

Let Your Autistic Child be a Kid

Many parents with Autistic children are afraid to let their child be a kid. They get so wrapped up in their child's treatment they forget to let them have fun. They focus on keeping them safe, and become too protective. The child's life becomes full of doctors, or therapy appointments. They get little time to just be a kid. While it is important to keep your child safe it is also important to give them time to do things they like. Here are some things you can do to make sure your child gets to be a kid.

1. Give your Autistic child a certain time each day to do whatever they want to. If they have a toy or game they like to play let them. Everyone needs a break from doctors appointments and such.
2. Arrange activities for your child that they like. This could be something like a trip to the park once a week, or a meal at their favorite restaurant. Let the child pick the activity. Maybe they would like some time to spend with grandma, or grandpa.
3. Let them run and play like the other kids. Kids like to run and play in the dirt. This will not hurt them. Let them be a kid and have fun. Keeping them sheltered will not help them. It will make them more afraid of being around other kids. If they show an interest let them play with the other children. Let them get dirty. They will come clean with a bath.
4. Do not teach your child to be a victim. Just because they are Autistic does not mean they can not have a normal life. They need to be taught to not let their condition stop them in life. Teach your Autistic child they can do anything they set out to do.
5. Do not let your child's diagnosis of Autism become an excuse. Give your child consequences if they do something wrong. Do not let them get away with things simply because they are Autistic. Children learn pretty quick that the excuse of their condition can get them special treatment. This will not help them later on in life.
6. Give your Autistic child chores. Make sure they are chores the child is capable of doing. This will give the child the pride of knowing they can accomplish something. Give them rewards for completing the chores. The chores could be as simple as making their bed, or picking up their toys.
7. Do not lower your expectations for your Autistic child. Teach them to always do their best. Having a medical condition should not give them a reason to not

try. If they do not try they will never know their full potential.

Kids get hurt. They get dirty. That is all a part of being a kid. They will be much happier. Do your part and watch over them, but allow them to have some freedom. Even though your child has special needs allow them the chance to be a child.