



Understanding ASD

- ASD stands for Autistic Spectrum Disorder. It is a way of describing people who may think and feel in different ways to people without ASD.
- Lots of people have ASD. It affects people in different ways. But people with ASD often have difficulty with:
 - Doing things with other people
 - Talking and listening to other people
 - Following other people's rules and demands
 - Using their senses
- Children with ASD often need extra help from doctors, teachers and other adults. They can help an ASD child to:
 - Cope with school life
 - Make friends
 - Feel less anxious, upset or angry
- It is really important that a child with ASD tells an adult when they need help. This can help them to stay calm and feel safe.
- Lots of people have ASD. Often they need extra help at school. This is OK. Adults can help an ASD child to stay calm and cope with things.

