

Activity 2—Delegating

It can be stressful to imagine telling your close family and friends about your child’s diagnosis. You may be confused and scared and not ready to talk to others about it. When the time is right and you feel comfortable and/or need support from those who care about you, you can figure out the best way to inform them about your child’s diagnosis.

This exercise can help you highlight the details you would like to share with your family or friends. You can choose from these prompts and add more information if you would like and are comfortable doing so. Fill in the blanks with information about your child and your experiences.

When your first concerns arose:

Special characteristics of your child:

- _____
- _____
- _____
- _____
- _____
- _____

The types of specialists that you’ve seen:

- _____
- _____
- _____
- _____
- _____
- _____

What ASD is (in relation to behaviors/symptoms in your child):

Things that are challenging for him or her:

- _____
- _____
- _____
- _____
- _____
- _____
- _____

Things that he or she is really good at:

- _____
- _____
- _____
- _____
- _____
- _____

How you and your family are moving forward (specialists, treatments, homework):

- _____
- _____
- _____
- _____
- _____
- _____



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- _____
- _____
- _____
- _____
- _____
- _____

You may find it helpful to role-play explaining what autism spectrum disorder (ASD) is to family or friends. With a friend, partner, or family member, practice explaining ASD as it relates to you, your child, and your family.

Example: Autism is a spectrum disorder. Sometimes people refer to this spectrum as ASD or autism spectrum disorders. Autism is a developmental disorder that impacts an individual socially, communicatively, and behaviorally. For instance, my son does not speak unless he is prompted, and he's not interested in playing with other children. He loves to read and watch movies—especially movies with animals in them.