

3 Tips for Parents of Kids with Autism Spectrum Disorder



Autism Spectrum Disorder (ASD) is a common occurrence in the U.S. with 1 in every 68 kids affected. Autism affects children in a variety of ways, which is why it is now called autism spectrum disorder, and it will follow them [into adulthood](#). What works for one parent may be ineffective for another simply because each child has different likes, dislikes, abilities, and co-occurring problems in his place on the spectrum. However, there are certain aspects of autism that are, for the most part, found in all kids with ASD. With that in mind, we share a few tips on parenting a child with ASD.

1. Create, Implement, and Stick to a Routine

Many of the behavior problems associated with ASD can be reduced or even resolved with a consistent routine. When kids with ASD do not know what to expect from their day, they tend to act out and experience anxiety. The most important parts of the day to structure are morning and evening. Kids with ASD are more prone to [sleep issues](#) than other children. This can make waking up and getting ready for the day difficult. By getting your child on a morning routine that involves a set wake-up time, getting clean and dressed, and eating breakfast, you are setting the pace for the rest of the day.

In the evening, a nightly routine can actually work to treat insomnia or other sleep-related problems. By forming a consistent series of nightly actions, you are helping your child to signal their brain that it will need to shut down soon for a good night's rest. You might include things like turning off screens, changing into pajamas, and brushing teeth.

2. Learn to Work with Your Child's Abilities

Each child with ASD has his own set of abilities and disabilities. If your child is [nonverbal](#), you should not be focusing on teaching him the spoken language. Instead, you need to find alternatives in order to communicate with your child. Things like flashcards with pictures, basic sign language, and bright indicators throughout the home are some options for parents of nonverbal kids with ASD.

For kids with sensory issues, you will need to learn what stimulation your child can and cannot handle and work with it rather than forcing your child to cope. Of course, this does not mean you shouldn't utilize therapy to help your child learn and grow; rather, you should work at your child's pace.

3. Enlist the Help of a Therapist

A specialized therapist can be [hugely beneficial](#) to kids with ASD. Because many kids with the disorder struggle with effective communication and sensory disorders, leaving your child to deal with these

difficulties later in life can have a largely negative impact. Instead, seek the help of a therapist to encourage positive growth in your child at an early age. A reputable therapist can help your child overcome the obstacles that threaten to limit his independence later in life. Though therapy can be a little expensive, it is important to seek help for your child so that he can learn how to handle daily life to the greatest extent of his capabilities.

Raising a happy, healthy child with ASD is fully possible for any parent. You need to do your research on the disorder and pay attention to your child's specific symptoms. An in-depth knowledge of both is critical to helping your child live better. With the help of a good therapist, your child will be able to grow up a well-adjusted adult with the maximum amount of independence.

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