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Raising Children With High Functioning Autism

By Rachel Evans

If your child has been diagnosed with high functioning autism, parenting can be a challenge. The main reason is because autistics do not think and mentally develop the same way as the average child, and so must be taught individually and differently. Therefore, the challenge is finding out what parenting methods work for your autistic child. Essentially, it's a lot of trial and error.

Raising a child with high functioning autism can be made easier by providing children with the necessary therapy they require. However, aside from therapy, the following are 5 basic parenting tips that may prove helpful along the way:

Tip 1 - Create Schedules – Most autistics, including those with high functioning autism, resist change and insist on routine. Creating schedules helps autistic children to better comprehend situations and learn. You need to provide your child with a daily schedule that shows him/her the order of activities they will experience. If your child has difficulty reading, create a picture schedule.

Furthermore, telling a child in advance that an activity is about to change, helps to create an easier transition for them. For instance, tell your child "In 5 minutes, we're going to stop coloring and read a story".

Tip 2 - Create understanding – Make sure your child understands what you want him/her to do. Ensure that the task you are asking is achievable and you understand the specific way in which your child learns and reacts to information told to him/her.

For instance, you should refrain from using figures of speech as part of instruction. A figure of speech is when you use an expression that has a non-literal meaning (IE. metaphors, similes, etc.) This form of language will be lost on an autistic. Thus, a better choice would be to use a visual aid such as a picture or a demonstration, to clarify the task.

Tip 3 – Create a personalized behavior plan – You can't rely on the parenting methods that work for parents with regular children, or even those who have a child with high functioning autism. You need to create a program that is specifically oriented around the interests and needs of your child. This means analyzing your child's behavior and creating a personal program based on his/her behavioral patterns. This is how you will eventually get your child to learn, respond and interact with others.

Tip 4 – Focus on improvement – Instead of trying to explain to your child what you don't like when they do something you deem inappropriate or unproductive, focus on improving their behavior. If you want to improve on past behaviors, teach new “acceptable” ones to replace the old.

Teaching new behavioral skills will take plenty of time, patience and practice, but eventually the new acceptable behaviors will replace those you don't approve of.

Tip 5 – Sensitivity alert! – Make sure you are aware of the triggers that will upset your child, so you can do your best to ensure they are avoided. Some issues that tend to upset those with high functioning autism include, but are not limited to:

- Sudden loud sounds (IE. alarms)
- Unusual smells in a particular room
- Discomfort when touched
- Being bumped

Although you can't ensure your child will always be safe from sensitive issues, by knowing what they are helps you to have more control. Like any child, the less stress your autistic child has, the more productive they will be.

Remember, as a parent of a child with high functioning autism, you need to learn how to go with the flow, be creative, patient - and above all – maintain a positive attitude.

By Rachel Evans. To find out more about <http://www.essential-guide-to-autism.com/autism.html?source=blog> and for information on <http://www.essential-guide-to-autism.com/blog> please visit the links.

Autism Spectrum Disorder: A Wide Range Of Disorders

By Kerry Ng

Autism spectrum disorder is basically a wide range of behavioral and developmental disorders that results from a combination of certain traits. The autism spectrum disorder will range from low functioning autism to high functioning autism to normal behavior and to possibly hyper socialization.

An autism spectrum disorder is considered to be a pervasive developmental disorder, which basically means that it interferes with a child's normal developmental abilities such as communication and speech. Autism spectrum disorders are not specific developmental disorders such as dyslexia. It is important to note that many people who have this disorder usually end up living in dire poverty.

The Affected Areas Of Functioning

This disorder is considered to be both a psychological and a developmental disorder that affects many areas of functioning. These areas will include language, motor coordination, self-help skills, communication and scholastic achievements. With some individuals, the symptoms may be it immediately noticeable, while in others; the symptoms may not be noticeable at all when first meeting that individual.

Surprisingly, many people that are diagnosed with autism spectrum disorder lead very normal lives. In fact, many people with this disorder may lead a very normal life and are not noticed until later on in their adolescence or well into their adulthood lives. These disorders are usually diagnosed following a series of psychiatric tests.

Not Really Disabled After All

It is vital to let people know that people who were diagnosed with autism spectrum disorder are not "disabled". What makes them different from every one else is their thought process. There are many different degrees of severity that no 2 people are really alike.

Individuals with and autism spectrum disorder may have a little challenge interacting with other normal children, as well as trend to keep up scholastically. In all depends on the severity. Some individuals with this disorder may not read as well or comprehend as fast Ward to as well on tests as other children. These same individuals may also have a challenge try to socialize successfully. The reason for this is due to the fact that their brains process and store information differently from normal children.

Learning is Key to Understanding

As parents and caregivers the best thing we can do is to educate ourselves about the various degrees of autism spectrum disorders. Other people in the individual's life such as teachers, siblings and friends should also become involved in the learning process too. Some individuals have shown that with intense therapy and practice, they are able to " fit in" and socialize normally with the outside world. By doing the best that we can to learn all that we can about this disorder, we become better equipped to help deal with those who have it. Admittedly, it does take a lot of patience as well as practice and guidance dealing with people with autism spectrum disorder. The good news is that some of these

people with autism spectrum disorder can go on to live a normal and productive life and contribute to society.

Kerry Ng is a successful Webmaster and publisher of The Autism Info Blog. Click here for more great helpful information about Autism: <http://www.autisminfoblog.com/a-symbol-of-hope>

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