

Parent Notes

Your family as a team

Autism Spectrum Disorders

It is important that families working on helping their children learn better behaviours do so as a team. Not only should family members pull in the same direction, they also need to support each other in playing their parts. This module focuses on developing such teamwork.

Studies have shown that in many families parents of children with autism experience the impact of the child's behaviour differently. Fathers tend to get more upset by the stress their wives experience; mothers' general wellbeing is improved when the fathers are more involved with parenting.

Use the generic Signposts program module *Your family as a team* to help you think about these issues. This module helps you think about how to work as a team and support one another as you make changes in the ways you and your family manage your child's difficult behaviour.