**Why Parental Involvement is Beneficial for Children with Autism**

Parenting a child with autism can be tough and challenging, but the involvement of parents plays an extremely important role in the child’s ability to effectively overcome a lack of essential skills. Parents are often the ones who first recognize the developmental issue, and pursue a diagnosis to find what kind of treatment would be best suited for their child. Once a suitable program starts, parents and other family members are required to actively participate to ensure that whatever skills and behaviors their child is learning in the program are effectively applied during their time at home, as well as in other settings.

**Importance of Parent Participation in Autism**

The chances of a child’s success in learning new skills and correcting undesired behaviors is highly dependent on how actively parents are involved in the educational program. This is because when parents participate in the designing and execution of different interventions, the sessions are likely to be used across varying people and contexts, hence aiding the child in learning and use skills relatively quickly. Conversely, if only therapists and teachers design and execute interventions with the support of parents or other family members, there is a high chance the learning process will be much slower, as well as the long-term benefits are likely to be less.

Interventions with therapists are generally 30-40 hours a week – this is a small portion as compared to the time parents spend with their children. When parents are involved in interventions, they are able to carry over what the child has learned throughout the day, hence increasing the probability of learning a behavior or skill quickly. In addition, it can prove to be counter-productive if what your child is exposed to during the therapy is different from your methods.

**Impact of Stressors on Families**

One of the [major sources of stress](http://journals.sagepub.com/doi/abs/10.1177/1362361313485163) for families dealing with child with autism is the inability to communicate properly. Generally, children diagnosed with autism are better at [understanding things in pictures](https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4500127/) instead of words, especially at a young age. Due to this, communication becomes extremely difficult, leading families to seek professional help for interventions. Other forms of stressors include emotional stress, family-functioning stress, caregiving stress, transitional stress, and several others.

Autism education specialists and therapists provide families with at-home tips and learning plans to help alleviate stress suffered by parents to some extent. They also evaluate the best environments for interventions to increase their effectiveness without adding extra burden on the child.

Being the parent of a child with autism is not easy – everyone faces difficulty and should consider getting professional autism services for their child in order to help them become fully functioning adults. Not only will it garner better results, but it will also make interventions more effective, allowing your child to learn and develop new skills and behaviors in a lot less time. To discuss your child’s condition with a Board Certified Behavior Analyst or for more information on dealing with autism, [contact](https://www.cornerstonesil.com/contact/) Cornerstones today at 855-855-2712.