

A New Diagnosis

Useful Links and Information



AUTISM DEFINITION

Autism is a lifelong development condition that affects the way a person communicates, interacts and processes information.

We understand that receiving a diagnosis for your child can be overwhelming and emotional. However, it is important to remember that an autism diagnosis does not define your child. Here are some pieces of advice for parents of newly diagnosed autistic children:

EDUCATE YOURSELF ABOUT AUTISM:

Learn as much as you can about autism, its symptoms, and how it can impact your child. This knowledge will help you better understand your child's needs and behaviours.

SEEK SUPPORT:

Connect with other parents who have autistic children, join support groups, or seek professional counseling. Support can help you feel less alone and provide you with resources to help your child thrive.

FOCUS ON YOUR CHILD'S STRENGTHS:

Every child, including autistic children, have unique strengths and talents. Focus on your child's abilities and interests, and provide opportunities for them to develop their skills.

BUILD A ROUTINE:

Autistic children thrive in structured and predictable environments. Establish a daily routine that includes specific times for meals, playtime, and bedtime. This will help your child feel more secure and reduce anxiety.

COMMUNICATE EFFECTIVELY:

Autistic children often have difficulty with social communication. Use clear and concise language, and be patient when communicating with your child. You may also want to consider alternative forms of communication such as picture cards or sign language.

ADVOCATE FOR YOUR CHILD:

As a parent, you are your child's best advocate. Speak up and advocate for your child's needs in school, medical settings, and other public places.

SUPPORTING RESOURCES:

Your child may be entitled for Disability Living Allowance (DLA) for children from the Government.

<https://www.gov.uk/disability-living-allowance-children>

Derbyshire County Council has a wealth of information and guidance for parents.

<https://www.derbyshire.gov.uk/social-health/adult-care-and-wellbeing/disability-support/autism/autism.aspx>

Parents as carers in Derbyshire is linked to the County Council and provides a wide variety of advice include respite services.

<https://www.carersinderbyshire.org.uk/caring-for-a-child>

The National Autistic Society has lots of educational material to help you further understand Autism, particularly guidance on talking to your child about Autism.

<https://www.autism.org.uk/advice-and-guidance/Topics/diagnosis/disclosing-your-autism/parents-and-carers>

Derbyshire Information Advice & Support Service (DIASS) for SEND provides independent information, advice and support to parents and carers of children and young people with special educational needs and disabilities (SEND).

<https://www.derbyshireiass.co.uk/home.aspx>

DIASS has an advice line (01629 533668) which is available for those who need support and can be reached by calling during their opening hours. For non-advice line related inquiries, you can call 01629 533660. Messages can be left outside of operating hours and the support workers will aim to respond within 48 hours. It is

recommended to leave a message with a good time to call back during weekdays.

Remember, your child's autism diagnosis is just one aspect of who they are. With the right support and resources, your child can and will thrive to reach their full potential.