

DO'S + DON'TS

TO SUPPORT A FAMILY
LIVING WITH

AUTISM

A GUIDE FOR FRIENDS + FAMILY

AutismBlueprint.com



DO ask how we're doing.

DO invite us to social events

DO offer to watch my child if you're able. Even an hour can make a huge difference.

DO talk to my child on an age-appropriate level, and include them in conversation.

DO allow me to do what is best for my child, and respect my ability to make the right decisions for my family.



DON'T expect a call or text response back right away.

DON'T get angry or take it personally when we cancel at the last minute.

DON'T feed my child foods they aren't allowed to eat or are allergic to.

DON'T "baby-talk," speak louder, or talk about my child in front of them.

DON'T judge my parenting or tell me my child needs to be on "stronger medication." We're doing the best we can.