

Parent Talk

APRIL 2026

Learning About Autism

With April being Autism Acceptance Month, it's the perfect time for families to learn a bit more about what autism actually is. Autism is frequently portrayed inaccurately in the media, and this has led to a lot of misinformation and stigma. Below, we'll dive into some facts about autism and how families can help combat this stigma.

What is Autism?

Autism is a condition that can be a bit different for each person but typically involves challenges with social communication and skills which can be rooted in deep anxiety. There are also different forms of autism, so you may hear people more broadly refer to it as "autism spectrum disorder(s)". Autism also comes in different levels of severity with some having very little impact on their daily lives whereas more severe cases can result in bigger challenges like the inability to speak. Because there is such a range of different types of autism, there's no one picture of what someone with autism looks or acts like.

How Can I Help My Autistic Loved One?

One of the best ways to support a child with autism is to promote understanding and awareness. Try to learn as much as you can about the condition and approach your loved one in a way that's supportive and understanding. Aside from traditional treatment options through therapy and medication, autistic children can also be supported through certain accommodations at home and school. If an autistic child really struggles with loud noises and crowds, there are options available to make them more comfortable like headphones or fidget toys to play with when they get anxious. You can also look into some sensory-friendly activities. Many places hold autism-friendly movie nights and events that are quieter and calmer. If an autistic child is non-verbal, there is also assistive technology like tablets with text-to-speech available to help them communicate their needs.

Need more help?

Resources at The Baker Center are just a click away

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CAMP BAKER →

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NEXT STEP →

Featured Resources



Next Step – Summer Session at Boston University

Next Step is designed to help students with social language and anxiety challenges prepare for college. The program serves as a simulation for independent living.

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Creating Systems of Care for The Emotional and Behavioral Needs of Youth with Profound Autism

The definitions of autism have changed dramatically over the past four decades to include a wide range of people. The field continues to debate the utility and meaning of identifying portions of the spectrum as distinct groups, including the recently introduced term Profound Autism.

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What is Pathological Demand Avoidance?

Conversations about Pathological Demand Avoidance (PDA) have come to the forefront of social media, especially for caregivers who have children that consistently are non-compliant with demands and may have been diagnosed with autism spectrum disorder (ASD), Attention-Deficit Hyperactivity Disorder (ADHD), or Attention-Deficit Hyperactivity Disorder. While PDA has become a hot topic, it is not defined or recognized as a mental health diagnosis on its own. So, what is it?

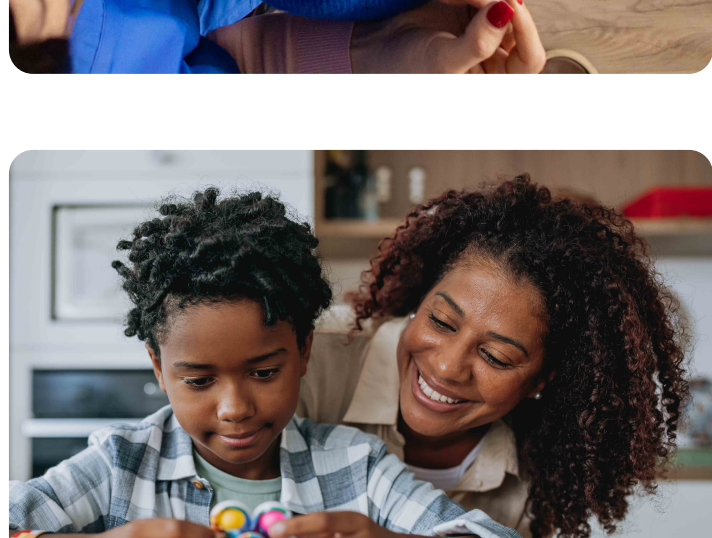
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Executive Function Challenges and Evidence-Based Approaches to Help

The frontal lobe in the human brain, and specifically the prefrontal cortex, is responsible for managing executive function. Research has shown that anything that damages the brain tissue of this area can impact an individual's executive functioning skills, but damage to the prefrontal cortex is not the only cause of executive function challenges. Research has also shown that some neurodevelopmental conditions involve frontal lobe effects and executive dysfunction symptoms too. Neurodevelopmental conditions include Attention-Deficit/Hyperactivity Disorder (ADHD), Autism Spectrum Disorders (ASD), and other learning disorders, which alter how the brain develops.

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Client Spotlight: MATCH for Autism

The following is an interview with a real client who contacted the Center for Effective Therapy to get treatment for their child with autism.

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