

APRIL 2ND IS WORLD
AUTISM DAY.



Autism Awareness: Understanding simple tips to cope with the Spectrum

Autism Spectrum Disorder (ASD) can be attributed to a number of factors including genetics and environment. Autism affects more than 1 in 100 people. The diverse nature of its impact requires an individual approach to diagnosis and assistive therapies, creating challenges for the individuals, their families, and health care professionals.

Simple tips for Parents and Caregivers are enlisted herewith:

- Keep a record of treatment options and medications you try and how your child responds to each one. As you interact with multiple professionals, this information will be helpful.
- Many times an individual with ASD will display an undesirable behavior due to the lack of ability to communicate. Augmentative and alternative communication (AAC) is a communication method that can replace speech or writing.
- Getting dressed, eating breakfast, and brushing teeth are activities for which some individuals with ASD may require assistance. Create routines by doing these activities at a similar time and in the same way every day.
- Help your child play with others. Teach them to share and take turns through the use of visuals, modeling, prompting and practice. Host a play date at your house, where your child has more control over the activities, and you can control the amount and type of stimulation. When your child shares and takes turns appropriately, praise and reinforce this behavior.
- Sleep issues are a common problem for individuals on the autism spectrum. Children and adolescents should keep a consistent bedtime routine, have a regular sleep/wake schedule, and avoid caffeine and screen time before bed.

All in all; acknowledge and celebrate the accomplishments of yourself (regardless of your role), of all family members, and of the individual whether they are small or large. For some on the autism spectrum, small steps are a major accomplishment. Be proud and remember that all accomplishments are important. In addition, family members please do not forget to acknowledge the accomplishments of your other children and spouse or partner whether large or small.



Being a Good Friend to Someone with Autism

- Wave hi. If they don't say hi back it may be because they were thinking about something else, not that they don't want to be friends with you.
- Be patient. Give them some time to get to know you.
- If you don't understand what they say, ask them nicely to say it again.
- If you see a friend with autism getting upset, give them some space. Don't make fun of them or point and laugh. They are just having a hard time.
- Ask your friend with autism what they like to do. Try some activities that they like!
- People with autism can be great friends! Have fun and be happy that you have an awesome friend!