



## Myth

Delivery of a child using forceps can cause brain injury, which leads to Autism.



## Fact

Autism cannot occur due to brain injury.

Yes, brain injury can happen when force is used. But, this has nothing to do with Autism.

The brain of a child with autism.

Brain alterations in autism have been linked to atypical connections between two nerve cells, which in turn affects how the brain coordinates bodily functions.

# AUTISM MYTH BUSTERS



## Myth

Vaccination  
is one of the  
causes for  
Autism.



## Fact

Autism cannot  
occur due to  
vaccinations.

This misleading connection between the two was debunked and the scientist who made this claim was discredited.

**This is a neurodevelopmental condition due to differences in brain wiring that occurs while the baby is growing in the womb.**

**It cannot be caused by a vaccine or external agent.**

# AUTISM MYTH BUSTERS



## Myth

Autism occurs  
due to bad  
parenting



## Fact

Autism  
occurrence has  
no bearings on  
how a child is  
raised

Do not lay the blame on  
yourself! Nothing you did or  
said has caused Autism in your  
child.

Differences in brain  
connections during early brain  
development is the most  
probable cause for the  
condition.

It has no bearings on how a  
parent behaves with their  
child.

# AUTISM MYTH BUSTERS



## Myth

Autism is a disorder of metabolism



## Fact

Autism and metabolic disorders are not related.

Autism is not a metabolic condition.

Congenital (from birth) metabolic syndromes can impact the brain development by prompting frequent seizures and neurological disability.

The presentation of metabolic conditions is very different from Autism.

Both conditions can affect the brain, but in different ways.

# AUTISM MYTH BUSTERS



## Myth

A lazy eye or a squint in a child with Autism is attributed to his/her condition.



## Fact

Autism has no relationship with vision related problems.

Developing a squint or a lazy eye can be seen in children with developmental disorders, **but has no bearings on Autism.**

# AUTISM MYTH BUSTERS



## Myth

Frequent bouts  
of anger causes  
fever in a child  
with Autism



## Fact

There is  
no direct  
correlation  
between  
behavior and  
fever

Fever cannot be caused by atypical behaviours. unless the child is over-stressed by prolonged episodes of meltdowns in addition to marked physical activity, which can increase his/her body temperature.

# AUTISM MYTH BUSTERS



## Myth



## Fact

Children with Autism have trouble communicating, so are not intelligent

Challenges in communication have no bearings on a child's intelligence

Differences in a child's ability to communicate has no bearing on their intelligence.

On the contrary children with Autism may have a few distinct challenges but are just as **capable and intelligent as any other child.**

# AUTISM MYTH BUSTERS



## Myth

Children with Autism are introverts or loners, & avoid social contact with friends



## Fact

Children with Autism have trouble with communication but are fully capable of maintaining friendships.

Children with Autism may display differences in communicating with people. However this does not mean they are disinterested in reaching out to their peers.

Support and therapy can help nurture speech and communication in a way that works best for the individual.

A child with Autism enjoys his/her peers as any other child.

# AUTISM MYTH BUSTERS





## Myth

Children with Autism can never lead independent lives



## Fact

Children with Autism have the ability to contribute towards our society just like you and I do.

Because of the differences in the way in which children with autism experience and interact with the world, people sometimes assume they won't be able to lead independent lives.

With the right support and therapy, a child with autism can thrive and actively participate in society in their own unique way.

It is often the prejudice such as this that will be a greater hindrance to their lives than their condition.

# AUTISM MYTH BUSTERS



## Myth

Autism can be permanently cured



## Fact

There is no medical cure for Autism

Parents should be very cautious about anyone making unrealistic claims for “treatment” of autism.

However, like other children those with autism change as well. Many children with Autism, with good support and help, show significant improvements, do well academically and are able to function well.

# AUTISM MYTH BUSTERS



## Myth

All children  
with Autism  
are geniuses



## Fact

Children with  
Autism are just  
as intelligent as  
any other child

While a small proportion is  
found to have distinct higher  
abilities, it isn't a general rule.

Children with Autism are as  
divergent as neurotypical  
ones.

# AUTISM MYTH BUSTERS



## Myth

Children with Autism can never make eye contact



## Fact

A child has trouble with eye contact, but do not permanently lose the ability.

While it is true that lack of eye contact help spot early signs for the condition, it is mistaken for complete loss of eye contact as the child grows older.

Early intervention can go a long way in helping the child make contact with his/her eye.

It is never a good idea to force a person with ASD to make eye contact with you.

When an individual with ASD feels relaxed and confident with the communicating partner, eye contact can be quite spontaneous.

# AUTISM MYTH BUSTERS



## Myth

Children with Autism look a certain way and have distinct features



## Fact

Autism in a child does not influence the way he/she looks.

Autism is a neurodevelopmental condition due to differences in brain wiring and functioning.

It has nothing to do with how a child looks.

He/she will look just as beautiful as you and I.

# AUTISM MYTH BUSTERS



## Myth

Autism is more common in some social classes.



## Fact

Autism can occur in any child. It has no bearings on the family's social stature.

There is no difference in Autism among social classes.

# AUTISM MYTH BUSTERS



## Myth

A child gets Autism if the mother does not take proper precaution during the pregnancy.



## Fact

While staying healthy during pregnancy is recommended, she is unlikely to have a child with Autism due to lack of pregnancy care.

Autism is not caused by any such situation.

It is however important for the mother to stay healthy, well nourished and stress free during the pregnancy for the well being of the baby.

# AUTISM MYTH BUSTERS



## Myth

Autism is a  
'mental illness'



## Fact

Autism is not a  
mental illness.

Autism is a pattern of communication and social interaction that is different from other children due to a difference in connectivity in their brain.

# AUTISM MYTH BUSTERS





## Myth

Autism can be cured through the GFCF diet



## Fact

No dietary change will cure Autism.

GFCF diet can help the child if he/she has gluten and casein intolerance. This will reduce discomfort caused by the gluten/casein allergy. The dietary modification of removing gluten and casein will improve overall health of the child. This improvement in health is often misrepresented as a cure for Autism, which it is not.

# AUTISM MYTH BUSTERS



## Myth



## Fact

Diagnosis of  
Autism requires  
EEG, CT Scan

Autism cannot  
be diagnosed  
through any  
medical test.

A definitive diagnosis of Autism is presented by a doctor after **careful assessment of the child through behavior evaluation and interview with the parents.**

No medical test as such can firmly diagnose Autism.

Your doctor may suggest an EEG, CT Scan only if he/she suspects the prevalence of seizures or any other co-occurring condition that can be identified through these scans or tests.

# AUTISM MYTH BUSTERS



## Myth



## Fact

Individuals with ASD can't stand to be touched by anyone.

Some individuals with ASD can be sensitive to touch

Some individuals with ASD may have high sensory sensitivities that may make them uncomfortable to any form of touch.

However, individuals with ASD enjoy hugs, light massages or any other forms of safe touch like anybody does.

# AUTISM MYTH BUSTERS

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## Myth

Individuals  
with ASD  
cannot  
communicate  
at all.



## Fact

Individuals with  
ASD who are  
non-verbal can  
communicate  
through other  
means

Communication is more than  
just talking.

Some individuals with ASD  
may develop speech through  
help and therapy.

Others may require some  
extra assistance using a  
combination of **gestures** and  
alternate modes of  
communication e.g. through  
usage of devices

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## Myth



## Fact

A child can  
outgrow ASD  
as he/she grow  
older

ASD cannot be  
outgrown

Children do not outgrow  
ASD.

But signs may lessen or change  
as the child develops and  
receives daily interventions.

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## Myth



## Fact

Individuals with ASD do not have feelings due to challenges with social communication.

An individual with ASD certainly do have feelings, like any other individual.

Individuals with ASD can and do display affection.

Due to their differences in sensory processing and social communication their display of feelings may appear different from those of peers.

Understanding and accepting these different ways of emoting is the key.

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## Myth

Individuals with ASD are by nature aggressive & tend to misbehave in public



## Fact

Individuals with ASD are not aggressive by nature.

Individuals with ASD may have trouble dealing with situations that cause anxiety and frustrations.

With supportive interventions when they are taught how to handle these situations they are more in control of their reactions to situations in everyday life.

But, they do not have aggression by virtue of their diagnosis.

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## Myth

Individuals with ASD are best suited only for jobs that entail repetitive tasks



## Fact

While individuals with ASD enjoy repetition it is incorrect to assume that is all they bring to the work table.

While individuals with ASD may enjoy repetitive tasks, it is incorrect to assume a job is a good match solely based on a disability label.

Just as any individual comes with a unique skill set, an individual with ASD certainly can participate, engage with a team and present other unique qualities that are beyond their diagnosis.

# AUTISM MYTH BUSTERS

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## Myth

ASD  
is  
contagious



## Fact

No one can  
'catch' ASD

Autism is a genetic neurodevelopmental condition due to atypical connections between two nerve cells, which in turn are responsible for differences in how the brain coordinates bodily functions.

Nobody can transmit ASD through physical contact.

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