

# Talking to your child about their condition

We may feel we want to protect our child from knowing their diagnosis in case it makes them more aware of being different.

However, children are often the first to know that they are different in some way, even if they can't tell you.

Talk naturally and simply about their condition when the opportunity arises.

Explain in a way a small child may understand, e.g. a story.

The whole family will benefit from talking about this subject.

Not talking about it may make your child feel more isolated and inadequate.

Children may need to be able to explain their special needs to others.



# Troubleshooting

Managing behaviour is all about trial and error.

Look for ways to cope better with a situation, rather than perfect solutions.

If a child is very stressed, we may need to back off for a bit.

This can be hard if other people appear to be judging your actions.

Don't go on a "guilt trip" over your child's behaviour. Let other people think what they want!

