

My Sister 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 sister processes information is called autism.
That means she is autistic.



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



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



When my sister gets overwhelmed by something like a bump in her sock, she 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 sister. For instance, she might rock her body, flap her hands, spin objects, chew on things, repeat words, or just move around a lot. These things help my sister feel calm, but they can even help my sister focus and pay attention.



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



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



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 sister does, but she might find other things easier to learn than I do. My sister can help me learn new things and I can help her learn things too.



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