

Asperger's syndrome is a neuro-biological disorder affecting key aspects of communication abilities, social awareness and interaction, motor skills and motor planning, sensory integration, and self-regulation. It is best understood within a "neuro-relational" framework.

Individuals with Asperger's syndrome have highly unique ways of moving in and perceiving the world.

Characteristics of children with Asperger's syndrome:

- delayed social maturity and social reasoning
- immature empathy
- difficulty making friends
- often teased by other children
- difficulty with the communication and control of emotions
- unusual language abilities that include advanced vocabulary and syntax but delayed conversation skills, unusual prosody and a tendency to be pedantic
- a fascination with a topic that is unusual in intensity or focus
- difficulty maintaining attention in class
- an unusual profile of learning abilities
- a need for assistance with some self-help and organization skills
- clumsiness in terms of gait and coordination
- sensitivity to specific sounds, aromas, textures and/or touch

Much of what "typically developing" people take for granted in their sensory and social environment does not make sense or seems to come from "out of the blue" for a person with AS.

## **Self-affirmation Pledge for those with AS**

by Liane Holliday Willey

I am not defective. I am different.

I will not sacrifice my self-worth for peer acceptance.

I am a good and interesting person.

I will take pride in myself.

I am capable of getting along with society.

I will ask for help when I need it.

I am a person who is worthy of others' respect and acceptance.

I will find a career interest that is well suited to my abilities and interests.

I will be patient with those who need time to understand me.

I am never going to give up on myself.

I will accept myself for who I am.

