



GrowSmart EPSDT Health Promotion:

April is Autism Acceptance Month

This month encourages families, caregivers, educators, and peers to recognize and celebrate the unique strengths, talents, and perspectives of children with autism, as well as the different ways they communicate, learn, and experience the world. By fostering compassion and creating environments where all children feel seen, valued, and included, we help build a more supportive and understanding world for every child and family touched by autism.

What is Autism?

Autism is a developmental difference that influences how some children communicate, play, learn, and interact with others. Each child with autism is unique, with their own strengths, interests, and ways of expressing themselves. Rather than being an illness, autism represents a different way of experiencing and understanding the world, and recognizing these differences helps us better support and celebrate every child's individuality.

What do doctors say?

Doctors, including pediatricians and developmental specialists, recommend early developmental screenings starting as young as 18–24 months, along with early intervention services that help support communication, social skills, and overall development. They also encourage families to maintain routine EPSDT well-child visits to monitor growth, behavior, and developmental progress. When additional support is needed, providers may connect families to helpful therapies such as speech therapy, occupational therapy, or behavioral services to ensure each child receives the individualized care they need.

Tips for Families

- Encourage communication using simple language, gestures, visuals, or pictures.
- Support sensory needs by offering quiet spaces, headphones, or sensory tools if a child becomes overwhelmed.
- Build on strengths by celebrating interests and talents—they help children learn and grow.
- Promote inclusion by encouraging shared activities and patience among siblings and peers.
- Stay connected with your child's doctors, therapists, and teachers to support learning and development.

Stay Involved in Your Child's Care

- Yearly well-child visits
- Track growth and development
- Ask about communication and sensory supports
- Create simple, consistent routines
- Provide calming or sensory tools
- Encourage enjoyable daily activities
- Ask questions any time you have concerns

Healthy Growth Timeline

Age	Key Actions
18–24 months	Developmental and autism-specific screenings.
Yearly	Review social, emotional, communication, and learning milestones.
Any time	Ask your child's doctor for a developmental evaluation.

Need help or resources?

Trillium Health Resources helps families stay healthy by covering checkups, sharing easy tips on eating and being active, and offering tools for healthy living.

Call Member & Recipient Services or connect with your Care Manager at
1-877-685-2415