

In regards to anxiety, children with autism express anxiety or nervousness in many of the same ways as typically developing children. Understandably, many individuals with ASD have trouble communicating how they feel. Outward manifestations may be the best clues. In fact, some experts suspect that outward symptoms of anxiety – such as sweating and acting out – may be especially prominent among those with ASD. This can include a racing heart, muscular tensions and stomachaches. It is important for your child to be evaluated by a professional who has expertise in both autism and anxiety so he or she can provide the best treatment options for your child.

