



Image via [Unsplash](#)

How to Make Your Backyard More Accommodating for a Child with Autism

There is much for children on the autism spectrum to gain from time outdoors, but that comes with challenges for parents. One of the best ways to provide your child with the benefits of being outside is to make adjustments to your backyard. That way, they can enjoy endless hours of fun, engaging activities while staying safe and comfortable.

Here are some ideas for turning your backyard into an autism-friendly space:

Learn the Benefits

There are plenty of benefits of spending time outdoors for children with autism.

- Being outside can do wonders for improving your child's [attention span](#), which can lead to better outcomes at school.
- Also, it can improve your child's strength, coordination, and [fine motor skills](#).
- Then there are a plethora of cognitive, mental, social, and emotional [benefits](#) that come with spending time outdoors.

- And if your child has issues with their [vision](#), it can help with, too.

Remove Hazards and Add Safety Features

Before you jump into making your backyard fun and relaxing, make sure it's as safe as possible.

- Learn how to spot [poisonous plants](#) in your area.
- Keep [harmful chemicals](#) out of reach for your child.
- Be sure to put your lawn and [gardening tools](#) away after each use.
- Keep all trees in your yard [trimmed](#) to prevent limbs from falling.

Bring on the Activities

Once you are taking measures to keep your backyard safe, start thinking of activities your child (and you) can enjoy!

- Science experiments are perfect for outdoors, and [many of them](#) can be done with household ingredients.
- Build your own [sandbox](#) for sensory play.
- Making [hopscotch pavers](#) is also a fairly simple process.
- Moreover, your backyard can foster drawing, nature observation, and a slew of other [engaging activities](#).

Create a Retreat

Children on the spectrum often suffer from overstimulation, so consider creating a retreat area in the backyard.

- You could build a [treehouse](#) for your child to spend time in!
- Try pitching a [tent](#) for your child to use as a safe space.
- Swinging is one of the most relaxing activities for children with autism, so consider adding a [tire swing](#), cocoon swing, or swing set to your backyard.

Making your backyard more accessible to your child with autism can go a long way in fostering their development and enhancing their life overall. Look into all the benefits of spending time outdoors for children, and make sure your backyard is a safe place for your child to play and relax.