



# April 2025

## Autism Acceptance Month

### Celebrate the Spectrum!

World Autism Acceptance **Week**: 2<sup>nd</sup> to 8<sup>th</sup> April 2025

World Autism Acceptance **Day**: Wednesday 2<sup>nd</sup> April 2025

#### Information for Parents and Carers

Join in to celebrate your Autistic child, explore new resources and advocate for inclusive communities!

#### Why 'Autism Acceptance' and not 'Autism Awareness'?

Autism acceptance goes beyond awareness. It's about recognising the unique strengths and challenges of autistic individuals and ensuring they have the support and opportunities to thrive.

*"Autism Awareness is knowing autistic people exist. Autistic Acceptance is about embracing them as they are, with strengths and weaknesses."* (Lyric Holmans, NeuroDivergent Rebel blog).

#### What can you do to celebrate and support your Autistic child?

- ∞ **Embrace their individuality** – Every child is unique. Celebrate their strengths and interests.
- ∞ **Advocate for their needs** – Work with schools and communities to ensure your child has access to necessary accommodations and support.
- ∞ **Promote communication** – Value and respond to **all** communication methods. Model how to use non-verbal communication like signs, pictures, objects and gestures.
- ∞ **Create a supportive environment** – Provide a structured, sensory-friendly space at home.
- ∞ **Recognise all behaviour is communication** – Avoid asking your child to stop behaviours like rocking and flapping. Try to look for patterns in behaviour to understand what your child is trying to tell you and respond in a way that supports that need.
- ∞ **Educate family & friends** – Encourage understanding and acceptance within your community.
- ∞ **Self-care!** – Connect with support groups and take time for yourself to maintain well-being.



#### How can you 'Level Up'?

Maybe this is the start of your child's journey and you're learning **acceptance** of your child's Autistic needs. Perhaps you would like to know how you can show more **empowerment** or **advocacy** of the Autistic people in your life. 'Autism Level Up' have free resources and advice around moving from 'Acceptance' to 'Advocacy'. Have a look at their 'Levelling Up' guide here: [Level Up LUNA Style](#). You can find further resources to support your child on their website here: [Autism Level UP!](#)

## Where can you find information to share?

**National Autistic Society:** [World Autism Acceptance Month 2025](#)

**Neurodivergent Narwhals** – Ed Wiley Autism [Acceptance Lending Library](#) ([neurodiversitylibrary.org](http://neurodiversitylibrary.org))

**Ambitious About Autism:** [World Autism Acceptance Month toolkit](#) | [Ambitious about Autism](#)

Involve your autistic child or family members. What would they like other people to know? What changes would make life better for them?



### **The Language, Communication and Interaction Service (LCIS)**

The Language, Communication and Interaction Service (LCIS) is a multi-disciplinary team of specialist teachers, speech and language therapists and SEN Early Years and School-Age Practitioners.

For more information about LCIS, and access to **FREE** parent training please visit the QR code.

## Further information and resources for Newham parents and carers

**Mencap family connectors and support groups:** [Newham Families Advice and Support](#) | [MENCAP](#)

**Occupational Therapy 'Our Sensory Zone':** [Our Sensory Zone](#) | [East London NHS Foundation Trust](#)

**Newham Parent Forum:** [Newham Parent forum – A Voice for all Parents of Children with Additional Needs](#)

**'Newham Support for SEND' Youtube Channel:** [Newham Support for SEND - YouTube](#)

**Education Psychology Service Parent 'Drop Ins':** [EPS Parent Advice Drop In Sessions \(2025\) Tickets, Multiple Dates](#) | [Eventbrite](#)

**Newham CAMHS 'Pop Ups':** [Friday dates for Online Pop-Up CAMHS Newham Registration, Multiple Dates](#) | [Eventbrite](#)

**Information leaflet:** My child is Autistic, should they learn more than one language?: [Autism and Bilingualism - for Families](#)

## Another celebration date for your diary...

### **Autistic Pride Day Wednesday 18<sup>th</sup> June 2025**

Autistic Pride is when autistic individuals feel secure and confident, taking pride in their authentic, neurodivergent selves. This celebration day recognises the importance of pride for autistic people and its role in bringing about positive changes in society.

