

Autism

Autism is a developmental disorder characterized by a wide range of types, manifestations, and probable causes. It is displayed on the “autism spectrum” alongside to Asperger’s syndrome, Rett’s syndrome, and Pervasive Developmental Disorder. Even though, a broad deal of medical research has been done on the disorder, many aspects remain unknown.

The causes of autism are unidentified clearly and very controversial. Autism is debated to be genetic, environmental, or a combination of both. Autism is a lifelong disability, appearing in infancy or developing in childhood, during the first three years of life. Symptoms are noticeable after the age of six months. By the age of two or three years, symptoms become more obvious. Moreover, symptoms continue through adulthood however leading a disguised path.

Autism can affect the individual in various ways, ranging from mild to severe. It is characterized by impairment in the thought processing, social interactions (lack of peer relationship and affection), and communication skills (lack or delay in spoken language), little or no eye contact, alongside to limited interests and repetitive behaviors (persistent fixation on an object). An estimated 60%–80% of autistic children have motor signs that include poor muscle tone, poor motor planning, and toe walking. Nevertheless, other aspects such as atypical eating are accompanied as well.

Treatment for autism is hard to establish particularly that each child manifests unique and specific needs. Thus, the main objective of treatment requires its adaptation to the child’s needs. Treatment for autism includes various therapies such as speech and occupational therapy as well as behavior therapy early in life. Moreover, intensive and sustained special education programs may help the child to develop and acquire self-help skills. As a final resort, medications may be used to help the child’s social integration.

The role of mothers living with autism is a major stimulation into the recovery process. Mothers dealing with autism starts with their acceptance of the condition and commitment first and foremost to take care of their child. Alongside to ensuring the right therapies, eating habits, and educational programs, mothers should engage in their child’s daily dealings and spend quality time, through communication, play therapies, disciplinary methods, and positive behavior modeling.

Mothers of Autistic children are required to be strong and always reveal consistency towards their children’s needs, especially that an autistic may easily sense his/her mother’s vulnerabilities and hence take advantage and try to run away and delve into a deep search for an inner safer place.

An autistic child reveals constantly undesirable and intolerable behavior that originates mainly from his/her inner disturbances and the lack of good communication skills which hinder his/her ability to appropriately express his/her needs and feelings. The mother’s role lies in being

extremely enduring of her child's case and to try her best to patiently deal with her child, understand him/her and control his/her destructive discipline. Moreover, the mother has to establish creativity while interacting with her autistic kid in order to stimulate him/her and to free the self from the inner fixated boundaries.

In conclusion, Autistic children are considered to be challenging cases to deal with. Appropriate professional help is essential and may contribute to healthy outcomes on the condition whenever the interventions used are consistent with the autistic individualized needs.

Remy Elias
Psychologist
www.nawfalclinics.com