

SUNDAY MORNING

HEALTH CORNER

Autism Spectrum Disorder (ASD)

Autism Spectrum Disorder (ASD) is a developmental disability that causes significant social, communication, and behavioral challenges. ASD is often diagnosed in minorities later in life than recommended due to health disparities, such as lack of education and health training. No two people with ASD have the same signs and symptoms.



Facts about Autism Spectrum Disorder



Most children are being diagnosed after age 4, though autism can be **reliably diagnosed as early as age 2**.



Boys are **four times** more likely to be diagnosed with autism than girls.



An estimated **40 percent of people** with autism are **nonverbal**.



How to Help Your Child with Autism



Create a home safety zone. Carve out a private space in your home where your child can relax, feel secure, and be safe. You may also need to safety proof the house, particularly if your child is prone to tantrums or other self-injurious behaviors.



Stick to a schedule. Children with ASD tend to do best when they have a highly-structured schedule or routine. Set up a schedule for your child, with regular times for meals, therapy, school, and bedtime. Try to keep disruptions to this routine to a minimum.



Reward good behavior. Positive reinforcement can go a long way with children with ASD, so make an effort to praise them when they act appropriately or learn a new skill.



Don't give up. It's impossible to predict the course of autism spectrum disorder. Don't jump to conclusions about what life is going to be like for your child. Like everyone else, people with autism have an entire lifetime to grow and develop their abilities.



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