

# AUTISM SPECTRUM DISORDER

## A Guide for Parents

Autism Spectrum disorder is a neurodevelopmental disorder that limits social interactions and communication as well as it affects how the children learn and behave.

As parents to an autistic child, caregiving can be stressful and overwhelming because of the constant attention and effort you are required to put in. Here are some tips to help you through the process of caring for an Autistic individual.

### Pace yourself

Being a caregiver to an autistic child can be demanding, so it is always better to know the challenges that you would have to face and mentally prepare yourself for the same. Set aside time for focusing on your own emotional needs as well.



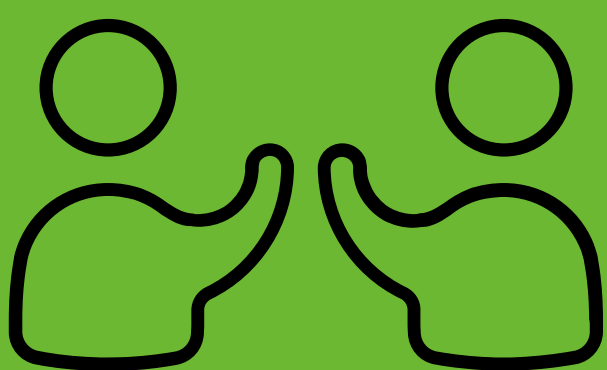
### Get off the internet

While the internet has a plethora of resources on every topic, not everything out there is verified. It can be used for research, but consult a specialist for the treatment process.



### Don't isolate your child

Children with autism have an issue when it comes to social interactions, but isolating them from society is never the answer. They need to be trained in social skills to be able to effectively integrate themselves into society.



### Create schedules

Routine is very important for a child with autism. Help them create a schedule that they can stick to and create a schedule for yourself based on that so that you aren't overwhelmed.

