



About Me

Framework by
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www.learn2bebuddies.com.au

How to use this document:

Adapt this document so that it is relevant to your child. First, fill in the box identifying your child's name, the things they love and the things they are good at. Use it to build awareness about what food, presents and activities your child might like by specifying their likes, interests and abilities.

Next, add or delete details according to your child's difficulties. For example, some children may be skilled communicators, so simply delete the section about communication.

Thirdly, you may want to add a photo of your child if you are going to be amongst a larger group of people.

Finally, distribute this only to people who need to know. You might send it out with invitations, or with acceptance of invitations.

Expect these different reactions, and prepare yourself as much as possible. Some people will understand, some will want to ask questions, and some may not "believe" what you say.

The best thing you can do is believe in yourself as a parent. You are the person who knows your child best. As hard as it may be, try not to take on board any negative statements about your parenting skills or "put downs".

You could also ensure that you have a supportive person with you when you hand this information over to others.

You might also ensure that you have an avenue to debrief after the event. This may be with an understanding friend, a local ASD support group, or a doctor, psychologist or therapist who is working with your child.

My name is

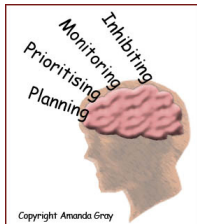
I love

I am very good at

But there are some things that I find difficult because I have **Autism/Aspergers/an Autism Spectrum Disorder** (select one).

Autism/Aspergers/An Autism Spectrum Disorder (select one) is a neurological or brain condition. It means that I see, hear, process and interact with the world differently.

The way my brain works makes it very hard for me to see things from other people's perspectives. **I find it hard to imagine what they might be thinking, or how they might feel.** I also find it hard to understand why we can't do certain things, or go certain places.



I can sometimes do things that hurt or offend other people. I don't mean to, I just find it hard to predict how the things I do can affect them. For example, I find it hard to make eye contact when you are speaking to me. I can also find it hard to do things like sharing and waiting for my turn.

I can sometimes do dangerous things, like running away. I don't mean to, **I just find it hard to predict what might happen** if I do this. I might simply be trying to avoid something that is making me anxious, or I might have seen something I want.

I often play on my own, but that doesn't mean that I don't want to play with others. I just find it hard to join in some of the games that



they are playing if I don't know the rules.

I like to play games and be in familiar places that are predictable, involving logical rules, repetition and routine. I find it hard to play games where I have to pretend and use imagination.

I can also find it hard to understand what you are saying. I especially find it hard to understand any language that is not literal. Slang and figurative language can confuse me. Sometimes I can only understand if you talk to me with pictures.



I find it hard to say what I want to say as well. Sometimes I can't say anything. Sometimes I say things with pictures, gestures or by leading you by the hand.

Because Autism/Aspergers/an Autism Spectrum Disorder affects the way my brain processes the world, **I can struggle with some sounds, sights, smells, textures and tastes.**

For example, an unexpected loud noise might really scare me. Or I might gag if I have to eat certain textures or smell certain aromas. Flickering lights can also affect the way I behave.



So if you see me hiding, biting, crying, being very restless, kicking or rocking it might be because:

- I don't understand** what is going on
- I am anxious** about something
- I can't tell you what I need or want**
- I am in pain or discomfort** from the sounds, sights, smells and/or textures around me.

Please be patient with my parent/s and I. We are working hard every day so that I can better interact with others. For now, we just need your respect and understanding.

To find out more about Autism you could visit:

www.autismspectrum.org.au

or

www.learn2bebuddies.com.au/pages/autismawareness.html