

Autism Acceptance in Action

*celebrating and supporting our children in ways that are practical,
empowering, and meaningful for them—and for you*



Warm up - One word

Let's fill these boxes with words that describe your child and the way they navigate the world - let's focus on **celebrating differences, unique strengths**

Awareness vs Acceptance

- ▶ Awareness = knowing autism exists
- ▶ Acceptance = supporting and celebrating differences



How Might My Child Interact Differently to their siblings or peers?

Add your examples based on experiences

Examples

- ▶ Prefers parallel play
- ▶ Avoids eye contact
- ▶ Talks mainly about their interests
- ▶ May not respond right away



Difficulties Autistic People may face

Cognition and learning, Communication and Interaction, SEMH, Sensory and Physical

- ▶ Learning in traditional ways
- ▶ Processing and developing verbal language
- ▶ Showing interest and engaging in social situations and relationships
- ▶ Understanding and responding to their emotions and those of others the same way most of us would
- ▶ Processing sensory stimuli
- ▶ Gross and fine motor skills/ big and small movements

All behaviour has a function - what is my child communicating?



6 ways to support at home

- ▶ Follow their lead - let their interests guide the connection
- ▶ Use visuals - showing can reduce pressure and support understanding
- ▶ Give processing time - wait after giving an instruction. Count to 10 silently if needed
- ▶ Celebrate all communication - verbal or not. All of it counts.
- ▶ Prepare for social situations - talk it through, use pictures, practice in advance.
- ▶ Be patient and flexible

