Parents of Differently Wired Kids

Familias de niños que piensan diferente

Equine therapy

Understanding horse-based support for autistic children



Different approaches

Adaptive riding builds riding skills. Clinical therapy uses horses within a qualified clinician's treatment plan.



What might a session include?

Grooming, leading, games or supported riding. Ground-based activities can be an option for children who do not want to ride.



Why might it suit autistic children?

For children who enjoy horses, shared activities can make communication, turn-taking and participation more engaging.



What does research suggest?

Some therapeutic-riding studies report improvements in communication and self-regulation. Benefits vary, and longer-term effects need more research.



Make it fit the child

Use clear routines, visual cues, sensory adjustments and breaks. Ask about qualifications, goals, supervision and helmets for riding.

The child's comfort and choice come first.