

Readers to the rescue!

→ **DO YOU HAVE A PROBLEM OUR READERS CAN SOLVE?** GET IN TOUCH AND BENEFIT FROM THE EXPERIENCE OF OTHER PEOPLE LIVING AND WORKING WITH AUTISM.

For expert advice and information on any autism-related issues, call our Autism Helpline on 0808 800 4104.



The right time to discuss diagnosis depends on the individual

MY SON has been diagnosed recently. I want to talk to him about it but I'm not sure where to start. Does anyone have any advice?
— Parent

HOW YOU talk to your son about the diagnosis would depend on his age and level of understanding. My suggestion would be that if you haven't already done so you read *When Did It Start?* as it puts autism in the context of neurodiversity. If you feel confident enough yourself that you can give a negative or positive thing, just an acknowledgement of how your son's brain works that he has understood and that he can thrive.
— Caroline

I AM NOT sure from your question whether your son is a child who does not know his diagnosis, or a young adult who does. If it's the former, this might be helpful.

We used to wonder how to tell our son that he had a diagnosis of autism – it seemed such a big thing to do, and we were unsure of his reaction. In the end, he has learned that autism

asked, "Have I got autism?", "Yes", my husband replied, "and I do too". They talked about some of their special powers, the things they are good at, and then moved on to a different topic.

For more ideas, see the web page https://iancommunity.org/cs/articles/telling_a_child_about_his_asd and the books *My Autism Book: A Child's Guide to their Autism Spectrum Diagnosis* by Durà-Vilà and Levi and *I am special: Introducing children and young people to their autistic spectrum disorder* by Vermeulen, both from Jessica Kingsley Publishers.
—Debbie

Debbie wins a copy of *In a different key* by John Donovan and Caren Zucker.

- *Neurotribes* by Steve Silberman is available from all good book shops.
- *Autism: talking about a diagnosis* by Rachel Pike (not published) by her



Help me next!

My son is now 31 years old but still wets the bed at night. He is also prone to an adverse reaction when people around him are coughing. I would be grateful for any advice.

— Parent

SEND US YOUR SOLUTIONS

for this issue's problem for a chance to win a copy of graphic novel *Something different about dad: how to*



live with your amazing teenager
written by
John Evans
illustrated by
John

to contact your local branch (see page 10), or write to: Your Autism Society, 100 High Street, London SE1 1NF. We will be happy to send you a copy of the book if you consent to receive the