

Steps to Take With a Kid With Autism



by [Joana Sanchez](#) on March 08

When we face challenges we always try finding a way to get through them. Sometimes we are able to overcome them and sometimes we just have to deal with them. Sometimes people that have a disorder face bigger challenges than anyone else. Having a disorder comes with many challenges no matter what age you are, meaning being a child or an adult. One main disorder that has been seen more and more throughout the decades has been autism. Autism (ASD) is known as a developmental disability caused by differences in the brain. You can either be born with autism or you can develop it throughout your time period. When a kid has autism it gets difficult for both the kid themselves and their family, especially if you are new to someone close to you having autism. You don't know how to handle it or to not make your kid feel different from others. Having a child with autism is something difficult if you don't have the right resources or help.

Parents Denying Their Kid Has Autism

When being a first time parent you already don't have any idea on what's right or wrong for your child. You read books on how to be a "right parent" . You get ideas inside your head not knowing if you should follow what the books say or what your brain is telling you to do instead. When your child becomes a toddler you get to the phase where they start going to kindergarten. They start interacting with other kids their age and start having play dates and making friends. It's all exciting for you, seeing your kid smiling and having fun. But you start realizing throughout time that your kid is acting differently, you talk to them for 1 minute and they only keep in mind one certain thing about that whole conversation. They don't understand your nonverbal communication, sometimes not even show any expressions such as a smile or a frown. You tell them to clean after themselves, such as putting their shoes away but they keep trying to change the conversation about something they really want to do or that they just want in general. What is the first thing that goes through your mind? *He's just going through a phase, he will get over it sooner or later.* Time keeps going by and you start realizing your child is getting worse. You still don't want to admit that maybe this is something else than just not knowing how to listen or may have bad behavior. Some of your family members mention that your child might have something and you should take him to the doctors to check it out. But you take it in an offensive way and you ignore that idea. Till you realize maybe they are right, your child does things such as zoning out and making eye contact, taking things literally, small things trigger your kid and they end up having a tantrum. Knowing that behavior issues aren't what is actually going on with your child you want to do what is best for them after. Taking them to the doctors such as Psychiatrists or Occupational Therapy. You want to ask the psychiatrist what you can do as a parent to help your child. Such as figuring out what is the best way to communicate with your child.



Lets Understand More

When being new to something as autism you want to know how it even happened or what caused your child to get autism. Autism is usually caused by differences on the brain causing big emotional changes. Autism affects children in an emotional state and people usable don't realize it till you actually do a full investigation. Mirella Dapretto is a Professor of Psychiatry and Biobehavioral Sciences specifically studying autism and led an investigation at the UCLA center, she wrote an article named "Understanding Emotions in Others: Mirror Neuron Dysfunction in Children with Autism Spectrum Disorders". She made an investigation and learned how autism affects children in an emotional state and people usable don't realize it till you actually do a full investigation. Mirella Dapretto stated "children rely on a right

hemisphere-mirroring neural mechanism, while those with ASD must adopt an alternative strategy of increased visual and motor attention. The lack of mirror neuron system (MNS) activity during both the imitation and observation of emotional expressions in our sample of children with ASD provides strong support for the hypothesis that early dysfunction in the mirror neuron system may be at the core of the social deficits observed in autism.” (Paragraph 8 & 9) Individuals with ASD can exhibit peculiar habits or hobbies. ASD differs from conditions that are only characterized by issues with social interaction and communication by virtue of these behaviors or interests. For those with ASD, developing social communication and interpersonal skills might be difficult.

Signs and Symptoms

Developmental impairment known as autism spectrum disorder (ASD) is brought on by variations in the brain. Individuals with ASD may struggle with confined or repetitive activities or interests, as well as social communication and engagement. Moreover, people with ASD may learn, move, or pay attention in various ways. It is crucial to remember that some individuals without ASD may also experience some of these symptoms. Nonetheless, these traits may make life very difficult for those with ASD. Individuals with ASD can exhibit peculiar habits or hobbies. ASD differs from disorders that are solely characterized by issues with social interaction and communication by virtue of these behaviors or interests.

Some examples of restricted or repetitive behaviors are:



- *sets toys or other items in a line and becomes irate if the order is altered.*
- *repeatedly uses the same words or phrases (called echolalia)*
- *is concentrated on object components (for example, wheels)*
- *disturbed by even little changes, possesses obsessions*
- *flapping hands, rocking the body, or circling oneself*
- *demonstrates unique responses to sounds, smells, tastes, sights, or feelings*

(CDC Autism Spectrum Disorder)

Some examples of ASD-related traits of social interaction and social communication:

- *breaks eye contact*
- *does not respond to name by the age of nine months*
- *does not display joyful, sad, angry, or astonished facial expressions by the age of nine months.*
- *not engaging in simple interactive games*
- *Around the age of one year, makes little or no gestures*
- *does not share interests with others*
- *can not recognize when others are harmed or unhappy*
- *does not observe or engage in play with other children.*

(CDC Autism Spectrum Disorder)

Treatments/Procedures

When learning more about these symptoms and analyzing what does it actually mean to have autism you start analyzing that your kids' lives including yourselves is going to change. Figuring what's the actual way to treat your kid, how to speak to them to not make them trigger them to cause a tantrum. The goal of current therapies for autism spectrum disorder (ASD) is to lessen symptoms that affect everyday living and quality of life. 1 Since ASD has a distinct impact on each individual, each person with ASD has different strengths, problems, and treatment needs. 1 As a result, treatment programs frequently involve several specialists and are tailored to the person. Therapies may be offered in a variety of venues, including those related to education, health, the community, or the home. To make sure that treatment objectives and progress are meeting expectations, it is crucial that professionals communicate with one another, the person with ASD, and their family.

There are many types of treatments available. Behavioral techniques concentrate on altering behaviors by comprehending what takes place prior to and following the activity. Developmental methods concentrate on enhancing a narrow range of interrelated developmental abilities, such as language



skills or motor skills, or a larger range of developmental abilities. Educational treatments are given in a classroom setting. The Treatment and Education of Autistic and Related Communication-Handicapped Children (TEACCH) method is one form of educational strategy. The theory behind TEACCH is that persons with autism benefit from consistency and visual learning. It gives instructors strategies for adjusting the classroom organization and improving academic and other outcomes. Social-relational therapies aim to improve social skills and emotional ties. Parents or peer mentors are used in several social-relational techniques. Anxiety, sadness, and other mental health disorders can be helped by psychological methods in persons with ASD. Cognitive-Behavior Therapy is a psychological technique that focuses on understanding the relationships between ideas, feelings, and behaviors.

Conclusion

If you suspect your kid has an ASD or that there is an issue with the way he or she plays, learns, speaks, or acts, contact your child's doctor as soon as possible and express your concerns. Working on strong family ties is just as essential as taking care of any other element of your family life when you have an autistic kid or children. When an autistic child's identity is validated, their relatives, classmates, and teachers can better understand them. When a kid is diagnosed with autism, all necessary support systems may be put in place to allow the youngster to blossom and prosper.