

Exploring
**BEING
AUTISTIC**
with my child

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Welcome

Here are 10 wonderful traits that many Autistic people share. Of course we are not all the same – when you explore these with your child, let them take the lead and give them space to share their experience.

Autistic kids are often rejected for their Autistic ways, so some might need extra time to accept positive things about themselves. It's okay to start small.

Which traits do they identify with? Can you find some everyday examples together? What other traits can they think of that they or their Autistic friends, siblings, or parents share?

You could create a poster together or they can draw, or write down some of their wonderful traits along with their favourite stims and interests.

Visit our resource section at ausometraining.com for more downloadable handouts and booklets.

1.

NOTICING THINGS

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

Do you ever notice things others don't notice?



2.

LOGICAL THINKING

We have very **logical thinking** which means we like it when things make sense. We really want to understand the reason behind things and how things work, so we ask a lot of 'why' questions.

Do you know people like that?



3.

BEING 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 sounds, smells, lights, colours, textures make you feel stressed and which ones make you feel good?





4.

LOVE OF LEARNING

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

What do you like to learn about?



5.

BIG EMOTIONS

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

Being sensitive 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!

When was the last time you were really really happy? What happened?



6.

EMOTIONAL CONNECTION

We are **emotionally connected** to everything and tend to see everyone 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?



7.

THINGS WE LOVE

We like to learn a lot about **the things we love**. Some people call these passions ‘special interests’. We spend a lot of time with our hobbies and interests because they make us really happy.

What are your hobbies and interests?



8.

CARING DEEPLY

We **care deeply** about things, people, or animals that are important to us.

What or who is important to you?



9.

STIMMING

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

What sort of stims do you do?



10.

OUR 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. Their body language is different to ours also. Sometimes people share one message with their words and a completely different message with their body. It can be very confusing!

What do you say when you are happy, sad, or angry? How do you show it with your body?



MORE RESOURCES

If you'd like to dive deeper, check out our neuro-affirming books: Interactive workbooks which invite you and your child to explore, express, and embrace their unique selves:

[Click here to go to our book shop.](#)

Join our AUmazing membership online and gain access to on-demand courses, monthly zoom meetings, and a vibrant community of Autistics, parents, and professionals:

[Click here to explore our memberships.](#)

Thank you for being AUsome!



About the author

Evaleen Whelton lives in Cork with her husband Colm, her daughter Maddy, and their dog Happy.

Evaleen taught communication and drama to children for 20 years. She loved it! Nowadays, she 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 help you explore your AUsome Autisticness 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!



More resources at

AUSOMETRAINING.COM