

Don't Risk Autism Caregiver Burnout:

Slow Down!

1

Reduce your personal stress level

2

Create balance in your life

3

See the big picture through the small goals

4

Creating More meaningful experiences

5

Make lasting memories!

6

Have the freedom to make mistakes

7

Help your child build intrinsic motivation

8

Remove the stress from your child's world

9

Build trust between your child and yourself

and Most Importantly

Build a meaningful and lasting connection with your child