

Telling Others About Diagnosis

Tips for sharing your child's diagnosis

- Think about your child's needs specifically and avoid textbook definitions about autism.
- Challenge any negative opinions or ideas your family members may have in relation to autism. Your child is a unique human being and needs to feel validated. Negative views around autism will not be helpful for them - or you - in the long-term.
- Be prepared- ensure you have the most up to date information from credible sources so that you can answer any questions in an informed way. Make sure you are not reinforcing any misconceptions that exist in relation to autism.
- Use past observations of your child as a tool for learning for example if there have always been comments made on the fact your child doesn't give eye contact or eat certain foods at dinner time explain why this may be difficult for your child.
- Invite your friends and family along to join you at support groups - facilitate better understanding and broaden their knowledge. If suitable, find groups for your child to attend where they will be around other autistic people.