

## Parent Resource Guide

*August Edition 2021*

### What to do after your child is diagnosed with Autism



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### Tips for Parents of Special Needs Children



Being the parent of a child with special needs is challenging. In fact, it can bring unexpected stresses with spouses, siblings and even within your own belief in your parenting abilities.

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### Women on the Autism Spectrum and Stress



Everyone experiences stress and anxiety at times, and generally it is short-lived. For many people on the autism spectrum, anxiety is instead a normal way of life. More and more females are being diagnosed with autism or realizing that they have autism as they learn more about the condition.

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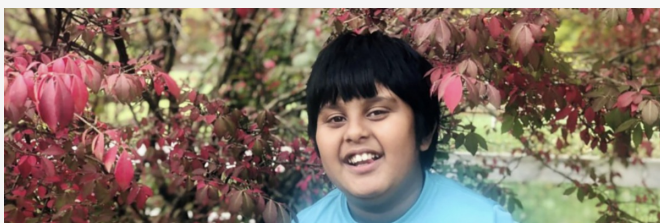
### The Unplanned Journey - Resources from the CDC



For many people with an ASD and their families, daily life is not easy. However, finding resources and planning for the future can help families improve their quality of life.

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### Finding a Different Kind of Happy



"A different kind of happy is what we are. Our happiness is more in the little things — a new word said, a different texture tolerated, an unexpected warm hug, a failed attempt, but an attempt nonetheless, a full night of sleep, a clumsy dance step but a

### Why I Admire Simone Biles as Someone With Autism and Mental Health Challenges



step all right..."

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