

Session 1 of 4

A Webinar Series : Focus on Autistic Girls and Teens

# For Parents and Caregivers: Of Girls 10 and Younger

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**Autism**ONTARIO

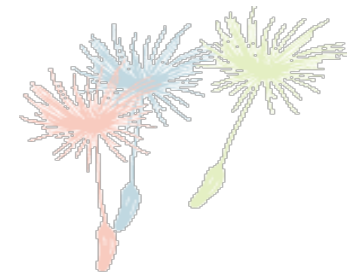
# Topics to be discussed

For parents and caregivers of children aged 10 and younger

This workshop will provide information to support parents and caregivers in feeling confident to address topics related to healthy sexual development.

Topics:

- Independence vs interdependence
- Privacy
- Boundaries
- Hygiene
- Self care



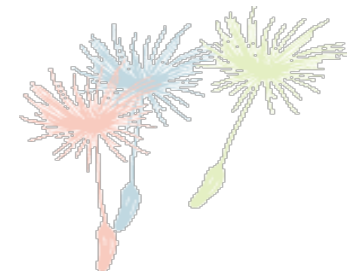
# Communication considerations

All children should have access to the same information

The way information is delivered may need to be different

Some considerations

- age
- developmental needs and stage
- communication needs (express and receptive)
- practice and repetition
- sensory needs
- motor skills



# Independence

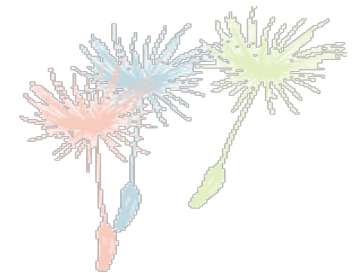
Think about what our child can do on their own or with minimal support. Are there opportunities to increase independence?

How do they make their own choices

- pointing
- speech
- AAC
- vocalizations
- other means

Some examples of choices:

- colour of toothbrush
- outfit choices
- food preferences
- when to shower



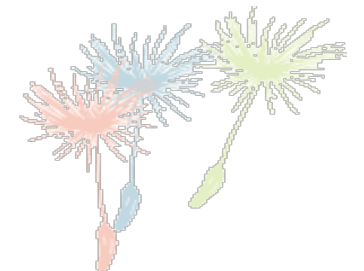
# Interdependence

Does your child know how to ask for help? Is this encouraged?

Model and reinforce asking for help!

Examples:

- help with putting toothpaste on the toothbrush
- brushing the knots out of hair
- bathing child or helping with showering
- talk about what you need support around
- ask for support or help



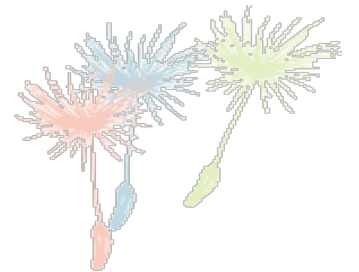
# Privacy

When children are very young they have less privacy and less need for privacy.

As they get older this need for privacy often increases.

Role model your need for privacy:

- teach knocking on doors before coming in
- closing bathroom doors
- getting dressed with the door closed
- privacy when talking to others



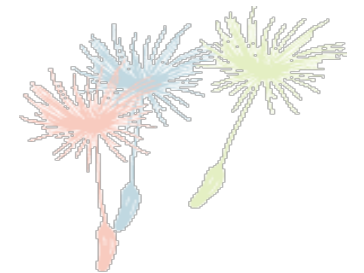
# Boundaries

Normalize saying no to some requests

Validate feelings and experiences

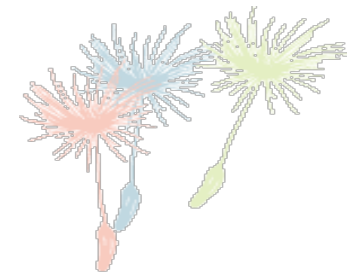
Use simple and concrete language

Respect your child's 'nos' where and when you can



# Skills to teach and to praise

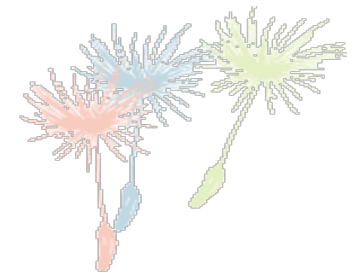
- asking for help!
- making choices
- changing clothes
- washing hands
- showering/bathing
- knocking on closed doors





Know your comfort level and then get more comfortable!  
It's important to label body parts with correct names  
Begin talking about changes in bodies and use visuals

More details in Session Two

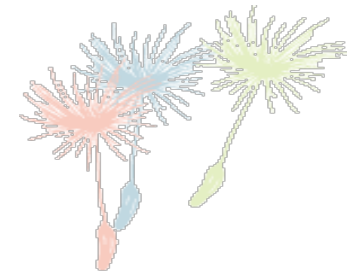


# Next Sessions

- Session Two for Parents and Caregivers of Girls 10 years and Older

For Girls and Teens:

- Session Three for Girls and Teens: Healthy Friendships and Relationships
- Session Four for Girls and Teens: Puberty and Menstruation



# Thanks!

Thank you for being here! Thanks for being an involved parent/caregiver in your child's life as you support them as they transition into and through puberty.

