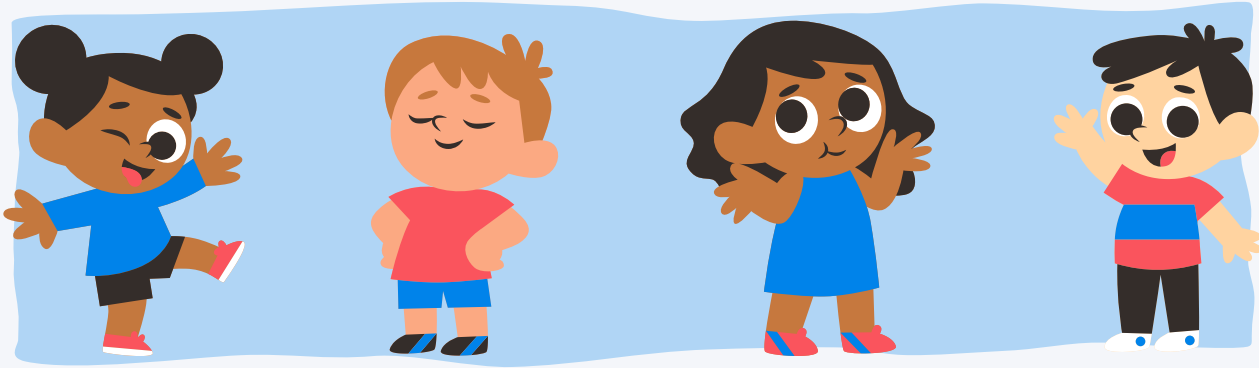


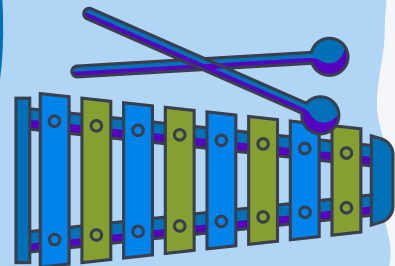
Our Parents are Autistic



My Dad is autistic. This means his brain works differently to mine.



My Mum has really good hearing. Sometimes when I make a lot of noise, it's too loud for my Mum, and she has to go somewhere else. That's ok - I can make loud noises in a different room!

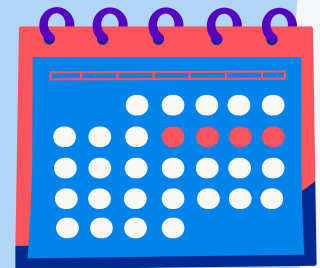
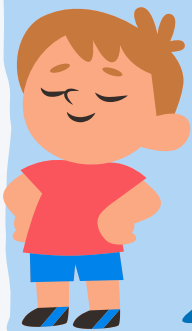




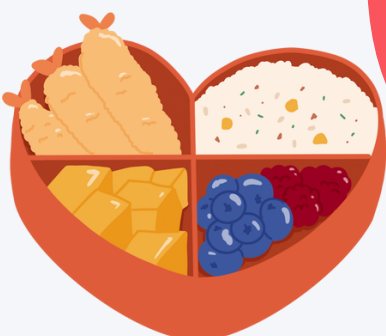
My Mum needs to be by herself sometimes. She still loves me a lot, and when she's done being by herself, she can come back and play with me.



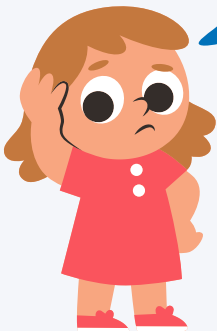
My Dad is really good at routines and organising. He makes sure we always follow the same steps to get ready to go in the mornings. Sometimes this is annoying, like when I want to do something different, but I like that I always know what to expect.



My Mum might not tell me she loves with her words. That's ok - she shows me that she loves me in lots of other ways, like making my favourite food, playing games with me, and asking me lots of questions about my favourite things.



My Mum doesn't always fit in with other people. Sometimes I don't feel like I fit in with other kids at school either. I like that I can always talk to my Mum about feeling left out.



My Dad doesn't always know when I'm sad, or when I need a hug, but he always gives me a hug when I ask for one.



My Dad doesn't always understand grown-up rules, and sometimes he gets them wrong. When my Dad gets things wrong, it makes me feel like it's ok to mess things up, even when you're a grown-up!



For more information, go to autismnz.org.nz

This resource was written by an autistic author, in consultation with children of autistic parents.