

My Brother is Autistic



Social Story



Everyone is different. Some differences are visible like hair color or height. Other differences cannot be seen like what our favorite things are or the way we process information.



The way my brother processes information is called autism.
That means he is autistic.



Being autistic means that his brain (the body's computer) is differently wired than mine. It also means that he sees and understands the world differently.



Sometimes he might get bothered by things that I might not notice or don't bother me. The things he sees, hears, tastes, feels, and smells can sometimes be too much to handle. For instance, he might be bothered by the fabric of his shirt, a lump in his sock, or how loud a classroom sounds when everyone is talking.



When my brother gets overwhelmed by something like a bump in his sock, he might get upset and cry, just like I do when I get frustrated or hurt.



When I am upset, there are things that I like to do to make me feel better. Same with my brother. For instance, he might rock his body, flap his hands, spin objects, chew on things, repeat words, or just move around a lot. These things help my brother feel calm, but they can even help my brother focus and pay attention.



My brother might act, play, or talk differently than I do, but all that matters is that I like my brother and I enjoy playing with him.



Sometimes my brother might not respond right away when I talk to him. I might need to give my brother a few extra seconds to respond. I just need to be patient and kind while I wait for him.



Everyone has things that they are good at and things that they are not as good at. I might find some things easier to learn than my brother does, but he might find other things easier to learn than I do. My brother can help me learn new things and I can help him learn things too.



I love that everyone in my family is different and unique.