

My Child is Autistic Alert Card

Directions:

Printed Use

- Cut out the cards on page two and keep copies where they may be helpful, such as a purse, wallet, backpack, car, or with your child's personal items.
- You may choose to laminate the cards or place them in a plastic sleeve to make them more durable and easier to reuse.
- Some families may also choose to share a copy with caregivers, family members, or support staff.

Digital Use

- Save the PDF to your phone or tablet for quick access
- Take a screenshot of one card and keep it in your photo gallery
- Favorite or pin the image so it's easy to find in urgent moments
- Some families may also choose to share the digital card with caregivers, family members, or support staff.

Ideas for when to use this alert card:

- During challenging moments in the community setting, to help others better understand your child's needs.
- In emergencies, when quick communication is important.
- While traveling, share the card with family members and transportation staff.
- When in a new environment, if you need assistance or want to alert others that your child may need support.

Alert Card Wording

There are three identical copies of the alert card on the next page. Each card reads:

"My child is autistic and having a hard time. Just like you, we have good and bad days. Thank you for understanding and not judging. You can learn more about autism and behaviors by visiting www.ocali.org."



MY CHILD IS AUTISTIC AND
HAVING A HARD TIME

JUST LIKE YOU, WE HAVE GOOD AND
BAD DAYS. THANK YOU FOR
UNDERSTANDING AND NOT JUDGING

You can learn more about autism and
behaviors by visiting www.ocali.org



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