CliniKiDS Research into Practice | The KIDS Research Institute Australia

Paediatric Autism Communication Therapy (PACT)

What is Paediatric Autism Communication Therapy (PACT)?

PACT is a research-backed parent coaching program that supports caregivers of children aged 2-11 to recognise, understand and respond to their child's communication cues.

You and your child both attend sessions. With your CliniKids therapist, you will explore your child's unique ways of communicating and learn practical strategies to support connection, communication and engagement during everyday interactions.

PACT builds on what your child is already doing well and helps you find ways to make communication easier and more enjoyable for both of you. It supports children's interaction and communication in their natural environment, which is one of the most effective ways of ensuring enduring improvements in social communication skills.

An evidence-based coaching program that empowers you as a parent to support your child's social communication skills.



What to expect during PACT?

- You and your child spend time together doing activities that are enjoyable and meaningful for your family.
- Your interactions are recorded on video. (When using telehealth, you may record an interaction at home.)
- Your therapist will watch short clips with you. You may notice communication cues from your child that you had not noticed before, as well as things you are already doing that helps your child feel understood and connected.Together, you and your therapist can build on these strengths.
- You will explore small, practical ways to respond to your child's communication and create more opportunities for connection and interaction.
- You will choose strategies that feel useful and realistic for your family and practise them at home during everyday activities such as play, mealtimes, getting dressed or other daily routines.
- The goal is not to add another task to your day. It is to help you find opportunities for communication within the things you are already doing together.

Who is PACT for?

PACT can benefit children with a wide range of communication skills, including children who are not yet using words, as well as children who speak in sentences. A child does not need an autism diagnosis to participate.

Is PACT evidence-based?

Yes. PACT is an evidence-based approach supported by strong research, which shows that PACT can help children develop their social communication skills, with positive outcomes continuing over time.

How can PACT benefit children?

PACT is tailored to your child and your family's goals. PACT does not aim to change who a child is. Instead, it focuses on supporting each child by adapting interactions and the environment. The program focuses on helping you understand your child's unique way of communicating and build on their strengths.

PACT may support your child to:

- Communicate their needs, interests, and preferences
- Share enjoyment and experiences with others
- Take part in back-and-forth interactions
- Engage in play and everyday activities
- Use their preferred ways of communicating
- Express their thoughts and ideas
- Communicate more easily with family and other familiar people

The aim is to support your child's communication, participation, and self-expression in everyday life.

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WHAT IS THE FORMAT?
One-on-one coaching with a PACT-trained therapist

HOW LONG?
12 fortnightly 90-minute sessions

WHERE?
Online via Telehealth, or in person at Subiaco or Joondalup.

Scan the QR code to learn more about PACT and the research behind it, and to request an appointment:

CliniKids is a registered ndis provider.