FROM CRITICISM & CORRECTION TO POSITIVITY & PRAISE

Children & teens with Asperger/autism profiles may come to feel that parents, educators, and therapists are constantly instructing, correcting, criticizing, pushing, and trying to improve them. When a parent over-focuses on a child’s challenges—even with the most loving intentions—it can have unintended negative effects for both parent and child.

Parents feel...
- focused solely on their child’s difficulties.
- fearful their child’s future will be limited.
- guilt & self-doubt. (“I’m a bad parent and I’m not helping my child.”)

Children & teens feel...
- worried they are always doing the wrong thing.
- hurt & angry, causing them to reject instruction as a self-defense.
- guilt & self-doubt. (“I’m a bad kid and can’t do anything right.”)

How can parents flip the script?

Every day, find one positive thing your child does. Write it down.

Here are some examples based on the Daily Positives one AANE parent recorded.

<table>
<thead>
<tr>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
</tr>
</thead>
<tbody>
<tr>
<td>Daniel was calm very quickly after a fight with his sister.</td>
<td>Daniel got 100% credit for turning in all of his school work w/o any pushing.</td>
<td>Daniel made his own lunch without being asked: tomato soup &amp; grilled cheese!</td>
<td>Oops! Forgot</td>
<td>Daniel talked on Zoom with another kid who likes planes and guided him in getting aviation software.</td>
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</tbody>
</table>

Parents: Be kind to yourself. Don’t worry if you forget!

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