

Fathering Children  
with Autism  
Spectrum Disorder  
(ASD): Challenges,  
Coping, and  
Support

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# Father-Child Relationships in ASD

- The Role of Fathers in the Lives of Children with ASD
  - Fathers' involvement significantly impacts child development.
  - Fathers influence emotional regulation and social development in children with ASD.
  - Increased paternal involvement linked to better behavioral outcomes.

# Traditional and Nurturing Roles of Fathers

- Blending Traditional and Nurturing Fathering Styles
  - Balancing work with caregiving is a unique challenge for fathers.
  - Fathers often toggle between the traditional role of the provider and the nurturing caregiver.
  - Increased stress from navigating both roles.



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# Challenges Faced by Fathers

Common  
Challenges for  
Fathers of  
Children with  
ASD

High levels of  
stress and  
anxiety

Financial and  
job-related stress

Emotional  
isolation due to  
social stigma

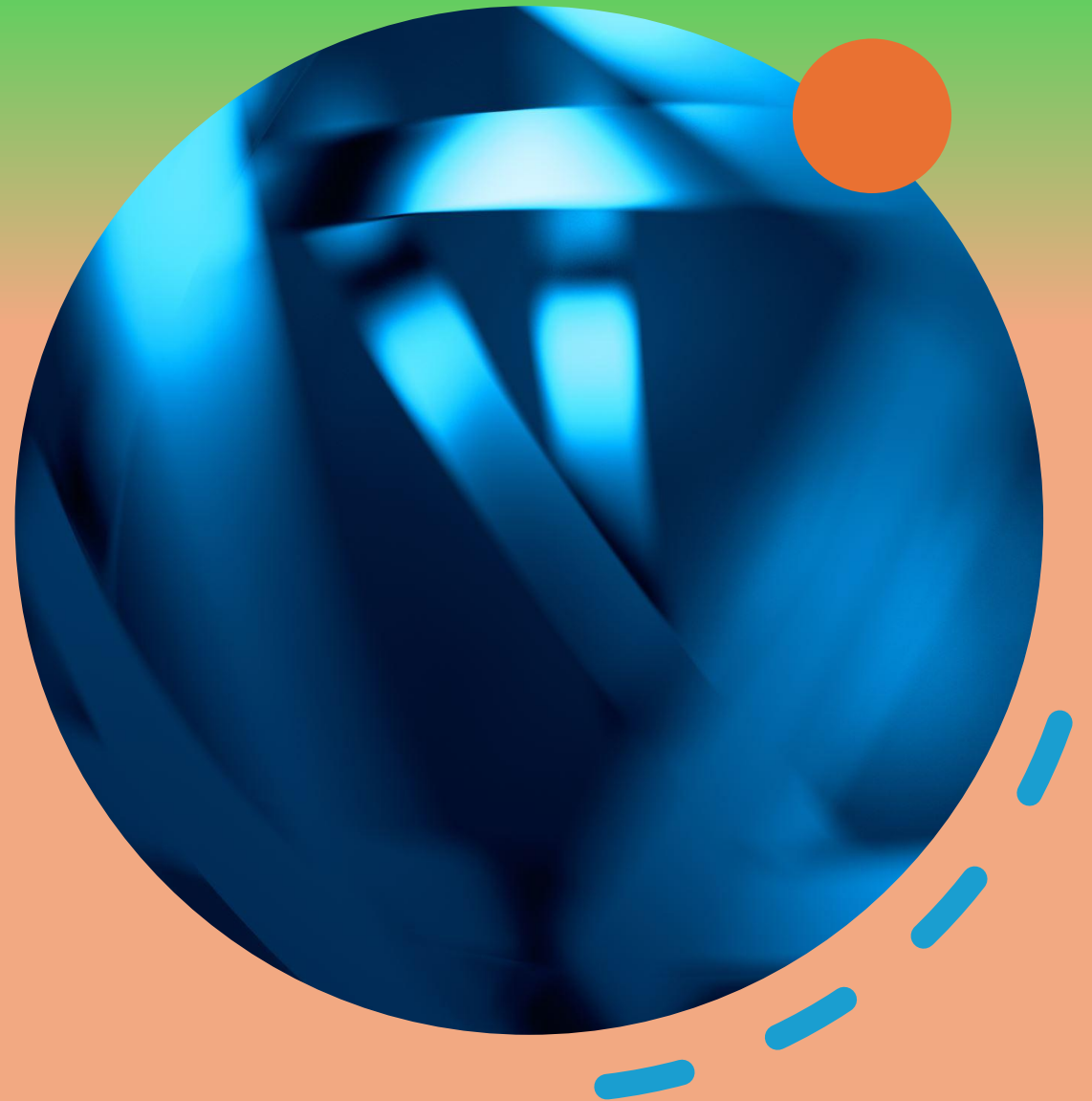
# Work-Life Balance

Managing  
Work and  
Family  
Responsibilities

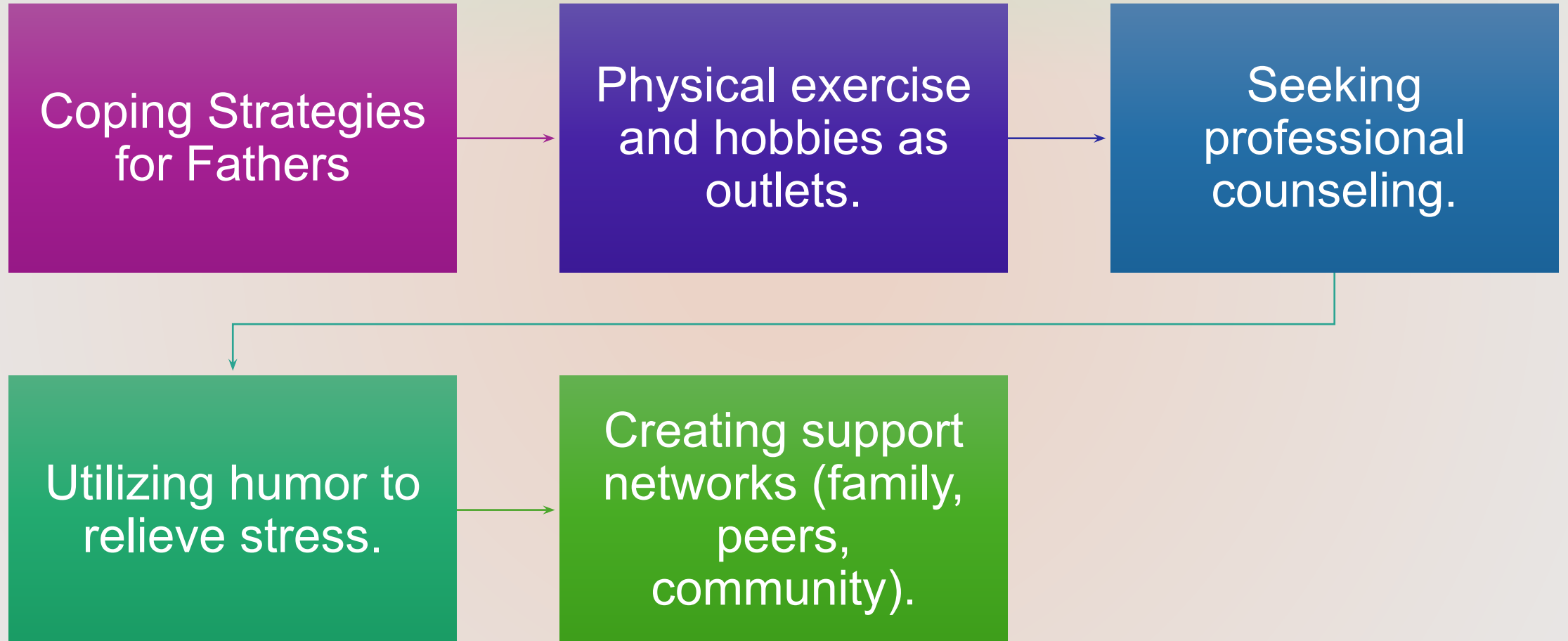
Work demands  
often conflict  
with caregiving  
needs.

Many fathers  
struggle to  
secure flexible  
work  
arrangements.

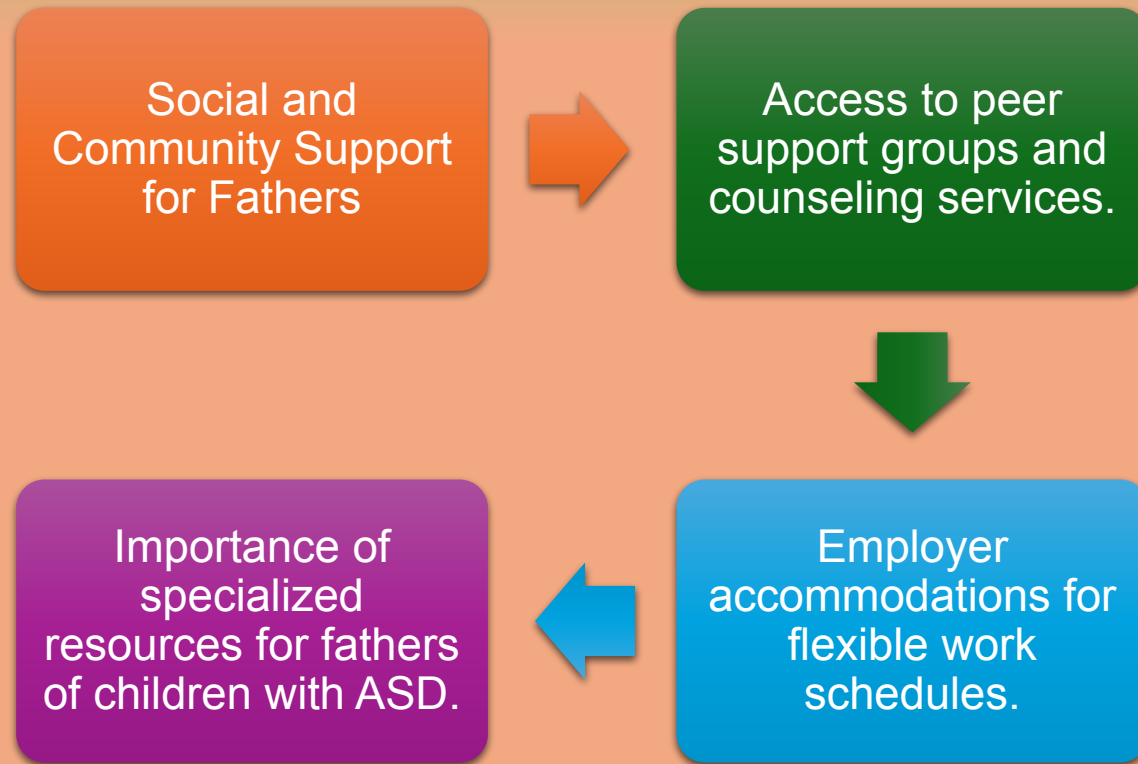
Emotional  
exhaustion  
from trying to  
"do it all."



# Coping Mechanisms



# Support Needs of Fathers





## Family and Community Dynamics

- Influence of Family and Community Support
- Family resilience is strengthened when fathers are supported.
- Community resources ease the caregiving burden.
- Social inclusion helps reduce the feeling of isolation.





# Resilience and Strength in Fathers



Building Resilience



Focusing on child's strengths and small victories.



Positive reframing of challenges.



Problem-solving mindset.

# Conclusion and Takeaways



Summary and Final Thoughts

Fathers play a crucial role in the well-being of children with ASD.

Balancing work and family is challenging but essential.

Social, community, and family support are vital for coping and resilience.

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