

## **[www.autismhelp.info](http://www.autismhelp.info)**

### **Learning to ask for help**

#### **Points to note**

- The child with autism will often have difficulty asking for help; he might continue with a problem until his tolerance runs out, becomes very frustrated, then erupts in a tantrum. He doesn't seem to appreciate that other people may be able to help him. This is because a child with autism is likely to have an impaired ability to recognise the thoughts and intentions of other people. He doesn't understand that someone else might be able to offer a solution to his problem.
- Even a child with good language skills may not recognise the need to tell people that he is frustrated, that he wants something or that something is troubling him. He may think that others *already know* what he is thinking or feeling, without the need to verbalise these thoughts..

#### **What you can do**

- Be aware of the tasks that cause the most difficulty. Work alongside the child and help him to recognise when he is having difficulty. Teach a standard phrase to use such as "I'm stuck" or "I can't do this."
- The child will need to be specifically taught how to convey his sense of discomfort. If he has difficulty interpreting his emotions, he will need help to identify these feelings. See also *Social Interaction > Lack of social understanding*.