

# What happens if I think my child has autism?



If you think your child could have autism it's helpful to get a diagnosis because it unlocks more support for your child. It's normal to be unsure or worried about what will happen.

Having so many different people involved may seem confusing, but together these professionals can help you and your child.

Some of the people involved could be:

- **GP:** a doctor based in the community
- **Paediatrician:** a doctor who specialises in care of children
- **Speech and language therapist:** supports people with communication problems
- **Clinical psychologist:** mental health specialist
- **Occupational therapist:** supports people to manage their daily activities
- **Health visitor:** trained nurse who visits families with young children in their homes

It's really important to give all the information you can. You know your child best. Be as honest as you can, so you can get the best support.

When all the assessments are complete you will find out whether or not your child has autism.

Wherever you live in the world you can speak to a health professional if you are concerned about your child.

## Top tips:

1. Remember it is not your fault or your child's if they have autism
2. Make sure that adults around your child understand them
3. Structure their day to reduce anxiety



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## Maxaa dhicikara hadii aan umaleeyo ilma haygu haduu leeyahay autism?



Hadii aad umalaynayso in ilmahaagu uu leeyahay autism, waa waxtar hadii la xaqiijiyo in uu qabo autism, waayo taasi waxa ay keenaysaa in ay caawimo badan ilmuhu helo. Waa caadi in aad ka warwarto waxa dhici kara.

Hayado badan hadii ay kula soo xidhiidhaan ilka haaga waa wareer, laakiin hayada ha kala duwan ee caafimaad ku adiga iyo ilmaha way idin caawinayaan, si ilmuhu u wax ubaran karo, dadkaa oo ayka mid yihiin:

- Dhakhtaro
- Dhakhtarka u qaabilsan caruurta
- Qolada uqaabilsan, in ay caa wiyaan dadka hadalku ku adag yahay
- Dhakhtarada u qaabilsan madaxa
- Qolada caawisa dadka shaqada malinimo ku adagtahay
- Neerasta u qaabilsan i ay booqato caruurta iyo reerahooda guryaha

Waa mihiin in dadkan warbixin buuxda aad siiso, adiga ayaa ilmahaaga garanaya. Runta kasheeg, si caawimo dhab ah uhesho. Marka baadhitaanadu dhamaadaana, waxa aad ogaanaysaa ilmahaagu in uu autism leeyahay iyo in kale. Meel walba oo aduunka aad kaga nooshahay ba waad lahadli kartaa bahda caafimaadka hadii aad ilmahaaga ha warwarsan tahay.

### Talaaboyin faa ido ah:

1. Ha ilaawin in adiga iyo ilmahaagu toona autism aanay keenin
2. Isku day waa yeelka ilmahaaga ka agdhow in aay fahmaan
3. Isku day in aad ilmaha maalintiisa aad u dajiso



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