

FROM ONE MOM TO ANOTHER

# From One Mom to Another: A Gentle Invitation to Read

## “SINCERELY, YOUR AUTISTIC CHILD”

CREATED WITH CARE AND COMPASSION

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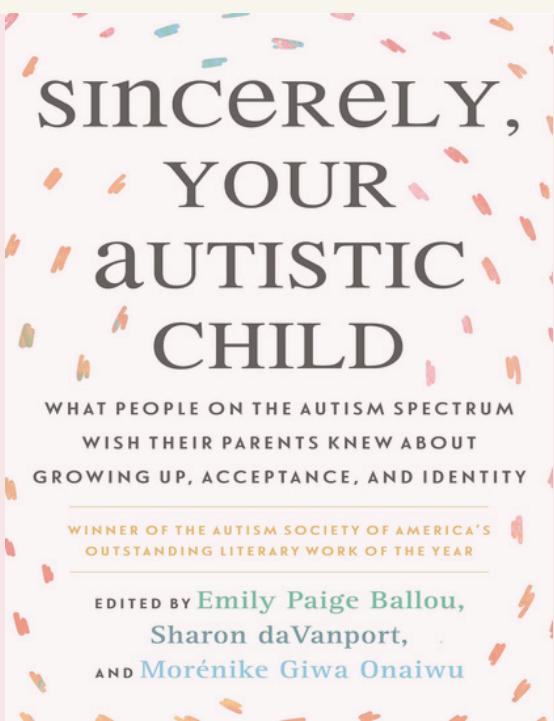
# A Letter for You, From One Mom to Another

*As your daughter's SPED teacher, I spend time with her every day — learning how she communicates, what comforts her, and what makes her shine. And as a mother of an autistic girl myself, I recognize many parts of this journey — the emotions, the questions, the hopes.*

*Because of this, I wanted to offer you something that helped me. You know your child better than anyone, and nothing I share is meant to replace your own wisdom. This comes only from a place of care and connection.*

*Please think of this guide as a letter from one mom to another — a gentle invitation to read *Sincerely, Your Autistic Child*. When I first read it, the voices of autistic women in its pages brought me clarity, comfort, and a feeling of not being alone.*

*I hope this book can bring you some of that warmth too.*



# How to Approach Reading This Book

## 1. Start with Part 2: Growing Up Autistic.

This section is the emotional core of the book. After each essay, pause and reflect:

- What reminded you of your daughter?
- What feelings came up?
- What surprised me?

## 2. Then read Parts 1 and 3.

These sections help you understand autistic identity, advocacy, and adulthood.

## 3. Keep notes.

Write down phrases that stay with you — they often become the most meaningful parts of the journey.

## Accepting Her ‘NO’



Autistic women in this book describe how often their ‘no’ was misunderstood as defiance – when it was actually self-protection.

Autistic girls learn early to mask discomfort and say yes even when overwhelmed. Compliance is often praised, but it can cost them their sense of safety.

When your daughter says ‘no’, she is communicating a limit – sensory overload, fear, or exhaustion.

Accepting her ‘no’ teaches her that:

- Her voice matters.
- Her body matters.
- She is safe with you.



## Don't Fix Her – Understand Her

Many autistic women in this book share how adults encouraged them to behave in ways that felt unnatural. They were often asked to hide their stims, imitate eye contact, or socialize according to expectations that did not match their needs.

These experiences sometimes sent an unintended message—that who they were was not enough. The authors explain how acceptance allowed them to grow, feel safe, and connect more authentically.

Reflections from autistic women:

- Being asked to “act normal” made many of them feel invisible.
- Suppressing their natural ways of communicating created anxiety and shame.
- They grew and flourished only when they were accepted as they were

Your daughter deserves to feel whole—not corrected.

Support begins with understanding, not changing who she is.

# Why She Needs Community.

## Let's Find it!

Many autistic women in this book describe growing up feeling disconnected or unsure where they belonged. Meeting peers with autism and successful adults with autism and disabilities helped them feel seen and understood.

Community can give our girls:

- connection;
- comfort;
- a sense of belonging.

Community also helps autistic girls meet autistic adults who live meaningful and happy lives. Seeing these examples can offer hope and reassurance.

Being part of a community is not about learning to fit in. It is about finding a place where she already belongs.

# Let's Do Playdate Project!

Autistic-to-autistic play is natural, intuitive, and gentle. Many autistic women in this book describe how safe they felt when playing with other autistic kids — no pressure, no performance, no need to mask.

Playdates with autistic peers can help your daughter:

- feel more relaxed;
- play in a natural way;
- understand and be understood;
- build confidence.

These moments also support us as mothers. Sharing space, talking, connecting — it reminds us that we are not alone.

We can create a calm, sensory-friendly playdate for our girls, with no expectations. Just time together, at their pace.

# What These Stories Leave With Us

“Sincerely, Your Autistic Child” is powerful because autistic women finally tell their stories – honestly and bravely. Their messages are a gift for us as mothers of autistic daughters.

They remind us:

- our daughters are whole;
- their boundaries are real;
- their identity is beautiful;
- their future is bright.

Thank you for trusting me to walk this journey with you – as a teacher, as a mother, and as a friend.