



Mindscales- Volume 1X Edition V1

AUTISM AWARENESS – HOW TO GET STARTED



Dear parent,

This edition of Mindscales will focus on “**What we need to understand about Autism**”. Autism spectrum disorders are a category of disorders marked by difficulties with social interaction and communication, aberrant patterns of activities and behaviours, such as problems transitioning from one activity to another, and unexpected reactions to sensations. It is important to know that each child with autism spectrum condition is likely to have a distinct pattern of behaviour and severity level, ranging from mild to high. Some children with autism spectrum condition have learning difficulties and some show indicators of IQ below average. Other children with the illness have average to above-average intellect, they learn quickly but struggle to communicate and

apply what they’ve learned in everyday situations, as well as adjust to social situations.

One of the main reasons why many parents keep condition like autism concealed is a lack of information about mental health. Many individuals are unaware that such conditions can affect children as early as a few months old. Such individuals exhibit abnormal behaviours and lack of public awareness of the condition which makes society less compassionate and stigmatizes the disorder. In their growing years, these children are subjected to bullying, filthy remarks, and humiliation, which drives them to seek solace in their families.

One of the most common misconceptions regarding autism is that it is a sickness. Some people believe that, like an illness, autism may be treated with medicine and treatment and that autistic people are thus “unwell.” None of it is correct as autism is not a mental health disorder; it is a neurological condition.

Keep an optimistic mind-set:

Positive reinforcement works wonders for kids with autism spectrum disorder, just like it does for everyone else. Compliment them on their positive behaviour and make sure they understand what you enjoyed about their actions by being explicit. Find a way to reward them, whether it's by giving them more playtime or giving them a small prize.



Stay consistent on routines

Ensure that they receive constant supervision and interaction so that they may put what they've learned in treatment into practice. Talk to their instructors and therapists and try to agree on a set of strategies and methods of interaction so you can take what they're learning at home with you.

Give it time

As we figure out what works best for our child, we'll probably explore a variety of

strategies, therapies, and approaches. Keep an optimistic attitude and don't become disappointed if they don't respond well to one strategy.

Bring our child along on our regular outings

We could feel it's better not to expose our child to certain settings if their conduct is unpredictable. However, taking them on routine chores such as grocery shopping or a trip to the post office may assist them in acclimating to the outside world.



Get assistance

Support from other families, professionals, and friends, whether online or in person, can be quite beneficial. Maintain a group of friends and family members who are familiar with our child's diagnosis. Support groups can be a valuable resource for sharing advice and information as well as meeting other parents facing similar issues. Counselling for individuals, couples, or families can also be beneficial. Consider what could make our life a little easier and seek assistance.



Avoid sensory overload

Many unexpected things can be distracting to students with autism. Fluorescent lights, smells, and noises from other students can make it difficult for children with autism to concentrate. Using cool, calm colors in the classroom can help create a more relaxing atmosphere. Avoid covering the walls with too many posters or other things to look at. Some children may even benefit from their own center, where they can spend time away from any possible distractions.

Use visuals

Even individuals with autism who can read benefit from visuals. Using pictures and modeling will mean more to children with autism than a lengthy explanation.



Directly teach social skills

The hidden curriculum may be too hidden for some individuals with autism. There are certain things that may have to be explicitly taught (like analogies). Model appropriate social skills and discuss how our behavior can make others feel.



Treat them as individuals

I'm sure this goes without saying, but I'm going to say it: It's so important to model patience, understanding, and respect when working with any special learners. Celebrate their success and don't sweat it if some accommodations don't conform to what you are used to at home. Autism can affect individuals differently.



Building a Support Network

In today's world, there are a variety of family models and this can be especially true for parents or guardians of children with autism. Whatever our family structure, we can expect we will need support and help at many times in our journey. It's important to maintain relationships with our family, friends and community in order to support our network to be there when we need them the most.



“Autists are the ultimate square pegs, and the problem with pounding a square peg into a round hole is not that the hammering is hard work. It's that you're destroying the peg.”
—[Paul Collins](#), author

References

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