

From Bedford Health and Human Services Department  
April 10, 2020

### April is National Autism Awareness Month

World Autism Month is celebrated each April and includes outreach, education and autism-friendly events throughout the month to increase understanding of autism and foster worldwide support. The focus of the 2020 campaign is the Year of Kindness.

Autism is a developmental disability that can cause significant social, communication, and behavioral challenges. The learning, communication, and problem-solving abilities of people with autism can range from gifted to severely challenged. Those living with autism and their families may face a number of obstacles, often needing various supports and accommodations in their daily lives.

Households juggling work, childcare, school and daily life at home during the coronavirus quarantine face many difficulties. However, many people with autism and their families face unique challenges, including disruption in routines and in services, and in coping with the uncertainty of what comes next. Transitions can be difficult and frightening for all of us and sometimes even more so for kids with autism. You may be looking for ideas on how to help your child cope with all the changes and more time spent at home.

The following are some resources and information that may help you at this time:

[National Autism Association](#)

[Autism Speaks](#)

[Autism Society](#)

[ChildMind Institute Tips for Talking with Your Child With Autism About the Coronavirus](#)

[Parade Magazine Temple Grandin Tips to Help Autistic Kids Cope During the Coronavirus Quarantine](#)

The situation around the current spread of coronavirus disease 2019 (COVID-19) is changing rapidly. To stay updated, please visit the [Town of Bedford Board of Health](#) and the [Centers for Disease Control and Prevention](#) (CDC) websites and stay informed about local response and resources by reading the daily [Town of Bedford COVID-19 Updates](#).