

# **A Study about Comprehensive Social Support for the Parental Duties of Parents with Autistic Children**

Through a parent workshop

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In China, there is little effective social support for children with autism—most of them can only receive rehabilitation at home. Regrettably, in China, we can barely find any research about rehabilitation for autistic children, as well as support for parents.

Therefore, this paper aims to: 1) provide support to the parents of autistic children from different aspects through a workshop based on ABA (After the workshop, the parents are able to gain an increased understanding of parenting, and they became more proactive toward parenting at home.); and 2) discuss a more effective social support network for parents with autistic children in China.

In light of this, we tried to understand the changes in the needs of parents need regarding parenting skills by holding the ABA workshop for parents at the Child Rehabilitation Centre in China. Pre- and post-tests were conducted before and after the workshop. The result shows that the parents gained further insight into family rehabilitation and that they are more willing to put effort toward parenting.

However, as the workshop could also lead to more input regarding family rehabilitation, this could increase family burden. Thus, this paper discussed social support for families with autistic children by comparing the methods that European countries and the U.S. have employed.