



AUTISM AT ACU

Repetitive behaviours

Many autistic people engage in repetitive behaviours, like hand flapping, rocking, spinning, lining up objects, fidgeting with objects or vocalisations. These behaviours may calm their anxiety, focus their concentration, or help them deal with overwhelming sensations or emotions.

What you can do to help

- Understand that these behaviours help the person function.
- Be aware that engaging in repetitive behaviour does not mean the person isn't listening to you (it might actually be helping them listen).
- Don't make anyone feel bad for doing something they need to do.

Autism
Awareness
Acceptance
Appreciation