

Secrets Autism Parents Should Know

- Regulation Comes Before Learning

Children need to feel safe and regulated before they can engage, communicate, or learn. Sensory tools, routines, and emotional support are foundational.

- Behavior Is Communication

Meltdowns, shutdowns, or resistance are often a child's way of saying: 'I'm overwhelmed', 'I don't understand', or 'I need help'. Understanding the why behind behavior is key.

- Progress Isn't Always Linear

Development may come in bursts, plateaus, or regressions. Celebrate small wins and don't be discouraged by setbacks - they're part of the journey.

- You Are Your Child's Best Advocate

No one knows your child better than you. Trust your instincts, speak up in meetings, and ask for accommodations or second opinions.

- Visuals Are Game-Changers

Visual schedules, choice boards, and AAC devices reduce anxiety and improve independence - even verbal children benefit from visual supports.

- Sensory Needs Can Change Daily

A child may seek deep pressure one day and avoid touch the next. Flexibility and observation are key.

- Connection Over Correction

When your child is dysregulated, connection - through calm presence, gentle touch, or shared interests - helps more than correction.

- You Don't Have to Do It Alone

Find your tribe - other autism parents, therapists, or online communities. Shared experiences bring

validation and emotional relief.

- Language Isn't Just Spoken

Gestures, signs, AAC devices, and eye gaze are valid forms of communication. Honor and respond to all attempts to connect.

- Self-Care Is Not Selfish

You can't pour from an empty cup. Prioritize your mental health, rest, and joy - your child benefits when you're regulated too.