

# Peer Support Handout: Autistic Parenting

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## Autistic Parental Mental Health Needs



Becoming a parent is a stressful time for many, and autistic parents can face a number of additional stresses including sensory overload, social barriers, and inaccessibility of services.

Produced by:



**Mental Health  
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## Challenges for Autistic Parents



Autistic parents may also face a number of other difficulties, such as ignorance or lack of training from staff at services, lack of understanding by their peers, or conflicting needs.

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## Autistic Tips and Reasonable Adjustments



Access barriers are a common issue for autistic parents, and their children. Reasonable adjustments can help autistic parents meet their needs e.g. written summaries and agenda for parent's evening.

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## Autistic Family Activities and Events



Family activities are important for mental wellbeing, learning and family cohesion. Autistic people can share interests and needs with their family e.g. sensory play.

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## Autistic Pregnancy, Birth and Postpartum



Care for autistic pregnant and birthing people, as well as postnatal health can be unsatisfactory, or lack specialised training of autistic needs. Advocating for our own needs is crucial e.g. birth plans.

## Signposting and Support Resources

### Local Organisations and Support

**Leeds Mental Wellbeing Service** – Offer a range of services and support for people struggling with mental health, such as anxiety.

**Autistic Parents UK** - Offers autistic parenting resources, webinars, peer support and counselling: <https://www.autisticparentsuk.org/>

**Autistic Maternity Passport:** [https://www.autisticparentsuk.org/\\_files/ugd/45a401\\_e9d9cec75ae54ffb893fadb1ed0abf33.pdf](https://www.autisticparentsuk.org/_files/ugd/45a401_e9d9cec75ae54ffb893fadb1ed0abf33.pdf)

Further sources of support can be found in **Leeds Autism AIM's Mental Health Guide:** <https://leedsautismaim.org.uk/wp-content/uploads/sites/7/2023/04/Leeds-Autism-AIM-Mental-Health-Guide-v6-April-2023.pdf>