

Aspie Parent Support Group
May 16, 2016

- Brief discussion about the label of "Aspergers" or "ASD"
- Also discussed the importance of having a group like this to help seek out supports and resources.
- Discussed Troy PAC
 - PAC leadership to meet with Special Education Leader Team to discuss the upcoming year and any support that is needed
- Discussion of screen time
 - difference between children on the spectrum and typically developing teens
 - typically developing may play a lot of video games, but they do not seem to be as intent on playing and do not require as many external limits
 - how to set limits and consequences
 - waiting to give consequences and having the child think of their own consequences
- Discussion of Process that Parents go through when raising children on the Spectrum
 - the process can be similar to grieving - denial, anger, bargaining, depression and (to different extents) acceptance.
- Discussion of groups/activities that may be of interest to parents/children
- Discussion of what classes to place students in at school (Higher academics vs Less stress/anxiety)
- Discussion of Post-High options
 - understanding that there are many avenues to get to your goal
 - Winning Futures