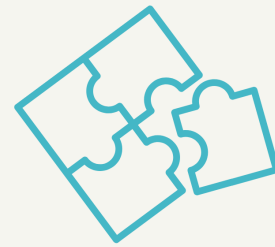


April is World Autism Awareness Month



A

Anticipate challenges associated with (or related to) ASD.

U

Understanding to action! The more we understand the complexities to ASD the better our actions and interventions to support their challenges.

T

Talk it out with your child - help them solve the problem before you scold, reprimand or punish negative behaviors.

I

Interpret their non-verbal communication with words like "you look like something's upsetting you", "are feeling ok today? Did something bad happen at school today? Interpret their actions and mannerisms for others like siblings, family, or educators.

S

Smile, speak calmly and warmly when your child is upset. Reassure them that you'll help them solve whatever problem they face.

M

Move with your child to help them be active and engaged in their social world of family and friends. Movement improves mental health to foster confidence in social situations and help maintain relationships.



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