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ASD Tips

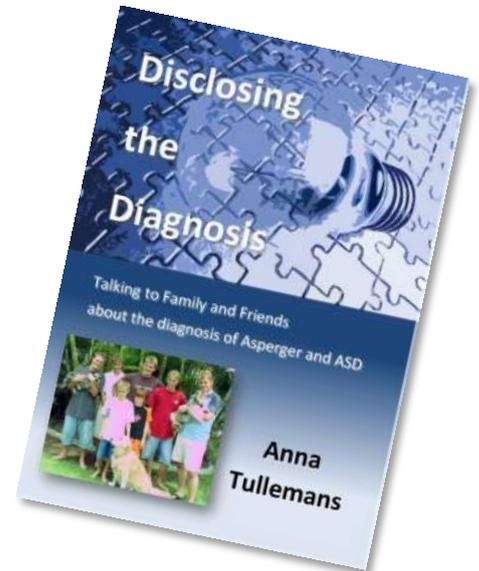
Consultant – Author – Presenter



Disclosing the Diagnosis

Parents may fear that by giving children

information about the diagnosis that their child may not understand or that their child may become angry or depressed because they have a disability. They may even think that the child may use this diagnosis as an excuse every time they cannot do something. Some of these problems may happen however they can all be dealt with when needed. Some of these issues may surface whether or not the child knows of the diagnosis anyway.



As a parent you need to decide what to say and how to say it. You can begin by talking about strengths and difficulties that the child may experience. Inform the child that the name for these qualities is Autism Spectrum Disorder.

8 Steps to Discussing the Diagnosis with a Child

1. Assess what the child already knows and is ready to hear
2. Express the news at the right level. Explain ASD in terms your child can understand
 - see page 76 – 78 for ideas
3. Be positive. Choose a time when you are both feeling good and talk about strengths and challenges
4. Tailor your explanation to your own child's specific strengths and challenges



5. Begin with positive aspects of ASD
 - What is your child really good at?
 - Do they have a special topic?
 - “You canand I love that about you”
6. Move on to the negative
 - What does he struggle with?
7. Stress that you will be there to answer any questions
8. Tell the child there are others who also have the same diagnosis

For those parents who think their child may reject the diagnosis, a less direct approach may be required. You can use children’s books and novels, where characters have an ASD. You can help children identify the characteristics they have in common with the character. This is a great way to start a conversation in a non – threatening way.

There is a lot more information on ***Disclosing the Diagnosis*** to Siblings, Grandparents, Aunties, Uncles, other family members and friends in the 116 page book.

