



As a parent, relative, sibling or guardian.... What can I do to help my family member with Autism?

1. Speak in clear, precise, short sentences.

Often individuals with ASD don't understand everything we are saying. Keep your sentences short and clear, and wait for them to respond before you start another sentence/instruction/topic.

2. Follow through.

Don't repeat what you are saying several times. Say it once, wait a few seconds. If there is no response, say it again and help the individual with ASD follow through on what you asked. This helps teach them what you meant.

3. Give specific praise for good behaviors.

If you want to see it again, praise it! Or even better, give the individual with ASD something they like (food, activity, etc) to show them that you recognized the good job they did!!

4. Don't contradict others (parents) in front of the individual.

Let the parents direct where things are going.. do not step in or intervene unless you ask and get permission first. Don't contradict the parents. If you are concerned, bring it up later when the individual with ASD is not around.

5. Be calm.

All behavior happens because it works. If you see a tantrum, or experience an unwanted behavior, remain calm. The behavior may occur to get attention, and if you get upset, you will be giving the behavior attention! So remain calm, and just repeat your instruction.

6. Be supportive.

Having a child with ASD can be difficult and isolating. Be supportive. Offer to assist, but don't jump in unless asked.

7. Have fun!

Individuals with ASD are so much fun! You might have to find another way to play or interact, but find it and you will be rewarded! Enjoy!!!