

15 Don't trust untrained camp counselors, "typical peers," or youth pastors to be able to deal with Asperger's. Often their answers to our problems involve highly destructive phrases like "try harder," "you could do it if you really wanted to," and "snap out of it."

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16 Don't model one thing and teach another. If you yell or hit when you're mad, we will too. If you rage at us, don't be shocked at our "Autistic rages." And DON'T lecture us about our stims while you smoke, tap your foot, pick at your manicure and down your third double latte today.

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17 Don't require us to be wildly successful at something because your ego has been wounded by having a "flawed" child. We can't all be Temple Grandin. Remember, all honest work is noble, even if you can't brag about us to your friends.

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18 Do spend time with our siblings, even if you need to arrange for respite care to do so. Schedule something special for them without us along, even if it's just lunch at a fast-food joint once a week or so.

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19 Do ask for help for yourself as needed. Take advantage of respite care when you can. Get cognitive- behavioral counseling and/or medication when you are depressed. Don't try to do it all alone. Remember: it is much more important that you get a nap and a nourishing meal than that we have a tidy house.

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20 Most important: please, please, please don't wait until we're "cured" or "recovered" to love and accept us. You could miss our whole lives that way.

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*\* Please note that since 2013, Asperger's Syndrome is now simply referred to as Autism Spectrum Disorder. However, many people who received an Asperger's Syndrome diagnosis are most comfortable retaining this earlier diagnostic language*

