

EXPLAINING **AUTISM** TO MY CHILD

EVALEEN WHELTON



1.

LOGICAL THINKING

We have very **logical thinking**
which means we make sense.

Do you know people like that?



2.

NOTICING THINGS

We're really good at **noticing things** other people don't, including patterns and relationships between different things.



3.

BIG EMOTIONS

We have **big emotions** and are sensitive to other people's feelings. Sometimes we cry when someone else is sad for example, even though we don't have a reason to be sad ourselves.

Because we're sensitive it can mean that we might get really upset reading a story or watching a movie. We might get very worried about the person in the story. We also might not like words that say bad things about people. It can also mean that we can get super giddy when we're having fun with friends!



4.

CARE DEEPLY

We **care deeply** about things that are important to us. What is important to you?



5.

LIKE TO LEARN

We **like to learn** and often learn by investigating for ourselves instead of learning from someone else.



6.

THINGS WE LOVE

We like to learn a lot about the **things we love**. Some people call these passions 'special interests' but I call them hobbies or passions.

What things do you love to learn about?



7.

VERY SENSITIVE

We are **very sensitive** to things around us so we can hear things others can't, see small details, colours and things that others don't notice; we can be hurt by bright lights and loud noises especially sudden noises or those that don't have a rhythm or pattern. We are also sensitive to words and the sounds they can make. Strong smells and looking at messy clutter can hurt some of us too. We like things in order, which is a good thing!

What kind of things make you feel sad and what kind of things make you feel good?



8.

EMOTIONALLY CONNECTED

We are **emotionally connected** to everything and tend to see everyone and as equals to ourselves. We can feel this way about animals too. We don't think anyone is more or less important than each other.

This also means we have a strong sense of justice and can get upset when something unfair happens, even if it happens to someone else. What kind of things do you think are unfair?



9.

OWN LANGUAGE

We have our **own language** and way of using words. Sometimes other people use words in a way that is different and so it confuses us and their body language is different to ours also.



10.

STIMMING

We are really good at **stimming** which is using our whole body to learn, to enjoy things and to communicate. When we repeat the same line from a movie over and over coz we like it, or when we make clicking sounds to help us think or when we flap or clap to show we're happy.

What sort of stims do you do?



About the author

Evaleen Whelton teaches communication and drama to children. She loves it! She has been doing that for a long time, almost 20 years! She also teaches grown ups about autism.

Evaleen wanted to make a book that would help kids who are just like her. She communicates in a very direct way and sees the world differently to people who are not Autistic.



Evaleen found out that she was Autistic when she was 37 and so she wrote this book to explain the way she understands autism and to hopefully make things a little less confusing!

She loves being Autistic and knows that Autistic people have lots of important qualities and are really good at lots of stuff.

She is very proud that she is part of a wonderful community of people and hopes that you are too!



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