# **Autism**





#### What is Autism?

Autistic people have differences in how they communicate with other people and relate to other people. They also have differences in how they respond to changes around them. They may have reactions to sensory changes, like loud noises and bright lights. Every person with autism is different.



### **How to Support Your Child**



Talk to your child's doctor about your child's needs. Visit our website to learn more about different types of therapy.



Use visual supports, like a visual schedule or social stories. These can help your child know what to expect. They can help with daily routines or new situations.





Ask your child's therapist lots of questions. Quality therapy should have clear goals that the family and therapist agree on together.



**Celebrate your child** and continually build their self-esteem.

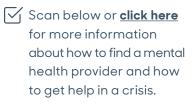


# **Need Help?**



If your family needs a mental health provider, call the phone number on the back of your child's insurance card.

Ask for a list of covered mental health providers in your area, or search for providers on your insurance website.





### Pediatric Health Network

