

## Supporting Caregivers and Autistic Children

Written from the perspective of black parents, clinicians, and care partners of autistic children.

| What Others See   | What Caregivers Need  |
|---|---|
| When my child is having a meltdown,   | I wish other people would be supportive not judgmental.   |
| When they are not seeming to behave,  | give us room to be imperfect.   |
| When I am not able to redirect my child,  | I wish people would not judge my parenting and would instead think about autism as a brain difference.  |
| When someone treats my child like they are incompetent because he/she has autism,                       | I wish people would approach us from a place of curiosity and recognize an opportunity for growth.  |
| When others dismiss my concerns or minimize my insight,   | I wish people would validate my concerns, admit we all have room to learn, and offer support.   |
| When programs are not inclusive or sensory sensitive in our community,                                  | I will stand up for my child and myself and share my ideas for creating spaces that support our needs.  |
| When my family has found safe, non-traditional ways of doing things to compensate for our unique needs, | please accept us and allow us to do what works for us even if it is unfamiliar to you or you don't understand.                                |
| When people change their attitude about my child only after I explain their diagnosis,                  | I hope they will take initiative to learn more about autism and teach others, so that I don't have to educate everyone else in our community. |