

My child is autistic - what now?

information for parents of autistic children

should I tell my child they are autistic?

Yes. Autistic adults overwhelmingly share that telling your child they are autistic is very important. Depending on their age, it's likely that they already know they are different to other children. By telling them they are autistic, you open up an opportunity for them to understand and celebrate themselves, as well as to connect with their autistic community.

how can I advocate for my child?

Choosing if and who to tell about your child's neurology is an important step. Some people will be very supportive and others responses may not be helpful. When you do decide to tell people, remember that this is your child's news you are sharing on their behalf and that it's up to you to share that news in a way that is respectful to them. This means that you should consider the purpose of sharing their diagnosis and only do so if it benefits them. Telling teachers, care givers and other family members may provide your child with opportunities for additional support and understanding.

what support is available?

There are a great number of parent support groups on social networking sites and in local communities. While some of these are wonderful, others are not, if they focus on the challenges and 'deficits' related to autism and not the joys that come with parenting autistic children. Screen any support group you find to see if it's a good fit with an approach that is respectful of your child. Support can also be found on our Resources page.