

CENTRE FOR AUTISM
MIDDLETOWN

Autistic Love Languages

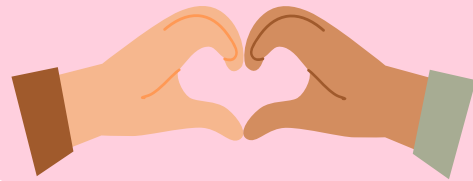
There are lots of different ways to show that we care. For autistic people, some ways of expressing love might look a bit different to non-autistic ways, but they are no less important or wonderful. Here are some 'love languages' suggested by one of our autistic staff members:

Parallel Play



Sharing a quiet moment with someone where you can both relax and focus on whatever grabs your interest.

Very specific gifts ('Pebbling')



Whether it's sharing a meme, a pebble, a leaf or a song; 'pebbling' is a way to share something beautiful or meaningful.

Info dumping



Sharing ideas and facts that are exciting and filled with passion, with time for questions, comments and many tangents!

Unmasking



Feeling safe enough to truly be themselves and trust that they will be loved for it.