



Autism Conversation

School Aged (6 - 11 years)

Everybody is different

Highlight what is different about each person in their family and or with their peers

- We all have different traits - nose shape, hair color, tall/short,
- No trait is better than the other

What does everyone likes

What people are good at

- Fast runner, good at soccer, good at reading

What is hard for each person

- Dad is not great at spelling, Mom is not great at drawing

Everybody looks different on the outside and inside

Our brains are the teacher/boss of our bodies

- Tells our bodies to move, breathe, heart beat, mouth chew food, stomach digest food

Everyone's brain works different

Autism

Your brother/sister/cousin/neighbor/friend's brain helps them to be really good at

- Organizing their toys in order
- Pointing out... firetrucks
- Telling us facts about... dinosaurs

Your brother/sister/cousin/neighbor/friend, their brain has a hard time with...

- Provide opportunity for concrete examples, what is seen or experienced
 - examples:
 - if they can't talk = brain can't tell them to form the words they want to say
 - If they are noise avoidant = something that is difficult for their brain is loud noises, that is why they wear headphones

You are the EXPERT

Frame the conversation so that the sibling feels empowered to take on a role within the family

- "You know your sibling the best, and you also have an awesome job of helping others get to know your brother/sister, share what things they are good at, and what things are helpful to them."
- "It is a really important job, and sometimes we need help, so if you ever feel you need help with this job you can always ask a loved one. "

What to say if someone at the playground, grocery store, school asks you about this person...

"Their brain has different things it likes and dislikes"

Determine a script with your child, tie it back to the brain - "they because their brain "