




Autism Tool Kit: Life First!

**Everything You Wanted to Know About Puberty and
Autism, but Were Afraid to Ask**




1. How did you address hygiene issues such as showering, using deodorant, wearing feminine products, brushing hair, etc. Also, speak to how you taught your child to independently make the choices to incorporate these important skills into their daily routine.




2. How did you explain to your child, that as they mature, the concept of "personal space"


For example, it would no longer be appropriate for a maturing child to sit on everyone's lap or reach out and touch another child's sweater in the hall because it looked "soft."




3. What are some behaviors or actions that your child could "get away with" when younger, but as they age, are no longer appropriate, and at what age should they begin to shape such behaviors into more appropriate ones? For example, a child may prefer to walk around the house in his underwear all day, however, now a sibling wants to have friends over, or this child decides to answer the front door. What other behaviors should parents start thinking about changing as their kids age?




4. At what age did your child show an interest in the opposite sex and what resources were helpful in explaining "the birds and the bees" to your child?




5. Did you notice that behaviors improved or worsened with the onset of puberty and the hormonal changes? Give some examples.




**6. As a result of hormonal changes did you have to explain to teachers, friends, church, etc. that your child was going through puberty and may act differently than usual?
How did they react?**



7. Looking back what are the top 3 - 5 things you wish you knew before and what should parents do now to prepare ahead?



8. What are the top 3 positive things that your family and child experienced during puberty?



9. Please provide your favorite books, videos, websites, and resources.



Any Questions??