

## Autistic love-languages

- ① parallel play
  - occupying the same space, but not interacting; enjoying each other's presence
- ② intochumpny
- ③ penguin - pebbling
  - giving random "thought of you" objects or "useless gifts"
  - can also be memes etc
- ④ support - swapping
  - let me do this small thing I know you don't have the spoons for to show you that I know you're tired & I care
- ⑤ deep pressure
  - hugs that are "atypical" (squishy)
  - (deep pressure also helps w/ anxiety)
  - cat - behavior xD