



## VIDEO TRANSCRIPT

### After your Child Receives a Diagnosis of Autism Spectrum Disorder

Families living with autism spectrum disorder often look for tips on how to handle the many different challenges that may arise. “Real Life Tips for Kids with Autism” is a series of practical videos and resources presented by the experts at Children’s Specialized Hospital.

After receiving a diagnosis of autism it can be very overwhelming for families, but there are lots of resources available and lots of tips for helping families cope with the immediate future following the diagnosis and beyond.

It’s not uncommon for families, school professionals, and others to question the diagnosis following a diagnosis of autism. If a provider who diagnoses and treats autism, if that provider diagnoses your child and they are especially trained to use proven authoritative measures in the field, you can be pretty confident that the diagnosis is accurate, but if you have questions you should ask your providers what their training is, what types of measures they are using, and reassure yourself.

It’s important to remember that after the diagnosis your child is still the same beautiful, special child he or she was before the diagnosis. Nothing has really changed for him or her. But having the diagnosis can help you and others working with your child be more aware of what his or her strengths and weaknesses are and it’s important to remember that every child has strengths and it’s important to focus on those things that your child is good at as well as those things that your child needs help with.

Revealing a diagnosis of autism is always a personal decision but those of us who work with kids with autism have usually found it to be very helpful if other people are aware of what’s going on with your child. They may have questions about your child’s behavior and they may misperceive why your child is behaving the way he or she does. So usually making others aware of a diagnosis and what the diagnosis means can be very helpful. Most people are very understanding when they recognize what’s going on with the child and most people want to learn more about autism and how to help your child.

It’s really important for children with autism to be exposed to as many experiences as possible since many children with autism have difficulty with language and socialization and transitions. Being exposed to different experiences can be extremely helpful, so everything is a learning opportunity for a child with autism. A trip to the grocery store, a trip to the library, an opportunity to say hello to a crossing guard on the street, these can all be learning opportunities for your child. It’s difficult for parents because very often children with autism behave differently in those circumstances than typically developing children so it might be extra work for parents of kids with autism but it’s so important to expose them to as much as you possibly can so that they can learn and practice their skills.

Parents sometimes question whether or not their child will be accepted at play dates and recreational opportunities following a diagnosis of autism. It's recommended that parents communicate with the providers of recreational services or other parents of children who may have playdates with your child so that people can understand how to best include your child and how to accommodate his or her needs.

It's important for parents to look back over time at the accomplishments of their children. It might not be so obvious day to day but most kids with autism make tremendous gains in their skills-socially, emotionally, behaviorally -and it does get better and most kids make tremendous improvements, especially with their parents' help and with the help of resources in the community.

Children's Specialized Hospital is a hub of resources for the autism community. We have much information available for parents following the diagnosis as well as throughout the child's life span and there are many other reputable organizations as well who have resources available for parents so you're not alone in dealing with the diagnosis.

For more real life tips and resources for children with autism spectrum disorder visit [www.childrens-specialized.org/KohlsAutismAwareness](http://www.childrens-specialized.org/KohlsAutismAwareness).



Through a partnership with Kohl's Cares, Children's Specialized Hospital is improving access to care for children with special health care needs.



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