

Grown Up Guide

This booklet is designed to help children picture autism not as a label, but as a buddy who lives alongside them. It encourages kids to imagine how they and their 'Buddy' share everyday life, with its quirks, strengths and challenges.

As a parent, carer or teacher, you can use it as:

A conversation starter - opening gentle discussions about what autism means to your child.

A reflection tool - helping them describe how their 'Buddy' shows up in daily life.

A bridge for others - supporting classmates, siblings or friends to better understand.

The booklet is deliberately simple, visual and flexible.

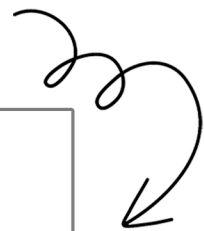
Some children may enjoy colouring or doodling in it, while others may prefer just talking through the pages.

There's no right or wrong way to use it.

Above all, it's about giving children permission to see autism as part of who they are, without judgment, and to explore ways to live confidently side by side with their buddy.

My buddy, Autism

This book belongs to



Meet Autism

Autism is like a buddy who came to live with me.

Sometimes this buddy is loud.

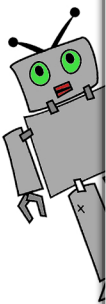
Sometimes they're quiet.

Sometimes they make things tricky...

...and sometimes they make life really interesting.



Your Turn: Draw you and your buddy Autism as a team!
(Or get your grown-up to help you.)



Your buddy could look like anything!

A blob with sparkles, a robot with roller skates,
a talking cat in sunglasses, or something only you can imagine.



The Fun Stuff

My buddy Autism loves to notice things other people miss.

Like a tiny crack in the pavement I walk on everyday.
or the first orange leaf of autumn. 

They also remember special facts, and help me
see the world in different ways.



Your Turn: Draw or stick a photo of something you know lots about.
(Or get your grown-up to help you.)



What's your special interest?



Is it cars, or trains, or maybe the North Pole?
Could it be kitchen gadgets, spotty socks, or something else entirely?

The Tricky Stuff

Sometimes my buddy Autism can be a little bossy.
They don't always like change, and they might get upset when
things feel too loud, too bright, or just too much.

Sometimes they make me feel wobbly inside,
like a bowl of jelly. Or grumpy, like a grizzly bear.
But having a buddy means we can learn ways to help each other.



Your Turn: Draw something that helps you feel calm.
(Or get your grown-up to help you.)



What makes you feel calm and safe?

Is it personal space, or a hug from your grown up?

Or maybe something special to you, like a blanket or a teddy?



My Superpowers

My buddy Autism also gives me superpowers.

Like hearing when a note is wrong in a song. 
Or remembering facts quicker than a computer.

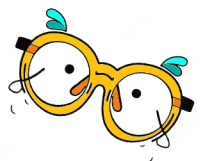
Or knowing the right order of things when others forget,
which can be really helpful!



Your Turn: Draw or paint yourself with your superpower!
(Or get your grown-up to help you.)



 If you dressed up as a superhero, would
you wear a cape? What about a hat or glasses?
What colour would your costume be?



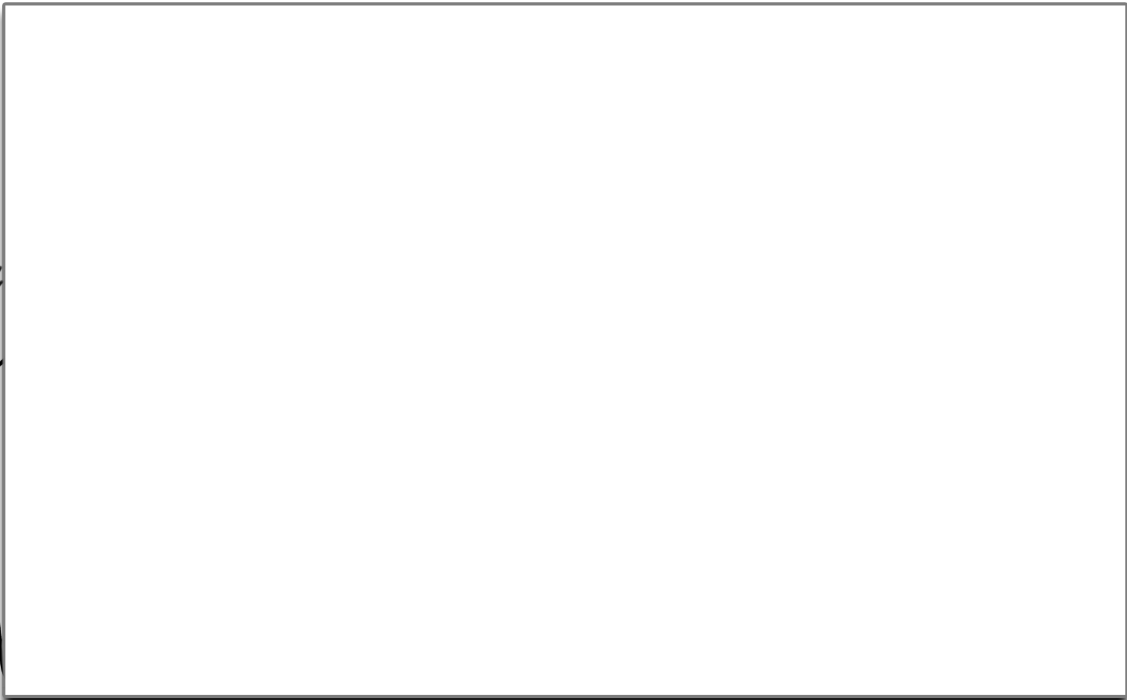
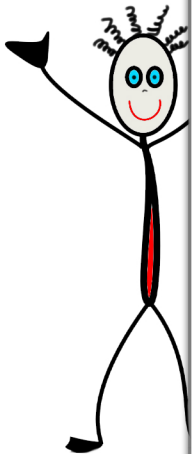
My Support Squad

I don't have to do everything alone.
My family, teachers, and friends are my support squad.
They are there for me when my buddy is big and loud.

Sometimes my squad help me stay calm.
Sometimes they cheer me on when I feel brave.
And sometimes they just sit with me until I feel better.



Your Turn: Add photos or drawings of your support squad!
(Or get your grown-up to help you.)



 Pick 1 or 2 people from your support squad and add their name next to their picture, Add crazy hair, or bright jumpers for fun!



Me and My Buddy

My buddy Autism comes with me wherever I go.

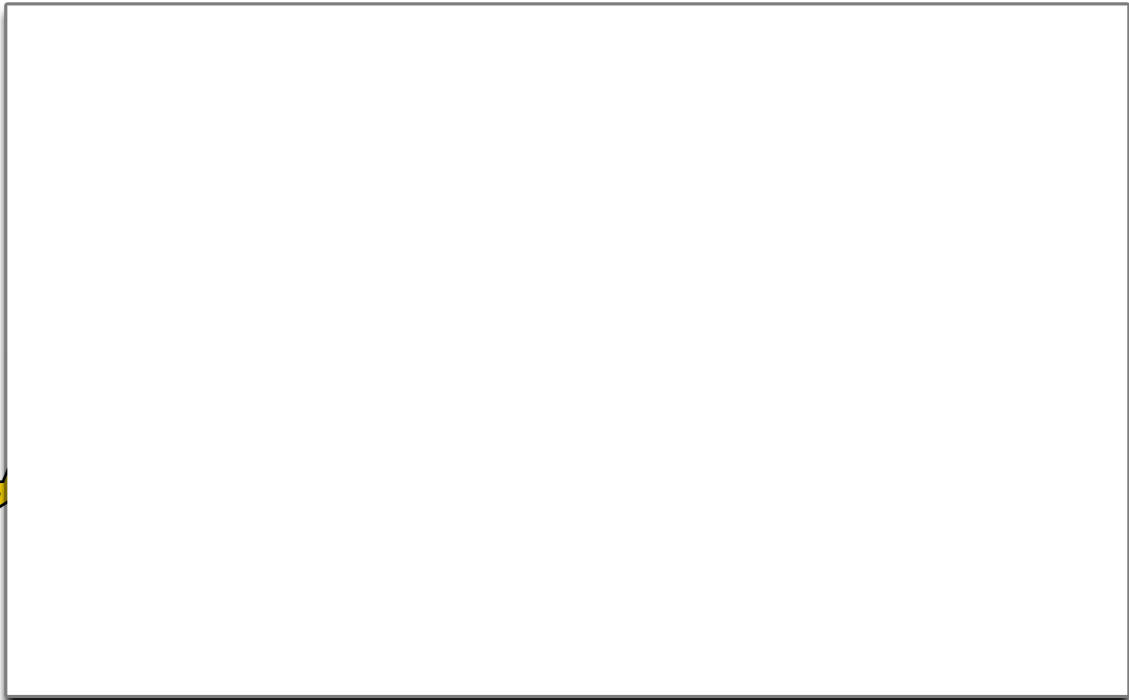


Sometimes they make life tricky,
sometimes they make it fun.

But together we find our own way.
And that makes our story special.



Your Turn: Draw you and your buddy going on an adventure!
(Or get your grown-up to help you.)



Where would you like to go with your buddy?
To the moon, the zoo, or to sleep under the stars?
What about a train ride? Or maybe a deep sea adventure!

