

**Wanting to be free.
Wanting to be me.
Trying to make
people see.
And accept the real me.
- Scott Lentine**



Parents often fail to evaluate their own sources of strength, coping skills, or emotional attitudes. You may be so busy meeting the needs of your child that you don't allow yourself time to relax, cry, or simply think. You may wait until you are so exhausted or stressed out that you can barely carry on before you consider your own needs. Reaching this point is bad for you and for your family. You may feel that your child needs you right now, more than ever. Your "to do" list may be what is driving you forward right now. Or, you may feel completely overwhelmed and not know where to start. There is no single way to cope. Each family is unique and deals with stressful situations differently. Getting your child started in treatment will help you feel better. Acknowledging the emotional impact of autism and taking care of yourself during this stressful period will help prepare you for the challenges ahead. Autism is a pervasive, multi-faceted disorder. It will not only change the way that you look at your child, it will change the way you look at the world. As some parents may tell you, you may be a better person for it. The love and hope that you have for your child is probably stronger than you realize.

**learn more at
www.autismspeaks.org**





I think understanding autism better will help us understand what is unique about being a human, which in turn may help me understand more about myself.

- Ryan Yuen, PH.D

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“Autism doesn’t come with an instruction manual. It comes with a family who will never give up.”

- Kerry Magro



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