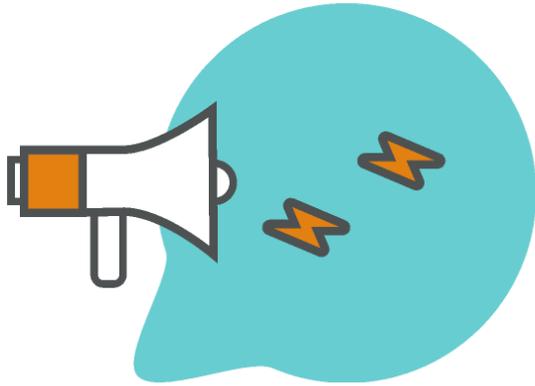




# WHY ME?



1

**What happens when we hear the news?**

2

It is important to identify the strengths in your child- See your child as a blessing, that is what they are!  
(Alfi's dad story)

3

Don't let the autism diagnosis intimidate you.

Strategies for individuals with **autism** and individuals with **intellectual disabilities** will overlap based on goals/instruction for effectiveness

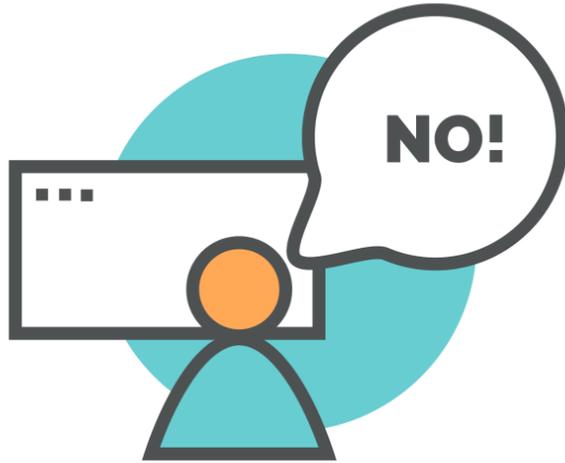
## Autism

- Social Impairment
- Communication Difficulties
- Repetitive & Stereotyped behaviors

## Intellectual Disabilities

- Intellectual Functioning
- Adaptive Behavior (social & practical skills for daily functional living)

1



Your child has been diagnosed with autism, what is my next step?

**Just say no** to letting this diagnosis negatively impact your life, your child's life and your family's life!

2



1. It is not the news you ever wanted to hear. Take time to learn about autism. Read about it, don't draw any conclusions quickly.

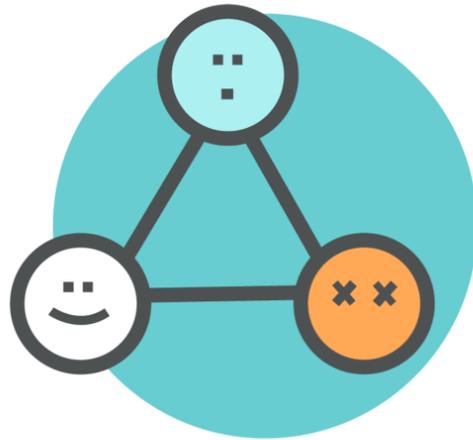
2. What **strengths** do you see in your child? Yes, what does he/she do well?

3. What are the areas of **need** that you see? What does he/she struggle with?

Let's find the right **balances** for progress.



Bring positive **emotions and connections** when making plans, not in fear!

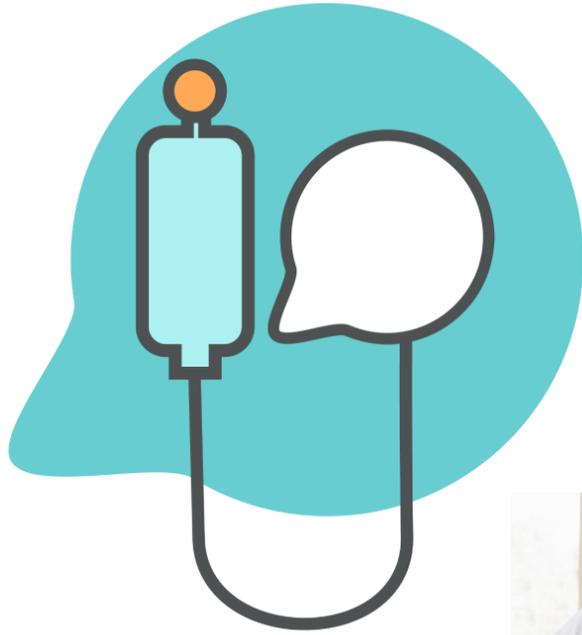


Develop a family strategy - The family **MUST** work together for long-term progression using a realistic plan.

Develop clear goals.

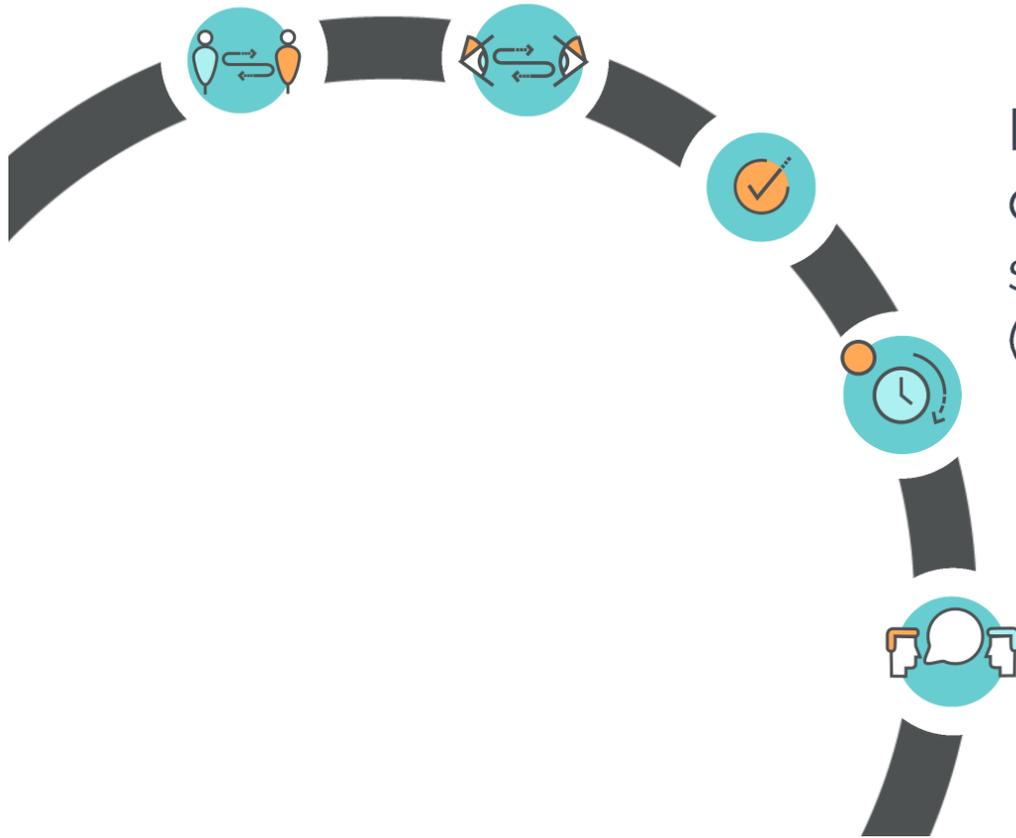






STAPLES

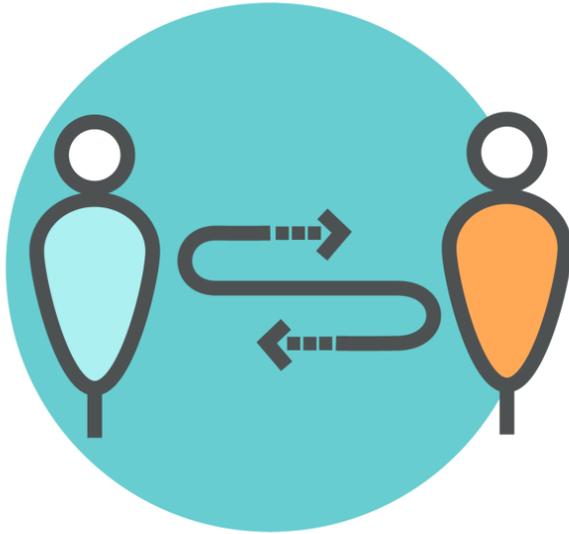
Do understand there is no guilt or blame to be placed on yourself.



Don't let the autism diagnosis cause you to feel self-conscious or paranoid. (What do people think?)

Don't let the autism diagnosis isolate you. **Do reach out for help.**

# "Where do I get help?"



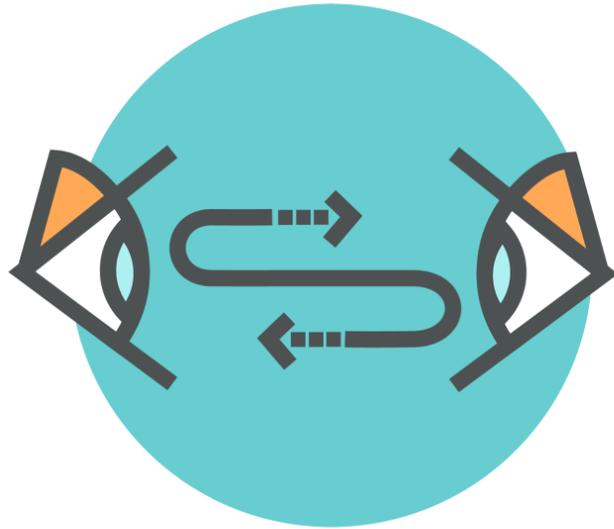
Find an autism specialist or autism clinic that you trust (**research**) and set up a consultation appointment.

A specialist in this area can guide you.

Join a trusted **parent support group** near you or online.



# "What type of help do I need?"

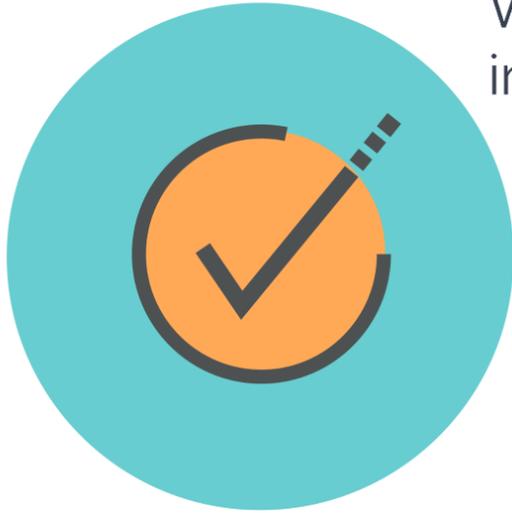


1. Early intervention is **KEY**.

2. The earlier you begin support services, the sooner your child can begin to learn necessary skills and make progress.

3. Early intensive intervention, it is said, is the key to "optimal outcomes" for children with autism. Scientists have long known that the brain grows quickly between the ages of zero and three, which suggests that early intervention would be an ideal way to treat a childhood disorder. Rudy, L (2019).

# What Supports Services Does Your Child Require At **School**?



What **supports** does your child require in school?

- **Academics** (At their instructional level)
- **Functional Academics**
- **Life Skills**
- **Related Services e.g. speech**
- **Social Skills Interaction Opportunities** (model peers)
- **Executive Functioning Skills**



# What Supports Does Your Child Require At **Home**?

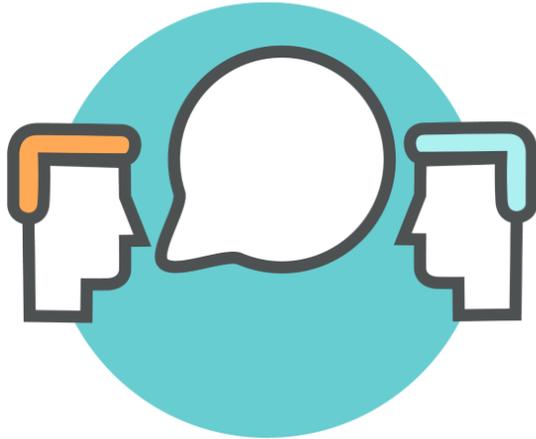


- **Independent Living Skills**
- **Behavioural Supports**
- **Communication Supports**
- **Social Interaction Opportunities** (family members and friends)
- **Daily Visual Schedule**



## What Supports Does Your Child Require To Be Successful In The **Community**?

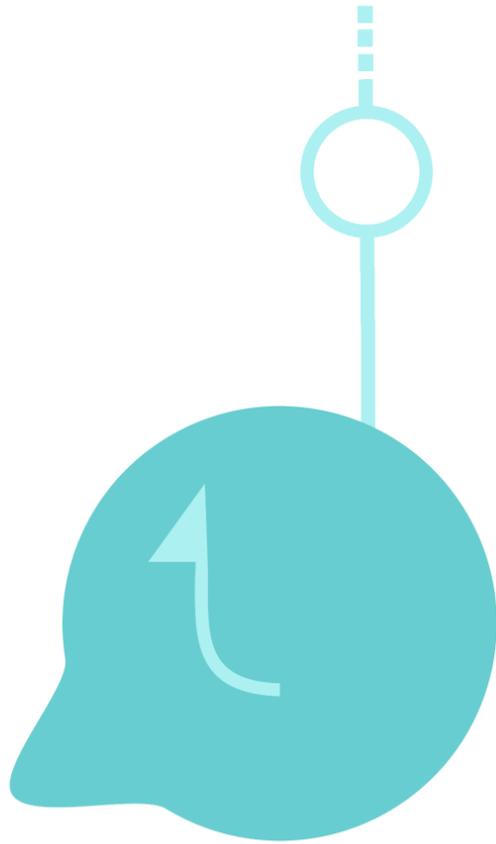
Transitions are typically challenging for individuals on the autism spectrum. Individuals with ASD, frequently rely on routines (habitual activity) in order to maneuver through **social situations**, this is necessary in order to **live a productive life**.



Opportunity for:

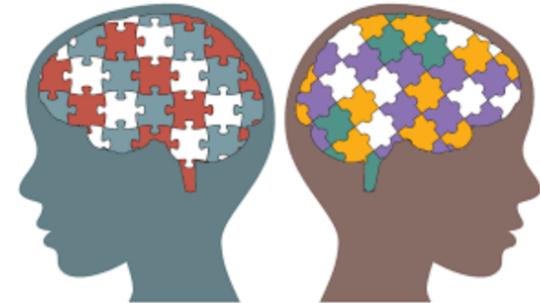
- Real life experiences
- Fostering independence
- Navigating social situations
- Familiarising oneself with their environment for independence and safety
- Becoming career ready
- Learning to live a productive life at their own pace.





# HOW

do you **care** for someone with  
**autism?**



## Tips To Helping Your Child With Autism Thrive

- **Provide structure and safety**
  - Be consistent
  - Stick to a schedule
  - reward good behaviour
  - Create a home safety zone
- **Find nonverbal ways to connect**
  - Look for nonverbal cues
  - Figure out the motivation behind the tantrum
  - Make time for fun
  - Pay attention to your child's sensory sensitivities (what does your child find stressful, calming, uncomfortable, enjoyable?)
- **Create a personalised autism treatment plan**
  - With various approaches available, what approach best fits my child's needs **at this time** (Developmentally, your need for various approaches will change, e.g.
    - Play-based therapy
    - Behaviour therapy
    - Speech & Language therapy
    - Occupational therapy etc.

Source:  
Helpguide 2019

## **Contact Information**

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