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AUTISM AND PROBLEMS WITH RAISING CHILDREN WITH AUTISM

 Autism, also called autism spectrum disorder (ASD), is a complicated condition that includes problems with communication and behavior. It can involve a wide range of symptoms and skills. ASD can be a minor problem or a disability that needs full time care in a special facility.

People with autism have trouble with communication. They have trouble with communication. They have trouble understanding what other people think and feel. This makes it hard for them to express themselves, either with words or through gestures, facial expressions, and touch.

People with autism might have problems with learning. Their skills might develop unevenly. For example, they could have trouble communicating but be unusually good at art, music, math or memory. Because of this, they might do especially well on test of analysis or problem solving.

More children are diagnosed with autism now than ever before. But the latest number could be higher because of changes in how it’s diagnosed, not because more children have the disorder.

According to the Centers of Diseases Control, autism affects an estimated one in fifty-four children in the United States today and in Nigeria more than hundred thousand cases per year.

 Symptoms of autism usually appear before a child turns three. Some people show signs from birth. Some symptoms of autism include: A lack of eye contact, A narrow range of interest or intense interest in certain topics, High sensitivity to sounds, touches, smells, or sights that seem ordinary to other people, Problems understanding or using speech, gestures, facial expressions, or tone of voice, Trouble adapting to changes in routine etc.

Some children with autism may also have seizures. Some of these symptoms might not start until adolescence.

 The reason why autism occurs isn’t exactly clear. It could stem from problems in parts of your brain that interpret sensory input and process language.

Autism is four times more common in boys than in girls. It can happen in people of any race, ethnicity, or social background. Family income, Lifestyle, or educational level doesn’t affect a child’s risk of autism.

Autism runs in families, so certain combinations of genes may increase a child’s risk.

A child with older parents has a higher risk of autism. If a pregnant woman is exposed to certain drugs or chemicals, like alcohol or anti-seizure medications, her child is more likely to be autistic. Other risk factors include maternal metabolic conditions such as diabetes or obesity. Researcher have also linked autism to untreated phenylketonuria (also called PKU, a metabolic disorder caused by the absence of an enzyme) and rubella (German measles). There is no evidence that vaccinations cause autism.

 It’s not just the children with autism that face challenges or problems in their lives but also their parents who raise them have their own challenges and problems. Parents of children with autism sometimes describe the feeling as “overwhelmed, guilty, confused, angry or depressed”.

Frustration is a common emotion. They may feel frustrated when their child is clumsy, unresponsive, angry, or disregarding of others. Frustration can also arise when other people do not understand how ASD affects a child and when they judge both the child and parents unfairly.

Parents are often anxious , not only about today but also about how the child will cope in future.

 Parenting can be stressful and taking care of a child with special needs is often more so, negative emotions are normal. Parents should try to keep these feelings in perspective and to avoid blaming themselves unnecessarily. If the stress becomes too much, speaking to a counselor may help.

It is also important to remember that children with autism can live happy fulfilled lives. Their experience will just be different.