

Before the doctor's appointment

What to bring, and what to ask, when your autistic child is hitting you or a brother or sister.

Keep the log for two weeks

One line each time:

- Day and time
- What came just before
- What your child did
- What happened right after
- Who was there, and how your child seemed

Read it through once

- Circle the times of day that keep coming up
- Circle the moments just before
- Circle the people who are there, or who are hit

Say it plainly

- My child is hitting me, or a sibling
- This is how often, from the log
- I want help to find the pattern

Ask the doctor

- Could pain or an illness be part of this?
- Could a psychologist or behaviour specialist look at the hitting?
- Would a functional assessment of behaviour help?

Ask about support for you

- Is there caregiver training or a support group I can join?
- Can a social worker help me apply for Take-A-Break respite?

Until the appointment

- Keep the younger children out of reach at the hard times
- Answer the hitting the same calm, short way each time
- If anyone is badly hurt, call 995