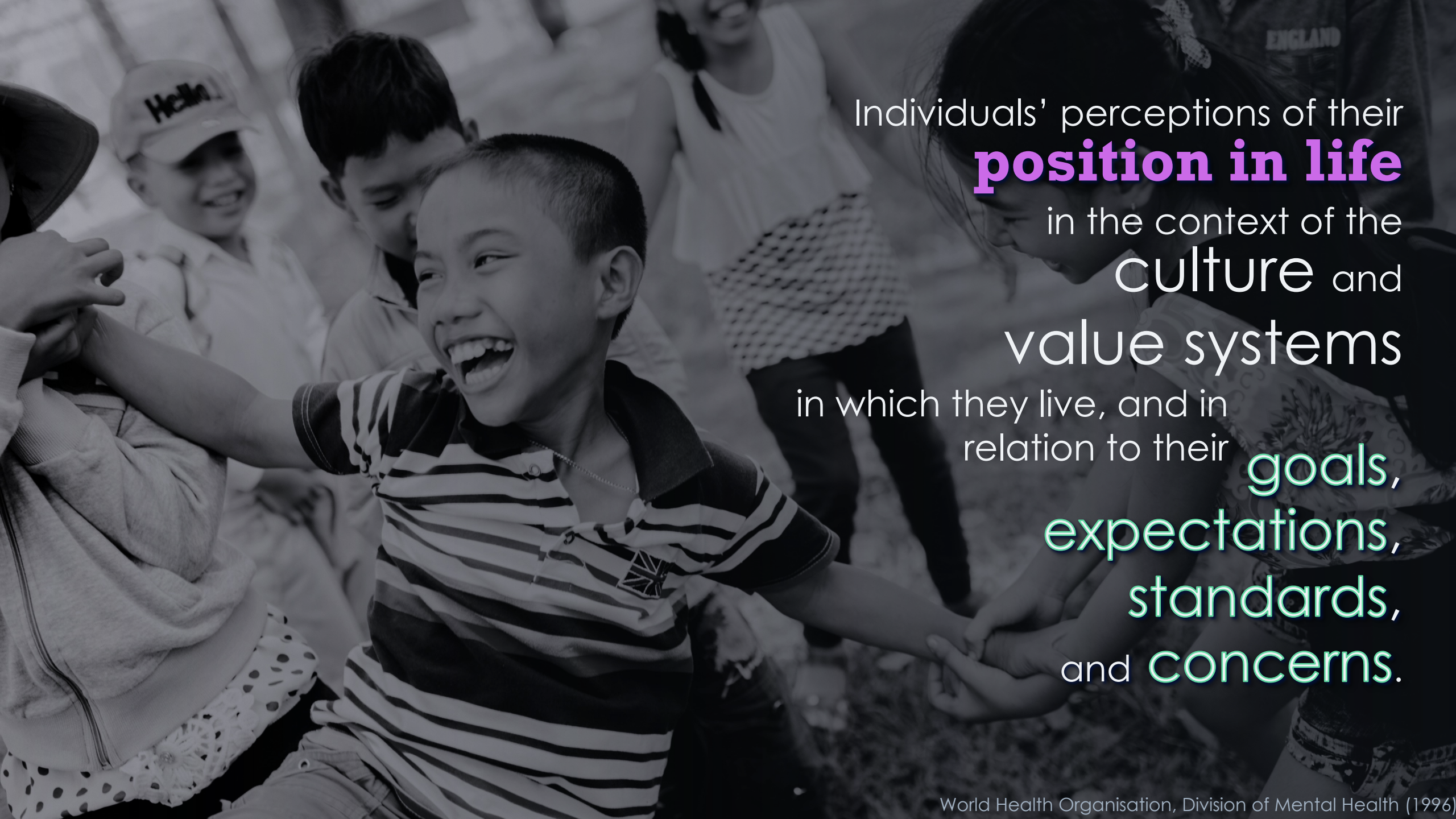
Have you and your friends helped each other?

I cannot do things that other kids my age can do

Have you been happy at school?

I have trouble keeping up with my schoolwork





Individuals' perceptions of their  
**position in life**  
in the context of the  
**culture** and  
**value systems**  
in which they live, and in  
relation to their **goals,**  
**expectations,**  
**standards,**  
and **concerns.**

"we have our entire house full of soft blankets and  
"if you do feel like even one person is not happy, we should make sure we  
play yes! We have periods where we have a very strict rule  
rule saying no to things that are not helpful or happy."  
Those things are what helps make her day better"



Finding  
"the things that  
light the child up"

Making positive  
connections  
with people who  
"get" the child

Not being  
accepted or  
included has  
detrimental  
impacts

Being accepted by others  
in a way that allows the  
child to be themselves

In enabling physical  
and sensory  
environments

Having a sense  
of control over  
their own life

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Guiding principles

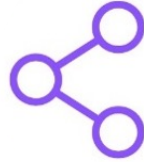
1

Understanding autism



2

Acceptance



3

Knowing & sharing



4

Feeling safe & comfortable

Connection

5



Learning & play

6



Mind & body

7



Happy, healthy, & flourishing