

Communication

Children with ASD may express and receive communication in different ways. This may look like the inability/difficulty in understanding social cues and/or expressing one's needs and wants verbally and in ways that are deemed socially acceptable. The apps listed here can be used as assistive tools for communication, to promote language acquisition, and to set social expectations surrounding communication.



Visuals2Go

- Can be used to promote language acquisition or an assistive tool for communication for children
- Provides photo albums of labelled pictures (e.g. food, sentence starters, feelings, etc.) and a sentence bar to allow the user to choose photos to create a sentence
- The app will read each labelled photo aloud in the sentence bar
- Free, in app purchases required to unlock more features
- Download in the [App store](#)

Endless Reader

- Introduces site words (commonly used English language words) to children
- The user can interactively match letters to words, and words in sentences
- The app reads words and sentences aloud
- Free, in app purchases required to unlock more features
- Download in the [App Store](#) or [Google Play](#)

PicTimer for Autism

- Helps to communicate the beginning and end of an activity for more seamless transitions
- Users can upload/take a photo of an activity and simultaneously set a timer for it
- For example: A playground photo with a 1-hour timer for playing. When the hour is done a noise and visual notification will appear to signal to your child it is the end of the activity
- Helps to communicate the task at hand and sets clear expectations of the time an individual must complete the task
- Free Download in the [App store](#)

Proloquo2Go AAC

- Augmentative and alternative communication tool
- Assists the user with communicating with images and voice
- The user is able to customize the number of words introduced to their child
- Available in English, Spanish, French and Dutch
- Cost: \$349 and in-app purchases are available. Funding programs may be available to put towards the cost of the app
- Download in the [App store](#)



Social/Emotional

Children with ASD may process social and emotional input and output in different ways, meaning they may not notice social cues or struggle with emotional regulation from time to time. The apps listed here can assist children in understanding and practicing social expectations as well allowing them to understand their own emotions. Once a child understands the social expectations and their own emotions they can begin to practice calming themselves down when emotions run high.

Social Story Creator and Library

- This app allows your child to see expectations within various social situations through means of a short story with pictures and words
- A user can use a pre-set social story or create their own!
- For example, there is a social story about taking care of my device which walks children through looking after an iPad or tablet
- The app allows the user to add audio to or print their social story
- One free story with download, others social stories require paid subscription
- Download in the [App Store](#)



Breathe2Relax

- This app supports users in deep breathing exercises to promote calming emotional regulation
- This app provides visual and verbal guided breathing exercises, where the user can adjust the length of the timer for inhales and exhales as well as indicate the level of stress their feeling in that moment
- Free Download in the [App Store](#) or [Google Play](#)

Emotions and Feelings Chart

- This app provides a variety of emoted face images with a descriptive word to teach children about the emotions they may be feeling
- A user can also create their own by choosing different faces and titling it with a descriptive word depending on the emotions they display or are learning
- A child can choose the face that is representative of how they feel at different points of the day and at the end of each day the saved images can be erased to start anew the next day
- Free download in the [App Store](#)



Sensory

Children with ASD may experience feeling sensory defensive, sensory seeking, or sensory under-responsive to a variety of sensory stimuli such as: lights, noises, textures, movements. Due to this they may seek out sensory stimulating or depressing input to manage sensory stimuli. These apps can be used to evoke different sensory experiences such as: calming sounds, haptics, lights and more for your child dependent on how they are processing sensory stimuli in different moments of their day.

Tappy: Self Care Fidgeter

- A virtual fidget toy for your child to receive haptic sensory stimulation
- The app provides fidget experiences, meditation, and games
- Free Download in the [App Store](#)



Heat Pad – Relaxing Surface

- A calming sensory experience for children to see how their touch creates colours, shapes, lights, across the screen
- Calming music plays while interacting with the app
- Free Download in the [App Store](#)



Pocket Pond

- A relaxing koi fish pond for your child to interact with
- The user can watch the fish swim, feed them, or buy new fish to join in
- Watch as your child's fingers touch the screen to create ripples and sounds in the water
- Free Download in the [App Store](#) or [Google Play](#)

