

# **SUPPORTING AUTISTIC LITTLES**

## **What is Neurodiversity?**

<https://www.understood.org/articles/en/neurodiversity-what-you-need-to-know>

## **Neurodiversity Basic Terms and Definitions**

<https://neuroqueer.com/neurodiversity-terms-and-definitions/>

## **Animated Introduction to Autism**

<https://www.youtube.com/watch?v=RbwRrVw-CRo>

## **Ted Talk- What it is like to be autistic**

<https://www.youtube.com/watch?v=y4vurv9usYA>

## **Social Isolation**

[https://www.socialworktoday.com/news/dn\\_050313.shtml](https://www.socialworktoday.com/news/dn_050313.shtml)

## **From Awareness to Acceptance**

<https://www.npr.org/2021/05/05/993945791/from-awareness-to-acceptance-changing-how-we-understand-autism>

## **Supporting Autism-Positive Identity**

<https://www.forbes.com/sites/drnancydoyle/2021/04/28/autism-acceptance-not-awareness-a-perspective-shift-is-needed/?sh=64e9167d1eec>

## **Mental Health and Autistic Youth**

<https://www.spectrumnews.org/news/analysis-pins-down-prevalence-of-mental-health-conditions-in-autism/>

## **“Double Empathy” Explained**

<https://www.spectrumnews.org/news/double-empathy-explained/>

## Sensory Differences

<https://www.autism.org.uk/advice-and-guidance/topics/sensory-differences/sensory-differences/all-audiences>

## The Value of Special Interests

<https://www.spectrumnews.org/features/deep-dive/the-benefits-of-special-interests-in-autism/>

### GENERAL TIPS:

- ✓ Be consistent and reliable
- ✓ Structure and routine help create a sense of safety and stability (a last-minute cancellation can be deeply painful)
- ✓ Plan ahead
- ✓ Preview plans- look at pictures, discuss what to expect, any questions or unknowns
- ✓ Be prepared and okay with the possibility that an activity will become overwhelming and you will need to shift gears
- ✓ Check in for understanding, concerns
- ✓ Don't worry about eye contact
- ✓ Silence can be okay
- ✓ Engage special interests
- ✓ Visual schedules can be helpful for some children
- ✓ Autistic children need acceptance and understanding above all else

### GENERAL RESOURCES:

The Thinking Person's Guide to Autism - <http://www.thinkingautismguide.com/>

The National Autistic Society (UK, but loads of great resources) - <https://www.autism.org.uk/>

The Autistic Self Advocacy Network - <https://autisticadvocacy.org/>