



A Guide for New Parents of Children on the Navigating Parenthood: Autism Spectrum

Description

Parenthood: A Guide for New Parents of Navigating Children on the Autism Spectrum

Congratulations on embarking on the journey of parenthood! Discovering that your child may be on the autism spectrum can bring about a range of emotions and challenges, but with the right support and resources, you can navigate this path successfully. In this guide, we explore psychological conditions to cope with, practical steps to take, available resources, and ways to connect with parent groups.

Psychological Conditions to Cope With:

- Shock and Denial:** Common to feel shocked or in denial after receiving a diagnosis. Allow yourself time to process your emotions and come to terms with the diagnosis.
- Guilt and Blame:** Parents may feel guilty or blame themselves for their child's condition. Remember that autism is not caused by parenting practices.
- Anxiety and Stress:** The uncertainty of the future and the challenges of parenting a child with autism can lead to increased anxiety and stress.

Practical Steps to Take Things Forward:

1. **Educate Yourself** about autism spectrum disorder (ASD) to better understand and challenges. Learn your strengths
2. **Early Intervention** intervention services such as speech therapy, and behavioral therapy to support your development. Seek early occupational
3. **Create a Structured Environment** Children with autism often thrive in structured and visual schedules to help your child navigate environments. Establish routines daily activities.
4. **Advocate for Your Child** in educational settings, Be your advocate. Ensure they receive the support they need to healthcare, and community services. succeed.
5. **Encourage Communication** Explore different forms of communication such as: and alternative communication (AAC) to speech, sign language, or augmentative your child express their needs and preferences. help

Resources Available:

1. **Local Support Services** with local autism organizations, support groups, and service providers for information and assistance.
2. **Online Resources** websites, forums, and social media groups: Explore reputable for tips, advice, and community support. dedicated to autism parenting
3. **Parent Training Programs** in parent training programs that offer: Participate challenging behaviors and promoting your child's development.
4. **Therapeutic Services** services such as counseling or support: Access therapeutic your own emotional needs and coping strategies. groups to address

Connecting with Parent Groups:

1. **Attend Support Meetings** in local support group meetings where you: Participate facing similar challenges and share experiences. can connect with other parents
2. **Join Online Communities** with online forums and social media groups for: Engage support, information exchange, and networking. ongoing
3. **Seek Mentorship** experienced parents of children with autism who: Connect with practical advice based on their own experiences. can provide guidance, empathy, and

and challenging. By educating yourself, on the autism spectrum can be both rewarding. **Conclusion: Parenting a child their full potential. Remember to prioritize for your child, you can help them reach seeking support, and advocating**

self-care and seek assistance when needed. not alone on this journey. erúoY

Actionables:

1. specialists for early intervention services. Schedule appointments with
2. local autism support groups and attend meetings. Research
3. a visual schedule or routine for your child. Create
4. Set aside time for self-care and relaxation.

Further Reading:

1. ēmordnyS s̄regrepsA Complete Guide to ehT̄by Tony Attwood
2. Things Every Child with Autism Wishes You neT̄by Ellen Notbohm w̄enK
3. Method That Has Helped Families All msituA Breakthrough: The Groundbreaking by Raun K. Kaufman đlroW Over the

Checklist:

- = local support services and organizations. Research
- = Establish a structured routine for your child.
- = out to other parents for support and advice. Reach
- = time for self-care and emotional well-being. Take

the MEDA Foundation to support their efforts in MEDA Foundation: Consider making a donation to Contribution to families affected by autism spectrum disorders. resources and assistance to individuals and providing

and with patience, love, and support, you Remember, every child with autism is unique, can help your child thrive.

and to get started, if the parents are in. erolagnaB Here is a quick list for reference

North Bangalore:

1. Spastics Society of Karnataka)Malleswaram(
2. Action for Autism)RT Nagar(
3. Child Rehabilitation Centre)Yelahanka(
4. Prasanna Autism Center)Hebbal(
5. Association of People with Disability)Hebbal(The
6. Rehabilitation Research and Education Center for Autism and other Disabilities)CADRRE()Yelahanka(
7. for Children with Special Needs)RT Nagar(Rainbow Centre

8. ACTS Institute)Yelahanka(
9. Trust for the Disabled)Yeshwanthpur(Samarthanam
10. Mathru Foundation)Malleswaram(

Central Bangalore:

1. NIMHANS Centre for Well Being)Hosur Road(
2. for Child with Special Needs)Koramangala(Spandana Centre
3. Child Rights Trust)Wilson Garden(
4. Adarsh Rehabilitation Centre)Shivajinagar(
5. the Mentally Challenged)AMC()Wilson Garden(Association for
6. The Earth Saviours Foundation)Koramangala(
7. Akshadhaa Foundation)Koramangala(
8. Pratham Special Education Centre)Richmond Town(
9. Little Steps Therapy Services)Langford Town(
10. Sneha Kiran Rehabilitation Centre)Shivajinagar(

South Bangalore:

1. Asha Centre for Autism)Jayanagar(
2. AADI Centre for Disabled Children)Basavanagudi(
3. Vidya Sagar Center for Special Needs)Jayanagar(
4. of People with Disability)APD()Jayanagar(Association
5. Swabhava Trust)Basavanagudi(
6. Ability Unlimited)Banashankari(
7. for Children with Autism)Bannerghatta Road(New Horizon Center
8. Swastik Autism Center)Jayadeva Hospital(
9. Neev Child Development Centre)JP Nagar(
10. Kid Engage)Bannerghatta Road(
11. [MEDA Foundation \)BTM Layout\(](#)

East Bangalore:

1. for Education and Development)Whitefield(Vikasana Centre
2. Sai Vidya Centre for Special Needs)Indiranagar(
3. Ummeed Child Development Center)Marathahalli(
4. PRERANA Center for Autism)Whitefield(
5. Satya Special School)Whitefield(
6. Blue Rose Learning Centre)Whitefield(
7. We CAN Autism Centre)Indiranagar(

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8. V-Excel Educational Trust)Indiranagar(
 9. Comprehensive Learning Solutions)Marathahalli(
 10. Counselling & Holistic Development)Indiranagar(CATCH Centre for Autism Therapy,

CATEGORY

1. Autism
2. Autism Parenting

POST TAG

1. #AutismAwareness
2. #AutismResources
3. #AutismSpectrum
4. #AutismSupport
5. #NavigatingParenthood
6. #NewParents
7. #ParenthoodJourney
8. #ParentingGuide
9. #ParentingTips
10. #SpecialNeedsParenting
11. MEDA

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11. MEDA

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