

Early Signs of Autism

A Guide for Kerala Parents — What to Look For

Autism Spectrum Disorder (ASD) affects 1 in 65 Indian children. Early identification — ideally before age 3 — leads to significantly better outcomes. This guide explains the early signs Kerala parents often miss, and what to do if you notice them.

Remember: Every child with autism is different. Not all signs appear in every child. This guide is for awareness only — a qualified professional must make any diagnosis.

12 Early Signs to Watch For

1. No eye contact

By 6 months, most babies make frequent eye contact. Limited or absent eye contact is one of the earliest signs of autism.

2. Does not respond to name

By 12 months, children typically turn when their name is called. Not responding — even with normal hearing — is a key early sign.

3. No pointing or gesturing

By 12 months, children should point to show interest or ask for things. Absence of pointing is a significant red flag.

4. Delayed speech

No single words by 16 months, or no two-word phrases by 24 months, may indicate autism or another developmental condition.

5. Loss of skills

If your child was saying words or making eye contact and then stopped, seek help immediately. Regression is always a red flag.

6. Repetitive behaviours

Hand flapping, spinning objects, lining up toys, or insisting on sameness in routines are common signs of autism.

7. Limited play

Children with autism often play differently — they may not engage in pretend play, or may play with toys in unusual ways.

8. Difficulty with change

Strong distress when routines change, or extreme attachment to specific objects or sequences.

9. Sensory sensitivities

Covering ears in response to normal sounds, avoiding certain textures, or seeking intense sensory experiences.

10. Social withdrawal

Little interest in other children, preferring to be alone, not sharing enjoyment of activities with parents.

11. Unusual speech patterns

Repeating words or phrases (echolalia), speaking in a flat or unusual tone, or difficulty having a conversation.

12. Does not show things

By 14-15 months, children typically show objects to parents to share interest. Not doing this is a red flag.

What to Do If You Notice These Signs

- Do not wait and see — early intervention makes a significant difference
- Talk to your child's paediatrician and ask for a developmental assessment
- Request a referral to a child psychologist or developmental paediatrician
- Contact Ficen for a free consultation — we will guide you through the next steps
- Remember: a diagnosis is the beginning of support, not a verdict

Noticed any of these signs? Talk to our team for free — no pressure, no cost.
Call or WhatsApp: 6238747182 · contact@ficen.info · ficen.in Sreekaryam,
Trivandrum, Kerala