

Even though I some things are hard for me, I can do lots of things if I learn how. I can try the things below to help me do my best each day:

Because I understand pictures and things that are written down:

- I can use pictures and lists to learn.



Because I can learn small bits at a time:

- I will be most successful if hard things are broken into steps to help me learn them.



Because I like routines:

- I will like to do the same things at the same time or to have a schedule to let me know what to expect.
- It will help to have reminders if things will change, so I'm ready for the change.



Because it is hard knowing what to say:

- I can work with adults to learn what is and what is not okay to say.



Because it is hard making friends:

- I can work with adults and other kids to practice making friends.



Helping Children Learn About Autism

The goal of this brochure is to help children with autism spectrum disorders have a better understanding of autism. Specifically, this brochure was designed with three primary goals:

- 1) Help children understand what autism is.
- 2) Help children learn what autism means specifically for them
- 3) Help children learn how to help themselves.

This brochure provides information that is helpful for any child who has been diagnosed with an autism spectrum disorder. The brochure is meant to be read with an adult who can answer questions and talk about the issues that arise while learning about autism.



INDIANA UNIVERSITY

DEPARTMENT OF PSYCHIATRY
School of Medicine



Indiana Department of Education
SUPPORTING STUDENT SUCCESS

702 Barnhill Road
Room 4300
Indianapolis, IN 46202

Phone: 317-274-8162
Fax: 317-278-0609

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I have Autism...



what is that?

Riley
Hospital
for Children
Christian Sarkine
Autism Treatment Center

