

**Talking about autism worksheet**

Use this worksheet to prepare for conversations about your child's difficulties and/or diagnosis with the people in your life.

The person I need to talk to:

How I feel about this person:

What does this person need to know?

Here is what I am going to say:

How I think they will respond:

What can I share with them (books, videos, articles, etc.) to help them understand?

How will I respond if their reaction isn't positive?

How will I look after myself after this conversation?