

AUTISM

What is autism?

Autism, also known as autism spectrum disorder or ASD, is a developmental disability people are born with or develop early on in their lives. Researchers and doctors are not entirely sure as to what causes autism. Figuring out what causes autism is hard because of how complicated the brain is. However, research has suggested that autism is related to genes and environmental factors.

What does it mean to have autism?

Children with autism have problems communicating and interacting with other people. These children can have difficulties playing with others, talking to friends, and even have trouble understanding language. This makes it hard for autistic children to make friends which usually leads to them being lonely and by themselves.

What can I do to help someone with autism?

Children with autism are all different in the way they act, behave, and learn. It is important for people and peers to respect and befriend autistic children. Autistic children want friends just like everyone else. When trying to create a new friendship with an autistic child or adult remember the following:

- Be patient. Allow your new friend to become familiar with you and what is going on. It will take some time for your friend to understand rules or expectations so be their support!
- Write it down! Written words can help someone with autism understand what is happening.
- Use pictures, photos, objects, or drawings. These visual aides help with determining what is being asked of the child or adult.
- Connect! Autistic children would simply love 'hanging out' with you or playing video games. Remember, they are children too and they just want to have a fun and enjoyable time just like you!