

# Top tips for talking to your child about their diagnosis of autism



- Introduce small chunks of information.
- Be positive and keep it light - this is about empowering your child.
- Take care with language choices.
- You could introduce the idea that some people have autistic brains and some have neurotypical brains.
- Drop examples of autistic or neurotypical thinking and perspectives into daily conversation.
- Highlight how our brains sometimes work differently - and this is great!
- Model self-awareness by talking about your own strengths and things you sometimes find difficult and explain why.
- Avoid perfectionism - highlight your own mistakes and challenges and share strategies.
- Balance negative talk with examples of strengths.
- Use books, social stories, YouTube videos to increase understanding of autism.
- Find autistic role models your child can relate to.
- Look for opportunities to connect with other autistic people.



## Examples

"The way my brain works is called neurotypical. You and Daddy have autistic brains. This means you are really good at ....."

"I noticed how carefully you ..... - I think that's because of your brilliant autistic brain!"

"Autistic people are often really good at remembering lots of information, a bit like how you remember all those facts about....."

"I know you don't like it when .....happens, changes can be hard for autistic people. I'll try to remember to keep .....the same for you."

"I don't like going to the supermarket on a Saturday. It's always busy and there is a lot of noise. It sometimes makes me feel panicky. Maybe I could go on Sunday afternoon instead."

"I've found turning the radio off when I'm parking the car really helps me to concentrate."

"Whenever I have a headache I've discovered turning the lights off really helps me. Do you think that would help when your head hurts?"

"I find most sports really tricky because.....but I like going for walks and that keeps me healthy."

"I love how focused you are when you do ..... Lots of autistic people have similar skills to you."

"Did you know .....is autistic? Have you seen the fantastic .....they created/invented/designed?"



# YouTube links



- Amazing Things Happen <https://youtu.be/7JdCY-cdgkI>
- Welcome to the autistic community <https://youtu.be/XnuGPJ7UdpU>
- How autism freed me to be myself (Rosie King)  
[https://www.ted.com/talks/rosie\\_king\\_how\\_autism\\_freed\\_me\\_to\\_be\\_myself?utm\\_source=tedcomshare&utm\\_medium=email&utm\\_campaign=tedsread](https://www.ted.com/talks/rosie_king_how_autism_freed_me_to_be_myself?utm_source=tedcomshare&utm_medium=email&utm_campaign=tedsread)
- Learning to be autistic (plus check out other videos in the series)  
<https://youtu.be/gvUznIQOfEs?list=PLbGZFSjHijhUlzOuqfd8FgPKJXOAEfxp>
- Dean Beadle – My autistic life <https://youtu.be/LCOJytWaQZM>

## Books, websites and videos

### General

My Autism Book -Gloria Dura-Vile and Tamar Levi  
Asperger's Syndrome -Tony Attwood  
Autism as Context Blindness – Peter Vermuelen

### Girls

Asperger's and Girls -Tony Attwood  
Aspergirls -Rudy Simone  
Girls Growing up on the Autism Spectrum- Shana Nicholls  
Teenage Girl's Guide to Autism – Vicky Martin  
Parenting Girls on the Autism Spectrum- Eileen Riley-Hall

### PDA

Understanding PDA in Children- Phil Christie  
Super Shamlar- K.L. AL-Ghari  
Me and My PDA- Gloria Dura-Vila and Tamar Levi

### Websites

<https://www.autism.org.uk/> - National Autistic Society  
<https://www.pdasociety.org.uk/> - The PDA Society

### YouTube links:

<https://www.youtube.com/watch?v=d4GOHTIUBII> What Is Autism? – The National Autistic Society  
[https://www.youtube.com/watch?v=S7\\_etU26mvc&feature=youtu.be](https://www.youtube.com/watch?v=S7_etU26mvc&feature=youtu.be) What is PDA? – The PDA Society  
<https://www.youtube.com/watch?v=NwEH9Ui4HV8&t=28s> What Women with Autism want you to know