

# Puberty & Self Care



Puberty is a season of life that is full of changes for everyone. Parents and caregivers need information to gain new skills and the confidence to talk about puberty and to teach important life skills. With planning and support, parents, families, and caregivers can make this time of change go as smoothly as possible for their autistic child or adolescent.

These resources can be found on the ECHO Autism Website at [echoautism.org](https://echoautism.org) or you may scan the QR Code to go directly to the resources.

Scan the  
QR Code  
with your  
phone  
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## Guides

- Puberty and Adolescence: A Guide for Parents of Adolescents with Autism Spectrum Disorder
- Healthy Bodies: A Parent's Guide on Puberty for Boys
- Healthy Bodies for Boys Appendix
- Healthy Bodies: A Parent's Guide on Puberty for Girls
- Healthy Bodies for Girls Appendix



## Resources

- Puberty and Children on the Autism Spectrum
- Learning to Manage Feminine Hygiene Needs
- Adolescent Health Center



\*Please note that this is not an exhaustive list of resources and they may be modified and updated on the ECHO Autism Website over time.