

DEPRESSION

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.

Postpartum Depression

It is common for mothers to feel an intense bout of stress and sadness following the birth of their child. The drastic hormonal and biological changes affect their mood, mentality and body. Adequate partner support and professional help can alleviate a large portion of the pressure.



Paternal Depression

Fathers go through a similar period of uncertainty and stress following the birth of their child. Their concerns largely include the relationship with the mother. A strong partnership and communication can alleviate these worries.



Importance of Parent-Child Relationship

It can seem daunting to realise that your child is potentially depressed, but acceptance is the first step to helping them. It is important to offer support and understand that depression cannot be cured within a day. Try to stay on the same wave-length as your child.



Get Professional Help

If you find that the situation seems to be spiralling beyond your control, call for a trained professional to deal with it. It is easy to think that parents can solve their child's problem with enough support, but there are some things that you cannot do for them. What you can do is ensure that your child is cared for and loved within their home.

