

## **My child has just been diagnosed with ASD where can I get more information?**

### **What is autism or Autism Spectrum Disorder (ASD)?**

An information booklet for parents on autism spectrum disorders and related conditions is available online here. This booklet includes information on what autism is, adjusting to a diagnosis, where to get help and support, information for school-aged children and young people, support for transitioning into adulthood and recommended further reading.

<https://councilfordisabledchildren.org.uk/sites/default/files/uploads/files/earlysupportfinal.pdf>

We also recommend that the family, and other professionals working with your child, look at the National Autistic Society (NAS) website - <http://www.autism.org.uk/>

The NAS has lots of useful information and resources to support families and children following a diagnosis of Autism Spectrum Disorder, including how to discuss the diagnosis with your child.

The Girl with the Curly Hair is a social enterprise that aims to help people understand autism using animations, comic strips and diagrams to make their work accessible (information is for girls and boys) - <https://thegirlwiththecurlyhair.co.uk/>

### **How to tell you child or their siblings?**

*Amazing things happen* is a short introductory YouTube video about autism, which may be helpful to share with your child, extended family or their peers. It can help them become more aware of life from your child's perspective.

<https://www.youtube.com/watch?v=RbwRrVw-CRo>

Advice from the NAS for families about discussing a diagnosis of Autism with a child or young person can be found here.

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

Ambitious about Autism have some resources including videos about other children and young people's experiences.

<https://www.ambitiousaboutautism.org.uk/information-about-autism/preparing-for-adulthood/making-sense-of-your-autism-diagnosis>

There are a wealth of books out there for all ages to promote neurodiversity and help children and young people understand their autism, the Book Trust have put together a lovely list. But don't forget to check out your local library!

### **Ambitious about Autism's toolkit**

This practical toolkit contains a wealth of straightforward information in one place to guide parents and carers through their child's journey. From the autism assessment process to everyday life in school and at home, this toolkit is packed with practical tips and checklists to support parents and school staff. It also provides signposts to sources of support or additional information. The parent toolkit aimed at preschoolers but would still be useful for some <https://www.ambitiousaboutautism.org.uk/information-aboutautism>