

How can I understand autism from a Somali perspective?



These are some **common worries** that Somali parents have about autism:

- It's a mental illness
- It means they are disabled
- They might be possessed
- It's because we live in a western country, people in Somalia don't have this problem

The truth is that autism is a 'neurodevelopmental' difference, which means the brain is wired differently.

Here are **some facts about autism**:

- It's not just a western condition, it exists everywhere in the world
- It's not the fault of the child, the parents or the family
- It affects both boys and girls and some families will have more than one child with autism
- It is a lifelong condition

Everyone with autism is different from each other.

A child with autism might have **difficulties with**:

- Understanding what people are saying and knowing how to respond
- Reading body language and facial expressions
- Doing the same things over and over again

Many autistic children will have different **qualities and strengths**, for example:

- A good memory for facts or the ability to focus on details
- Being more honest and open than other children
- Being happy in their own company

Your child will always have autism throughout their life, but it doesn't mean they can't succeed.

What will make a difference is early intervention and knowing how to support them.

Top tips:

1. **Help your child by reducing language**
2. **Use the 6 second rule of waiting to help them process information**
3. **Give them information in ways that suit how they learn, and use visuals before each activity or trip**



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Produced in collaboration with Autism Independence

Sidee aan autism u fahmi karaa, aniga oo ka eegaya fikrad Somali?



Waxa la isku raacay in ay jiraan fikrado waa lidka Somalisku ka qabaan autism:

- Waa waali
- Ilmaha autism qabaa waa dhisaybul
- Waa lafalay ama laduradiyeeyay
- Waa dalaka dibada ee aynu ku noolahay, caruurta dalkii joogtaa maqabto

Runtu waxa weeye autism waxa ay tahay marka maskaxda ilmuhu ay u xididaysan tahay si duwan.

Wuntii waxa ay autism tahay waxa ka mid ah:

- Ma aha xanuun dadka dibada ha jooga uun ku dhaca, meel walba dadka/caruurta wuu ku dhacaa.
- Walidka iyo ilmuhu may sababin
- Wiilasha iyo hablahaba wuu ku dhacaa, marmar waxa dhacda in ilmo ama labo autism leh reer hastaan.
- Wa wax ilmuhu waligii lahaan doono.

Qofwal oo autism leh wuu ka duwan yahay ka kale ee leh autism.

Ilmaha autism leh waxa laga yaabaa in ay ku adkaato:

- Waxa ay dadku leeyihiin ama sida ay u jawaabaan
- In way fahmaan dareenka dadka marka ay wax shara xayaan
- In ay wax ku noq noq daan

Waruuro badan ayaa wax yaalaha qaar laga yaabaa in ay aad ugu fiicanyihiin, sida oo kale:

- Wax yaalaha qaar in xasuus toodo fican tahay, oo ay wax walba u fiirsadaan
- Waa daacad, sida aytahay na wax ayay u yidhaah daan
- Iyaga ayaa is farfad galiya

Ilmahaagu autism waligii wuu lahaan, macneheedu ma aha wax ma noqon karo, amamaguulaysan karo.

Waxa isbadalka ku keenikara waa marka la caawiyo goorhore, iyo adiga oo og sida aad ucaawin karto.

Talaaboyin faa ido ah:

1. Caawi ilma haaga adiga oo hadalka yaraynaya
2. Isticmaal sharciga lixda daqiiqo ee sugida, sii ay ufahmaan waxa aad tiri
3. Warbitinta usii sida ay ku fahmayaan, una isticmaal muuqaal ama sawiro marka ay wax qabanayaan ama meel aad gaynayso si ayfikrad uga haystaan



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Waxa anu wada samaynay filmkan Autism Independence