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FEATURED ARTICLE

Sometimes our children find it difficult to communicate their challenges to us. This article addresses some of the universal issues they may experience but may not personally share with you.

[30 Things Parents of Children on the Autism Spectrum Want You to Know \(an article from Applied Behavior Analysis\)](#)

It is estimated that one in 68 children are now diagnosed with an Autism Spectrum disorder, and yet, this diagnosis remains as misunderstood as ever. We simply do not live in a society that is accommodating or even accepting of those who are not "neurotypical." Fortunately, parents of autistic children are wonderful at communicating who their children are and why. Below are 30 things those parents of children on the Autism Spectrum want you to know.

Not all autism is the same, and neither is every child with autism.

It's called the Autism Spectrum because autism actually covers a wide scope of complex disorders in brain development. Included are Asperger's Syndrome, "classic" autism and Pervasive Developmental Disorder, among others. The types of autism range in everything from communication skills, anxiety, social interaction, and repetitive behaviors, among other things. As with any kid, a child with autism should be treated as an individual with his or her own set of abilities and preferences.

Just because my kid doesn't look like another kid with autism doesn't mean he's not on the Autism Spectrum.

As one parent wrote on the popular Autism Speaks blog, "Knowing one child with autism doesn't mean anything really - they're all so different. Please don't tell me my son doesn't have [autism] because he looks so different from the other kid you know on the Spectrum."

[READ MORE](#)

SUPPORTING PARENTS OF CHILDREN WITH AUTISM

1. Be there - sometimes parents just need someone to listen
2. Be Inclusive - include parents with their autistic children in activities you plan
3. Try not to be judgemental - it's hard to put ourselves in their shoes with all that they need to deal with

4. Help provide respite care - everyone needs a break and parents of children with autism may not have as many opportunities to take care of themselves.
5. Learn more about autism - find out what you can about autism from reputable resources (visit our site www.ganinfo.org)
6. Keep things confidential - everyone will be different about what they want others to know but it's just safer to keep everything confidential!
7. Become an advocate - advocate for the rights of people with autism for inclusion and understanding and against discrimination.



PLAN AHEAD FOR SUMMER VISITS WITH GRANDCHILDREN

MAINTAIN SCHEDULES

The biggest challenge during the summer is the change from specific routines around school to the less structured days of summer. Try to maintain your grandchild's usual eating and sleeping schedule as much as possible.

SETTING UP A SUMMER SCHEDULE

Track upcoming summer activities in a calendar that your grandchildren have access to so they can see what is coming up and what to expect.

PREPARE IN ADVANCE

When you plan any activities, try to familiarize your grandchild with anything new or different i.e. show photos or practice the activity ahead of time.

CREATE A BACKUP PLAN

Not every day will be perfect so as holidays approach, develop two scenarios: Plan A if things go well and Plan B if issues pop up.

PREPARE FOR THE HEAT

Cook some meals ahead of time that will save time and it will keep you out of the kitchen when it gets too hot and stock up on frozen treats. Buy fans ahead of time - they are often sold out in the middle of a heat wave and try freezing your sheets!



Summer Activities For Children With Autism

SUMMER TRAVEL TIPS

1. [Travel Tips for Children with Autism](#) - Parent Magazine
2. [Adventures with Autism: The Airport Experience!](#) - Autism Speaks and JetBlue Airways
3. [5 Tips for Success on the Road](#) - Autism Speaks
4. [Seven Tips For Flying With An Autistic Child](#) - Minitime
5. [20 Secrets to Successful Summer Travel with Autism](#) - TravelingMom.com
6. [The Ultimate Autism Travel Packing List](#) - Autistic Globetrotting
7. [30 Best Autism-Friendly Vacation Ideas 2019](#) - Applied Behavior Analysis



SHEAR BLISS EVENT



SOCIAL SKILLS GROUP

In order to encourage personal grooming and socialization, GAN recently sponsored a grooming and hair styling event for girls ages 9-10 who are enrolled in a social skills group at the Center for Autism and Neurodevelopmental Disorders.

The stylists at Shear Bliss salon in Tustin, CA took extra care to address any sensory issues the girls had, and it was educational for everyone. The girls also received personal grooming kits for their hair and nails. It was a great success! Grandparents everywhere can

sponsor similar events for granddaughters and their friends - it's an especially great birthday or holiday gift idea!

GREAT SUMMER APPS



Hopster Learn & Watch Kids TV

Hopster provides a safe place for young children to access educational and entertaining media. Hopster provides video, music, books, simple games and creative activities specifically chosen for young children. Famous characters, actors, and writers all feature in its superb content.

<https://www.hopster.tv/>



Elephant Learning Math Academy

Elephant Learning provides a choice of 21 interactive maths games that are based on a particular theme and title. The graphics and visual prompts of this application are beautifully presented and really help the learner become involved in Maths whilst having fun.

<https://elephantlearning.com/>



Toonia Colorbook

This is a cute and fun colouring book option for kids that gives them plenty of themes and pages for free. There are lots of rubbish digital-colouring apps available for iPad. Thankfully, Toonia Colourbook looks like one of the good needles in the App Store haystack.

<http://toonia.com/apps/colorbook/>

EBAY DONATIONS: Spring Cleaning

Donate to GAN's [Giving Works eBay Store](#)



Grandparents have lots of "stuff" like collectibles, unused gifts and household goods, clothing, vintage jewelry and things in good condition that our families "do not want."

Your "stuff" can benefit other grandparents and families affected by autism. The Grandparent Autism Network welcomes donated goods.

You can drop off tax deductible items at Jay's Catering, 10581 Garden Grove Blvd., Garden Grove, CA - or send them C/O GAN at 23785 El Toro Road, #103, Lake Forest, CA 92630 (USPS flat rate boxes may lower mailing costs!)

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**Networking together,
grandparents are a vital
resource for autism...
and each other!**