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OCTOBER 2025

NO.18

Growing Up and Body Changes – Supporting Children with ASD



Dear Triumph ABA Parents,

Growing up and the body changes that come with are big transition for every child, but for children on the autism spectrum, the changes can feel even more overwhelming. Shifts in hormones, emotions, and body development can amplify challenges with regulation, communication, and social skills. As parents, it's natural to feel unsure about how to best support your child through this stage—but with preparation and patience, growing up can be navigated with confidence.

Children with ASD may need extra support in understanding the physical and emotional changes happening to their bodies. Conversations about hygiene, privacy, and healthy relationships are critical—but they often need to be more explicit and concrete. Using visual supports, social stories, and direct teaching can help your child grasp these changes more effectively.

This month's newsletter focuses on practical tools, supportive strategies, and resources for guiding your child through preteen/teenage years while respecting their independence and individuality. Remember: this is not just about managing challenges, but about celebrating growth and helping your child move into adolescence with dignity and confidence.





Tips for Supporting Puberty in Children with ASD



Start Early and Keep It Simple

Introduce concepts of body changes before they begin. Use simple language and visuals to explain what to expect.



Teach Hygiene as a Routine

Break down hygiene tasks (showering, using deodorant, changing clothes) into step-by-step visuals. Practice until it becomes part of the daily schedule.



Use Social Stories for Sensitive Topics

Social stories are great tools for teaching about body changes, and privacy. They help make abstract ideas more concrete.



Discuss Privacy and Boundaries

Explain rules about private vs. public behaviors (e.g., changing clothes in the bathroom, keeping doors closed, respecting others' space).



Validate Emotional Changes

Hormones can heighten emotions. Encourage your child to identify and express feelings, and provide coping strategies like breathing exercises or sensory breaks.



Promote Healthy Friendships

Role-play conversations, practice appropriate greetings, and model respectful behaviors to support positive peer interactions.

NEWSLETTER

Books

TO
CHECK
OUT

Taking Care of
Myself: A
Hygiene, Puberty
and Personal
Curriculum for
Young People
with Autism by
Mary Wrobel

The
Autism-Friendly
Guide to Periods
by Robyn Steward

What's
Happening to
Tom? by Kate E.
Reynolds

What's
Happening to
Ellie? by Kate E.
Reynolds

The Growing Up
Book for Boys and
The Growing Up
Book for Girls by
Davida Hartman



Quote of the month:

**Growing up is never easy,
but with guidance and love,
every child can learn to
navigate new stages of life.**

— Temple Grandin

