



Parent Support for Autistic Children



Kaleidoscope
— COUNSELING, PLLC —

Every child is unique. Every parent matters.

You are not alone. 

You Are Doing Important Work

Parenting an autistic child can be beautiful, challenging, and exhausting—all at the same time.
Compassion, connection, and support make a difference.



Ways to Support Your Child



Predictability & Routine

Use consistent schedules and visual supports to reduce anxiety.



Communicate Their Way

Respect and support all forms of communication (verbal, AAC, gestures, sign, devices).



Celebrate Strengths

Focus on interests, abilities, and progress rather than perfection.



Regulate Together

Model calm. Co-regulation helps build emotional safety.



Build Connection

Follow their lead. Play and connection create trust.



Support needs
change over time.
So does your role.
You are enough.
Just as you are.

Take Care of You



Give yourself permission to rest.



Find your people.
Community matters.



Notice your stress.
It's okay to ask for help.



Small moments of self-care
make a big difference.



You can't pour from an
empty cup.
Take care so you can
be there for your child.

Helpful Resources



Autism Speaks
autismspeaks.org
Toolkits, resources,
and advocacy



autismoklahoma.org
Local support,
education & events



autism-society.org
Advocacy, resources,
community



pacercenter.org
Information & support
for families



p2pusa.org
Parent support
network



thearc.org
Empowering people
with disabilities

Mindset Shifts

- ♥ Progress is not always linear.
- ♥ Meltdowns are not misbehavior.
- ♥ Different is not less.
- ♥ Connection is more important than compliance.
- ♥ Every small win is a big step.
- ♥ Your love is your child's greatest gift.



Remember

You are your child's
best advocate.

Trust your instincts.
You know your child
better than anyone.

You are enough. 

You Deserve Support Too

- ✓ Individual therapy
- ✓ Parent coaching
- ✓ Support groups
- ✓ Respite care
- ✓ Advocacy guidance
- ✓ A safe space to talk



  You are not alone on this journey.



We are here for you.

