

## Quick Guide to:

# Autism



Autism is a lifelong, developmental condition that affects how a person communicates with and relates to other people. It affects how they experience the world around them. Autism is a spectrum condition and affects people in different ways. It is a difference not a deficit.

Autistic children are often really good at:

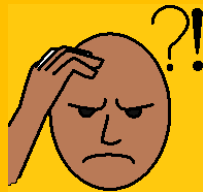
- ◇ Visual, categorising and technical tasks—especially noticing fine details
- ◇ Finding out and remembering facts about subjects that interest them



Autistic children may experience differences in:

### Social Understanding and Communication

- ◇ Making their needs known
- ◇ Understanding instructions
- ◇ Reading facial expressions
- ◇ Developing friendships
- ◇ Managing unstructured parts of the day



### Flexibility and Information Processing

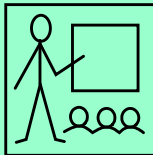
- ◇ Moving between activities
- ◇ Coping with change

### Sensory Processing

- ◇ Processing noise, light, texture, taste and/or smells

Talking about Autism at home:

- ◇ Talk to your child about difference and celebrate how unique we all are
- ◇ Talk about what helps your child to learn and all the progress they are making
- ◇ If they ask why another child needs different or extra support in school, talk about how this will be helping them to learn
- ◇ If they ask about Autism, talk to them about everyone's brains working in different ways and Autism being just one of these ways
- ◇ Please don't talk about Autism in relation to particular children unless their family does so with you—not all children are ready to know about their diagnosis or may be learning about it in a way that works for them.



Want to find out more?

For children: CBBC show “A Kind of Spark” has an Autistic main character

For adults: Chris Packham's documentary “Inside Our Autistic Minds” available on iPlayer

<https://www.autism.org.uk/advice-and-guidance/what-is-autism>



<https://www.autismeducationtrust.org.uk/about/what-is-autism>

Got a question?

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