



What is important
after a diagnosis?



Some amazing books to consider:



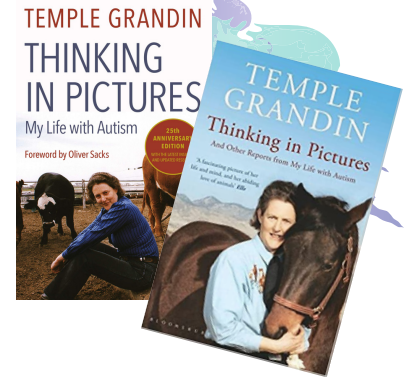
The Reason I Jump: The Inner Voice of a 13-Year Old Boy with Autism.
Author: Naoki Higashida (*there is a sequel too that is another gem*)



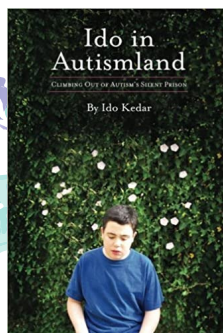
Uniquely Human: A Different Way of Seeing Autism
Author: Barry M Prizant



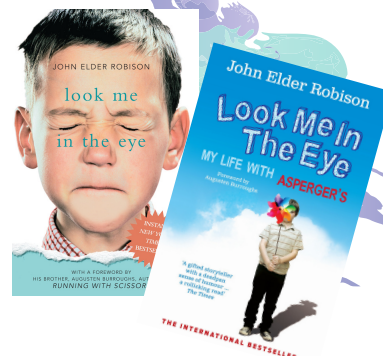
Ten Things Every Child with Autism Wishes You Knew
Author: Ellen Notbohm



Thinking in Pictures
Author: Temple Grandin



Ido in Autismland
Author: Ido Kedar



Look Me In The Eye
Author: John Elder Robison

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Creating the perfect environment.

What does a "perfect" environment entail?



Visual
schedule

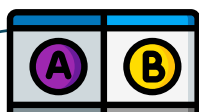


Background
music

Pleasant
smells



Visual clutter
(or lack thereof)



Visual choice board



Transition cues

Low arousal
tone



Chill
space



Movement
breaks



Sincere
social
praise





Remember that this is a journey – take it easy as much as you can. Your child is autistic and his or her brain might work a little differently, but he or she is still the same child you had before a diagnosis.

And mom or dad – you've got this! Your life will be filled with amazing discoveries as well as some challenges, but please know there are people, neurodivergent and neurotypical that will always be there with and for you!

We have free and affordable courses to help you in your journey.

CLICK HERE

