



Survival Tips

when autism and a parent's traumatic past collide

1. Watch for signs of depression, anxiety, or other mental health issues in yourself.
2. If you know you have a history of childhood trauma and have not sought professional help prior to having a child with ASD, consider early professional support for yourself.
3. If you're the struggles of your child with Autism trigger past memories or overwhelming feelings (excessive powerlessness, guilt, rejection) from which you cannot disengage, consider enlisting professional help to process your reactions.
4. Don't minimize or downplay the impact of raising a child with Autism. Don't minimize the impact of your traumatic childhood.
5. Learn to be self-aware:
 - Acknowledge the impact of your past: the positive and the negative.
 - Learn about your coping strategies.
 - Practice awareness and acceptance of your emotions.
 - Mindfulness practices can help with this.
6. Parental self-regulation is important. Learn skills to remain grounded even when your child is not.
7. Stress management and self-care are crucial. Be kind to yourself!
8. Seek education about your health issues, physical or mental.