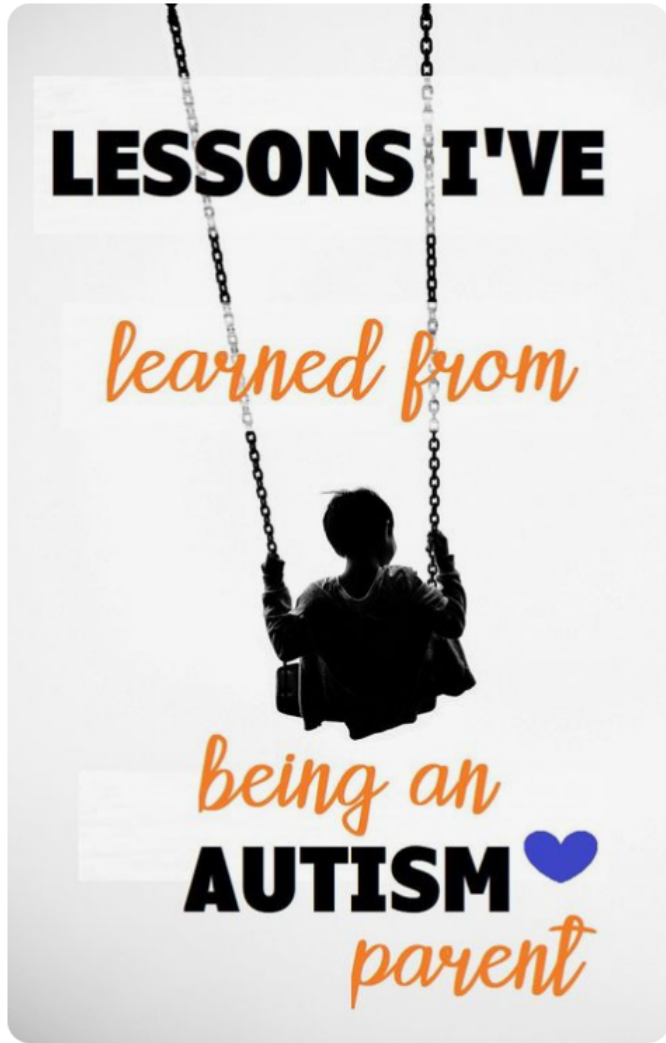


ASD:  
A mom's perspective,  
in pictures.....

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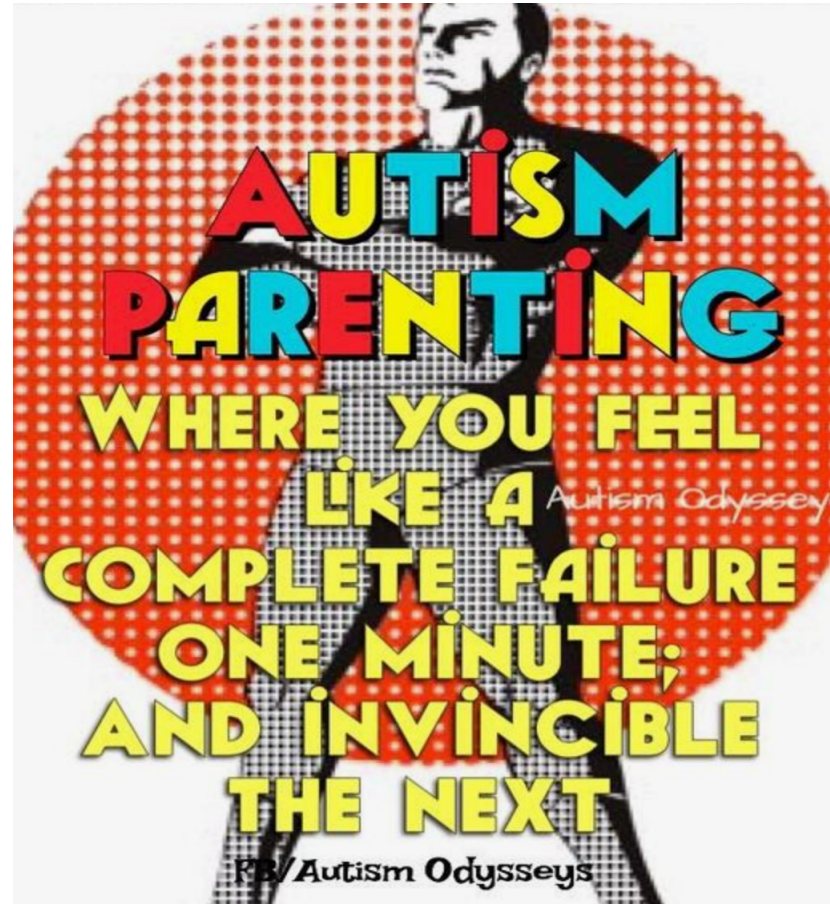




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ASD: A mom's perspective in pictures

# No. 1: Life's a rollercoaster each & every day!



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ASD: A mom's perspective in pictures

## No. 2: You mightn't have a clue, but **KEEP GOING!**

*Autism*  
**DOESN'T COME  
WITH A MANUAL.**

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**IT COMES WITH  
A PARENT THAT  
NEVER GIVES UP.**



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ASD: A mom's perspective in pictures

## No. 3: NEVER compare yourself to others!



## No. 4: NO we can't, nobody can! Ask for help!



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ASD: A mom's perspective in pictures

No. 5: We need to mind ourselves otherwise we aren't any good to anybody! *Hyper vigilance!*

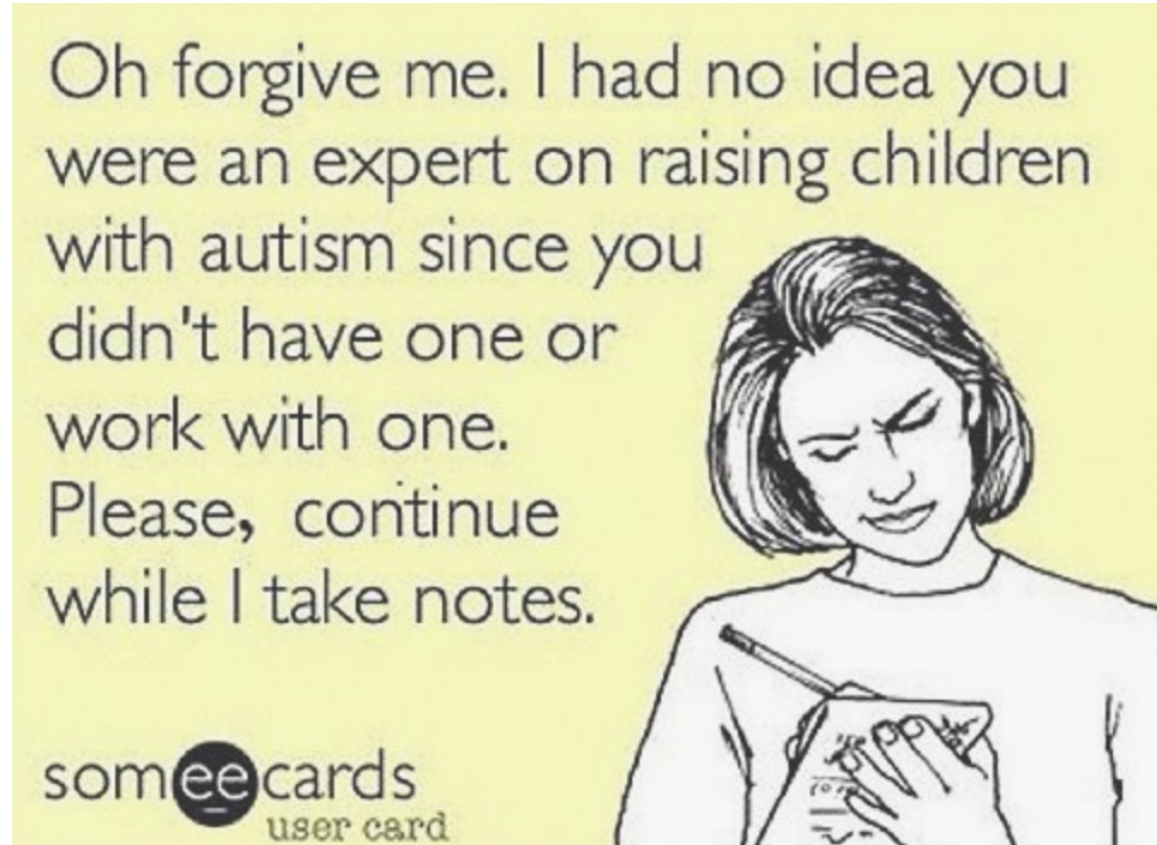


Via University of Wisconsin-Madison Study

ASD: A mom's perspective in pictures

**Autism**  
**Aware.**

## No. 6: Watch who you listen to & seek advice from! Find parents at the same stage as you!





# No. 8: Cut yourself some slack & for goodness sake don't '*LEAN IN*' – *if anything, lean out!!*

Why You Should Learn  
to Say 'No' More Often



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ASD: A mom's perspective in  
pictures

**Autism**  
**Aware.**

## No. 9: Just like our kids we too can become overwhelmed & overloaded! UNPLUG!!

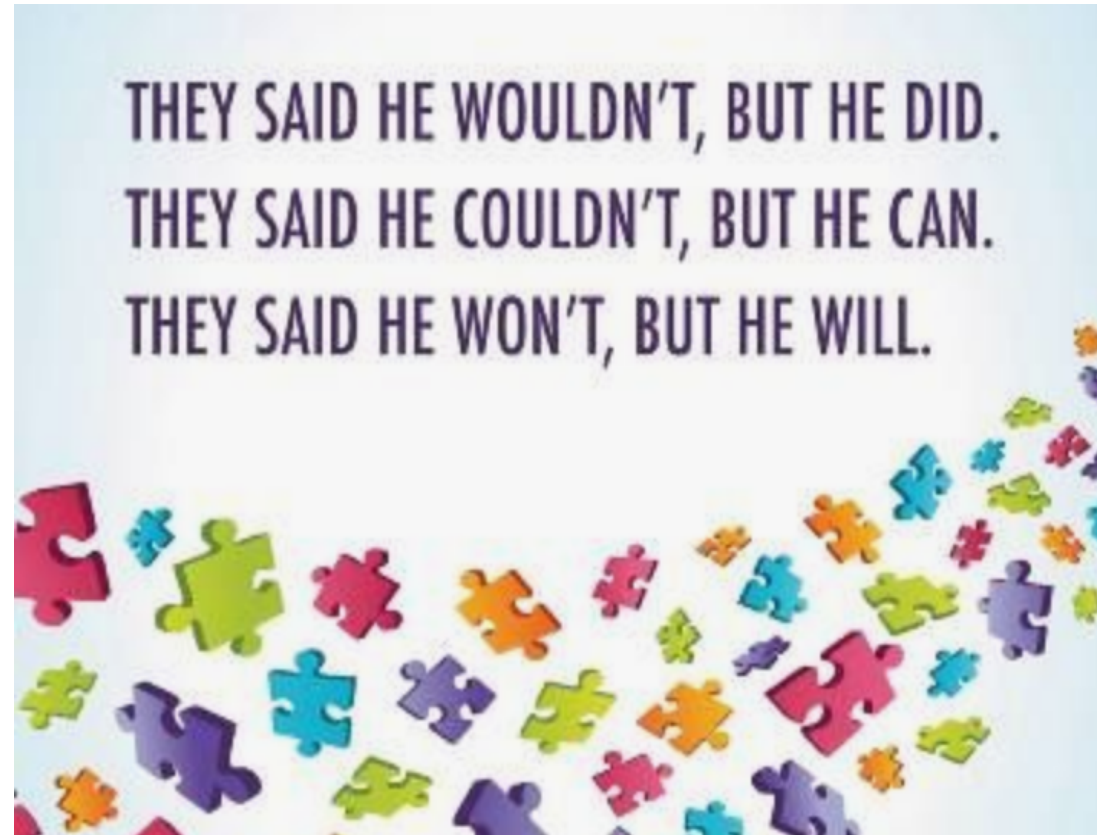


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ASD: A mom's perspective in pictures

And finally, No. 10:

***“Remember if you focus too much on the disability you will miss the ability”***



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ASD: A mom's perspective in pictures

***‘THANK YOU!’***

**Autism  
Aware.**