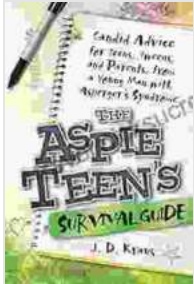


# Candid Advice For Teens, Tweens, And Parents From Young Man With Asperger Syndrome



**The Aspie Teen's Survival Guide: Candid Advice for Teens, Tweens, and Parents, from a Young Man with Asperger's Syndrome** by J. D. Kraus

★★★★☆ 4.4 out of 5

Language : English  
File size : 1381 KB  
Text-to-Speech : Enabled  
Screen Reader : Supported  
Enhanced typesetting : Enabled  
Word Wise : Enabled  
Print length : 182 pages  
X-Ray for textbooks : Enabled



As a young man with Asperger Syndrome, I have encountered many challenges and obstacles throughout my life. But I have also learned a lot about myself and about how to live a happy and fulfilling life. In this article, I want to share some of the advice that I have learned with other teens, tweens, and parents.

## For Teens and Tweens

Being a teenager or tween with Asperger Syndrome can be tough. You may feel like you don't fit in, and you may have difficulty understanding social cues. You may also be struggling with anxiety, depression, or other mental health issues.

I know how you feel. I have been there. But I want to tell you that it is possible to get through these tough times. Here are some tips that I have learned:

- **Find your people.** There are other people out there who understand what you're going through. Join support groups, online forums, or social groups for people with Asperger Syndrome. This will help you connect with others who can offer support and advice.
- **Be yourself.** Don't try to be someone you're not. The people who truly care about you will accept you for who you are.
- **Advocate for yourself.** If you need help, don't be afraid to ask for it. Talk to your parents, teachers, or counselors. They can help you get the support you need.
- **Take care of yourself.** Make sure you're getting enough sleep, exercise, and healthy food. This will help you manage your symptoms and feel your best.
- **Don't give up.** It may seem like things will never get better, but they will. Just keep fighting, and eventually, you will find your way.

## **For Parents**

Raising a child with Asperger Syndrome can be challenging. You may worry about their social skills, their education, and their future. You may also be struggling with your own emotions and how to best support your child.

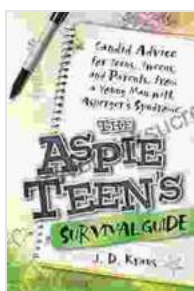
I know how you feel. My parents have been there for me every step of the way, and I am so grateful for their love and support. Here are some tips that I have learned for parents:

- **Educate yourself.** Learn as much as you can about Asperger Syndrome. This will help you understand your child and their needs.
- **Be patient.** It takes time for people with Asperger Syndrome to learn and grow. Don't expect them to change overnight.
- **Be supportive.** Your child needs to know that you love and accept them for who they are.
- **Advocate for your child.** Make sure your child is getting the services and support they need.
- **Take care of yourself.** It's important for you to take care of your own mental health. Find support groups or other resources for parents of children with Asperger Syndrome.

I hope that this article has been helpful. I want to encourage you to never give up on yourself or your child. With love, support, and perseverance, you can overcome any challenge.

Here are some additional resources that you may find helpful:

- Autism Speaks
- Child Mind Institute
- National Institute of Child Health and Human Development

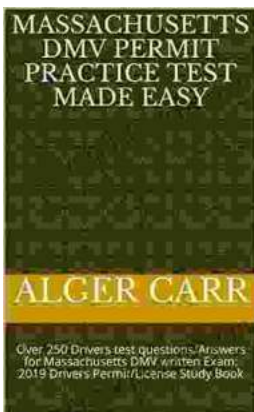


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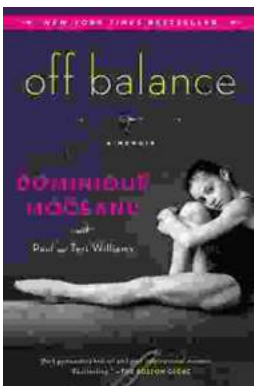
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