

Dr. Theresa Regan – Neuropsychologist, OSF HealthCare

Food can be an issue for people on the autism spectrum

Especially Thanksgiving to me is a lot about those traditional foods that we got from our moms and dads you know growing up in gathering around the table to eat the turkey and the stuffing. In the spectrum a lot of people have very specific food preferences. And they really aren't going to eat a large amount of food and they like to stick to their status quo :25

It's helpful to give a person on the autism spectrum a specific task to do

Another quick tip that I find helpful is giving them a specific job so sometimes if they have a role that's structured and defined they're going to feel a lot better in a social setting then if there just after kind of make small talk or kind of mingle. :18