

Alexa Herndon

10yrs old

Goshen Elementary School 5<sup>th</sup> Grade

## What It's Like To Have A Brother With Autism

My brother Noah is autistic. He is the spotlight of my life. Without him in my family it would be very boring.

Having a sibling with autism can be very hard at times. For example, when we go to the park to play. He doesn't want to leave. He gets sad, cries and yells. Sometimes I think how embarrassing but I remember no one should judge a book by it's cover. I can't say it's easy when he does that but I love him. If they only would take time to know who he really is inside and his challenges. I think he is very kind and sweet. He is not like a lot of other kids he's special. He cares for others and loves being around his brother and sisters. He can make me feel better when I am sick, just with a hug and a kiss.

He's so fun to play with. You just have to play on his level and make sure he understands the game. Sometimes it's hard to make sure he understands and doesn't get frustrated. When he gets frustrated he starts to cry and has a hard time telling us what's wrong. But between my family members we always figure it out.

One day when I came home from school my mom told me about all the things he did in his class. She knew because she went to school to see him in class. I feel so proud to be his big sister when I hear all his progress in school.

So I love having him as my brother. He helps me learn and he is so much fun. He puts a smile on everyone's face.

You should never make fun of anyone. You should try to figure out if you can help and try being kind. Maybe you could even make a difference in their life if you just say Hi!

Love Noah's big sister;

Alexa Herndon

## **What are people with Autism Like?**

Some children with Autism may speak, some with autism don't speak at all, others will speak sometime and some will speak just like you. You may hear a kid with autism repeat a word or phrase that someone else said to them. They often don't ask for what they want or need...or talk about their feelings.

Children with autism may act a little different from other kids. They may spend time alone or seem like they aren't paying attention. They may act as if they can't hear other people. Some rock their bodies, flick their fingers, jump up and down or do other things which seem different.

It's not easy for children with autism to make friends because they act differently. But each and every child is different. That's what makes being friends with other kids more fun. They can learn a lot from each other.

## What is Autism?

Autism is a complex brain disorder that often inhibits a person's ability to communicate, respond to surroundings and form relationships with others. Autism is typically diagnosed by the age of two or three. Autism is considered a spectrum disorder because symptoms and severity vary from individual to individual.

### Some facts about Autism:

- It affects people of all racial, ethnic and socioeconomic backgrounds.
- Recent studies suggest that more than one million Americans are living with an autism spectrum disorder.
- Autism spectrum disorders are the second most common developmental disability after mental retardation.
- There are no biological markers, medical treatments or cures for autism and a diagnosis is based solely on the observations of behaviors.
- Most people with autism spectrum disorder require lifelong supervision and care.
- Autism is four times more prevalent in boys than in girls.