



Syllabus

Course Description:

Parents of children diagnosed with ASD often report higher levels of depression, anxiety, and mental health related issues. We want to help. This course will expose you to informative, practical and valuable information and resources that can help you throughout your parental journey.

Topics covered will include:

- Response to the Diagnosis
- Explaining the Diagnosis of Autism to Family and Friends
- Parenting a Child with ASD
- Siblings Perspectives: Guidelines for Parents
- Fatherhood & Autism
- Taking Care of Yourself
- Building a Support Network
- Frequently Asked Questions

Required Texts & Materials:

All material is included within the online course(s).

Support:

Available through email: Support@NationalASDCenter.org

Course Navigation:

My Course – This is the course home page. This section includes a welcome message, the course syllabus and a short introduction video.

Lessons – This section is where you will find the course content. Start with the welcome lesson, then continue to lesson one, two and so on.

Discussion – This section allows you and your classmates to post and respond to post as it relates to the subject matter. You are encouraged (not required) to engage with other students. You will find many useful questions, comments and support in the course discussion post.

Wiki – This section list various resources and definitions.

Tests – Occasionally we will offer you the option to test what you have learned. As this course is not graded, you are not required to take the exams.

Resources – This section is designed for you to have access to valuable assessments, external links, support programs, financial aid and much, much more.

Lesson Outline

Topics	Activities
Welcome	<ul style="list-style-type: none"> • Watch: Course Introduction video. • Introduce yourself
Response to the Diagnosis	<ul style="list-style-type: none"> • Read: Autism Diagnosis - One Parent's Perspective • Watch: Sharing an Autism Diagnosis: Parent Stories • Read: The Do's and Dont's after an Autism Diagnosis • Watch: Autism Diagnosis: Parent Emotions
Explaining the Diagnosis of Autism to Family and Friends	<ul style="list-style-type: none"> • Watch: Explaining the Diagnosis of Autism to Family and Friends • Read: Tips for Explaining Autism to Family and Close Friends, to Help Them Become Effective Allies.
Parenting a Child with ASD	<ul style="list-style-type: none"> • Read: 6 Parenting Styles to Avoid When Raising a Child With Autism By: Lisa Jo Rudy • Watch: Autism: How it Affects Parent-Child Relationships • Read: Why Children with Autism Deserve Rules and Discipline By: Lisa Jo Rudy
Siblings Perspectives: Guidelines for Parents	<ul style="list-style-type: none"> • Read: Twelve Important Needs of Siblings and Tips to Address These Needs - By: Marci Wheeler, MSW • Watch: Autism and Sibling Relationships

Fatherhood & Autism	<ul style="list-style-type: none"> • Watch: Fatherhood & Autism
Taking Care of Yourself	<ul style="list-style-type: none"> • Watch: Voices of Experience - Caring for Yourself and Your Family • Read: Self-Care for Parents
Building a Support Network	<ul style="list-style-type: none"> • Watch: ASD Help & Support Outside Your Family • Read: Autism Support Groups for Parents, Families & Children By Kim Barloso June, 2020 • Read: Supporting-Parents-of-Children-with-ASD
Frequently Asked Questions	<ul style="list-style-type: none"> • Read: The Most Common Frequently Asked Questions