

# Autism

## What is autism?

national autistic society (no date) say that autism influences the way and how people experience and interact with the world around them. It's a lifelong neurodivergence and disability. No person with autism is the same. NHS (2022) back this by saying autism is a spectrum this means everybody with autism is different some autistic people may need little or no support in life whereas others may need help or to be cared for daily oxford dictionary (no date) have a similar meaning but different by saying a condition affecting brain development that can be severe or mild. People with autism can find it difficult to communicate and form relationships and may show repeated or limited patterns of thought and behavior. National institute of mental health (2024) says that Autism spectrum disorder is a neurological and developmental disorder that affects how people interact with others, communicate, learn, and behave. Although autism can be diagnosed at any age, it is described as a "developmental disorder" because symptoms generally appear in the first two years of life.

## Examining barriers for children with autism

There are many barriers that may prevent a child with autism some of these include learn together Cambridge (no date) says that some autistic children may have trouble communicating and expressing their needs to their caregiver as some may have limited speech or none while other autistic children may have lots of speech so as practitioners / caregivers we must give them a voice if they are unable and we are able to do this by now and next boards or flash cards so they can show us what they require. National institute of health (2020) also believe the same with the communication being a barrier but add They often do not respond to the speech of others and may not respond to their own names. As a result, these children are sometimes mistakenly thought to have a hearing problem. They have a problem with certain food due to the texture or the smell therefore may have a poor diet as autism children have certain safe foods and may not be the healthiest national autistic society (2020) back this by saying issues such as only eating very few foods, not being able to eat at school, going long periods of time without eating and pica (eating non-foods) can feel difficult to understand and manage. Which causes weight loss and not being the correct weight for their age.. Another main barrier is the lack of awareness of the symptoms as not everyone is able to attend training learning disability today (2025) says A lack of training for teachers are other staff is causing discontent among autistic pupils, with just a quarter (26%) happy at school, and 74% of parents or carers of autistic children saying their child's school is failing to meet their needs, according to the new education report and lack of training means the children can not achieve their full potential.

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## Identifying and diagnosing autism

NHS (2022) say some signs of autism in young children can include not being responsive to their name when called, they avoid eye contact when being spoken to, getting very upset to a certain smell or taste or a sound, repetitive body movements from arm flapping, clapping, flicking their fingers spinning around in a circle, not playing as much as other children or do not engage in play with peers. National autistic society (no date) believe Autism presents differently in different people. The signs that people notice in children and adults are usually consistent with the core characteristics of autism, but this isn't always obvious. For many autistic adults, signs were missed in their childhood. Getting a diagnosis isn't so easy as people think the child first must get referred for an assessment by a doctor or by a special needs co Ordinator in the school and there maybe a waiting process for the appointment. NHS (2022) say that the diagnosis for a child may contain ask about the child's development such as when and if they started speaking, watch how the child interacts and how they play, read any reports they received by anyone involved with that child , they ask about medical history and may want a medical examination a member of the team may visit the child's school to see if different in different environments and will supply help to the teachers and yourself .

## Helpful strategies for children with autism

Praise them even for any milestone no how big or small because to them its massive if not done it before. Give them the respect such as time when they are trying to talk or communicate with yourself and let them make their choices and decisions autism speaks (no date) state that Celebrate and build strengths and successes: Tell them what they have done well and what you like. A sense of competence often fosters interest and motivation. Strive to give positive feedback much more frequently than any correction or negative feedback. 'Great job putting your dishes in the sink'. The incredible years (2024) say to use clear concrete language keep it simple and don't over complicate it for them. If a child is moving schools or starting school for the first time the people involved with that child should have more settling in sessions to help the transition move as smoothly as can gov.uk (2014) back this by saying Local areas must follow statutory duties around transition for children with SEN, which will include most young people with autism. Protocols should be in place in every area for the transition of clinical mental health care for children with autism in receipt of CAMHS. NHS (2022) say that Many autistic children find it hard to get to sleep or wake up several times during the night. Some ways to help children sleep is to make a routine and keep to it making sure its quiet and calming from them that Includes around the household let them wear noise canceling earplugs if needed.

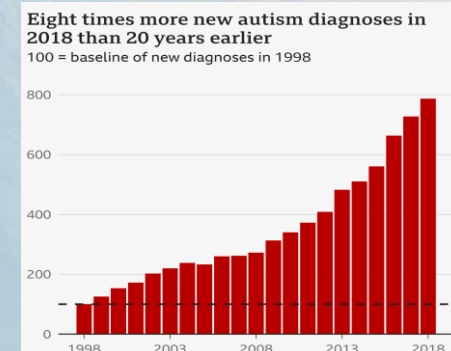


Image Source BBC 3<sup>rd</sup> May 2025

This graph shows the rise in the cases of autism since 1998 till 2018 which is eight times as many new autism diagnoses in 2018 as in 1998.

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