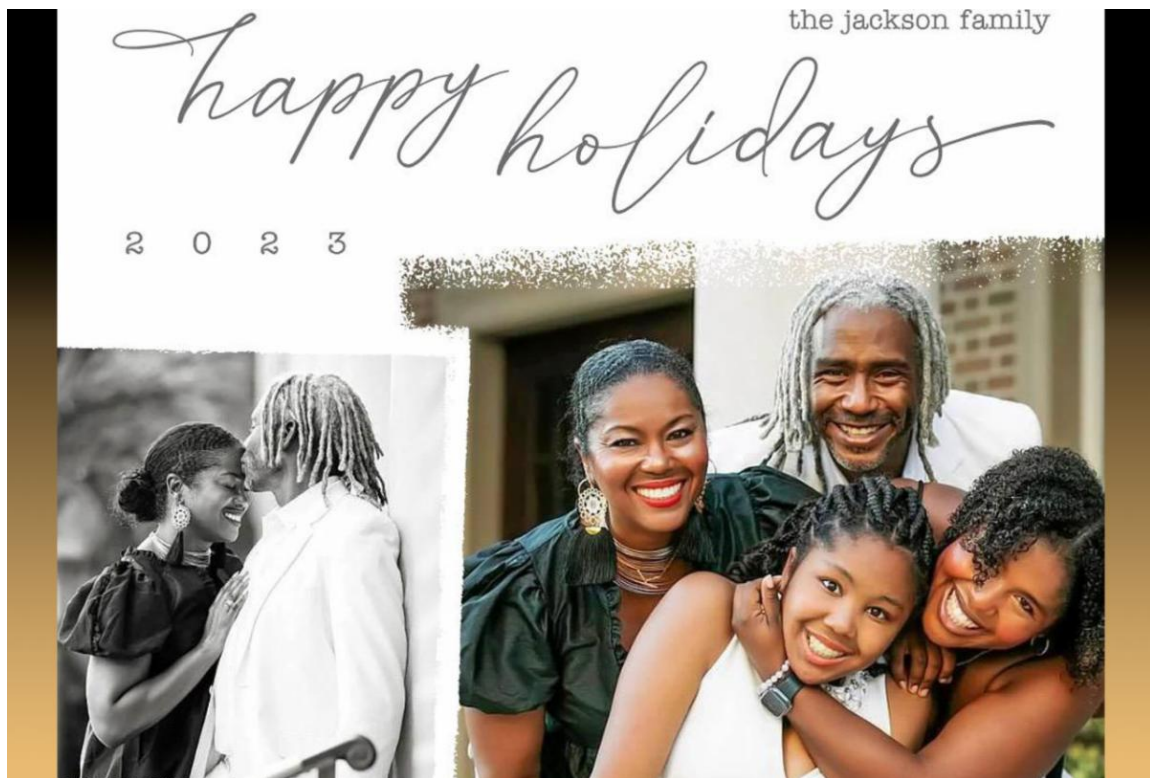




Proud Aspy Mom Newsletter
December 2023



Let's Talk About FACTS baby!

It is the last day of the year and like so many people I have much to reflect on. My end of the year checklist is like most I guess.

- **Meditate**
- **Clear the mind**
- **Make New Year's Resolutions or Intentions**
- **Exercise and**
- **Reflect on the Future**

This year I have been focused a lot on the future. I guess it is normal to receive questions when you are a parent of a person with Autism Spectrum Disorder, (ASD) but it can also be quite exhausting. Just like any other parent-we do not have all of the answers and we are simply trying to figure it ALL out. Recently I ran across a FACT sheet on Autism. Usually, I dismiss the endless frequently asked questions but this list of 30 Facts caught my attention. (It is WORTH the read).

What stood out were the last two paragraphs:

“29-There is no federal requirement for providing supportive services to people

with autism in adulthood. This leaves many families navigating these types of services on their own.

30-Many people with autism spectrum disorder are successfully living and working and contributing to the well-being of others in their local communities. This is most likely to happen when appropriate services are delivered during the child's educational years.”

30 Facts to Know about Autism Spectrum Disorder

[Read Article](#)



Let's Talk About Facts baby!

The truth is every young adult struggles to find their way in the world.

Every young adult needs some level of support financial and otherwise until they reach the age of majority and some still need more support thereafter.

Every child has a center of excellence and to enhance those talents as they age, they need appropriate educational services in their formative years.

Families like ours need to rely on an umbrella for safety as we support them. There is no doubt that the journey does not end when children on the spectrum age out of K-12 and enter the next phase of life.

Education and Resources are the first, middle and final step to providing that much needed protection. Those are the FACTS.

[Check Our Resources Page](#)

Thank you, Grandmama!

Building a supportive network is key to caring for someone on the spectrum. The day to day of life can be quite overwhelming especially when your loved one on the spectrum is in the formative years. Every family has a person they can undeniably depend on and in our family that is my mother, Geri Grilffie. Our dear “grandmama” who faithfully supports our family weekly-and I do mean EVERY week in the most meaningful way. She provides unconditional love and never questions when or more importantly why we need support. Having her in our lives makes us stronger.



Thank you, Grandmama!

Respite matters. If someone you love has a child on the spectrum the best gift

you can give is your time.

Caring for the Caregiver

"Remember that if you want to take the best possible care of your child, you must first take the best possible care of yourself."



[Read All About It](#)

Young, Gifted and Black Child with Autism

This sister educator stole my thunder. I could not say what it feels like to parent a child - a gifted black child on the spectrum - any better. Her message is much broader than race - her advice focuses on individuality. Many organizations are researching minorities with Autism. It is a sensitive topic but one that we cannot ignore. Empathy matters. Drop the mic!



Young, Gifted & Black With Autism |
LaChan Hannon |
TEDxCooperRiverWomen

"LaChan Hannon asks the question: How does race influence how we see autism and the perception we have about our young, gifted and black children around the world?"

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kimberlygjackson.com | 200 2nd Ave. South #786, St. Pete, FL 33701

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