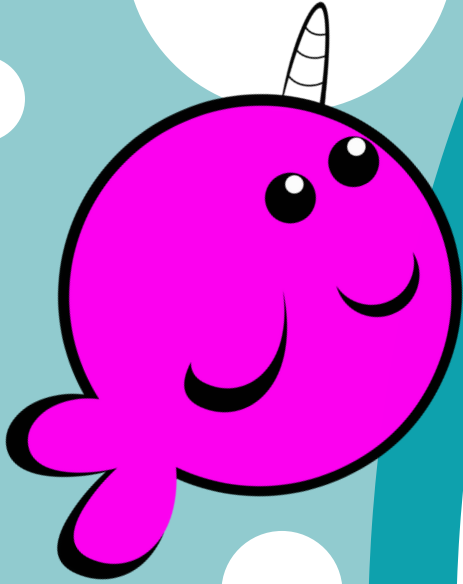


Ask Yourself:



Choosing Therapies for Autistic Kids

What is the desired outcome?

How are those skills being taught?

Bad therapies may use rewards and punishments, teach you to ignore your child's communication and attempts to connect with you. They will prioritize compliance and indistinguishability. These things make children vulnerable to abuse and teach them that conforming to neurotypical ways of being is more important, even when it hurts, than honoring their natural ways of being in this world. These types of therapies have been shown to traumatize and hurt autistic people.

Helpful therapies will assist your child in gaining self advocacy skills, respect their autonomy, aid them in communicating and connecting in the ways that work best for them, help them discover accommodations that work and find ways to navigate an often hostile sensory world. A helpful therapy will empower them to be the best autistic person they can be! A helpful therapy will recognize that autistic children need love, acceptance, understanding and respect. A helpful therapy will understand that autistic kids need downtime too!

A therapy should never be aimed "at autism" because autism cannot and should not be fixed! A therapy should always aim to help build skills and connections, not to fix a person who is not broken.