

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**.



Celebrate your child and continually build their self-esteem.



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.



Need Help?

If your family needs more help, talk to your doctor.

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.

Scan here for more information about how to find a mental health provider and how to get help in a crisis.



Pediatric **Health** Network

