Mindfulness is one way that autistic children may learn to manage emotions.

In the United States, people with autism spectrum 
disorders are diagnosed with autism spectrum disorder (ASD) each day.

According to the Autistic Self Advocacy Network, every autistic person experiences autism differently, but there are some things that many of them have in common.

“Many autistic people are not comfortable with 
prospering, processing news, music, 
and connecting emotionally, 
meaning especially differently. 
Some autistic people need 
help with daily living. Young children and 
adults with autism in the US are 
diagnosed more often than ever. 
According to the CDC, it is 
true that we autistics are diagnosed 
more often than ever. However, 
researchers believe that girls are 
not being diagnosed as much as they should be.

Black children are often diagnosed later than White children.

While the rate of diagnosis for autism is the same for all racial groups, Black children, girls, and individuals of color are diagnosed later than White children.

It is also important to note that no one sign is a cause of concern. If you have noticed multiple signs, it may be worth seeing a doctor.

Dr. Copeland explains that autism is unique to everyone.

Some children show signs of autism before one year of age, but some, autism is not easily noticeable before 2 or 3 years.

According to the American Academy of Pediatrics, autism is something that can be managed with support and early intervention.

Not every child with autism shows signs. In addition, many children with autism do not fit the “classic” profile.

Some children show signs of autism before one year of age, but some, autism is not easily noticeable before 2 or 3 years.

According to the American Academy of Pediatrics, autism is something that can be managed with support and early intervention. At this early age, interventions have a better chance for long-term positive effects on children's learning and progress (National Institute of Health). The Pennsylvania Department of Education has an early intervention program that is free to qualifying families. (Call 1-800-441-5555)

A YOUNG GIRL WITH AUTISM noticing small plastic toys to calm herself in situations that can be stressful. (Shallow image)