This study was undertaken to develop a guide for parents with autistic children. This study utilized the research and development (R&D) methodology. It went through three phases which are: planning phase, development phase and validation phase. The result of the survey served as the database in the development of the proposed guide to help parents in raising their autistic children. Finally, it found out the validity of the proposed guide in terms of objectives, content and activities by a panel experts.

This study utilized the research and development (R and D) methodology which was undertaken in three phases: planning phase, development phase and validation phase.

The planning stage included two aspects: bibliographical research and empirical research which provided database for the development of the components of the guide. The empirical research was a survey on the familiarity of the respondents on the characteristics behaviors of their autistic children, the problems the respondents encountered in raising their autistic child and the interventions they do to the problems identified. A total of sixteen parents participated. Purposive sampling was employed in choosing the respondents. Each parent completed each questionnaire in an actual face to face interview by the researcher either in the Special Education Center or in their homes. Furthermore, actual observation on the autistic children was done to validate the information given by the respondents. Likewise, transcription and translation of the gathered data was done to complete the information supplied by the respondents.

The designing of the proposed guide was mainly done during the development phase. Validation phase was the final stage during which the content of the developed guide for parents with autistic children was validated by three experts who specialize in special children with autism.
Findings of the study showed that majority of the respondents are very much familiar of the physical health behaviors or symptoms of an autistic child as indicated by their composite mean (3.31). They however are aware that their children are generally healthy and good looking as any other children.

Further, most of the respondents are moderately familiar that the gross motor skills that their children display are characteristic symptoms of autism. But they are fully aware that their children are hyperactive, not inhibited, fast and strong, and do not tire easily. The respondents are also moderately familiar of their children’s good fine motor skills. Most of them agreed that an autistic child has a good perceptual motor skill depending on the level of attention span although they admitted that they are slightly aware that touching surface/edges to stimulate self is a manifestation of autism.

Most of the respondents are moderately familiar of the psychosocial behaviors of an autistic child. This means that the respondents are aware that their autistic children’s social interaction is impaired. Most of them observed that their children exhibits limited/fleeting eye contact, aloof, passive, prefers solitary activities, displays inappropriate emotional responses and displays unusual fear.

As to language and cognitive abilities, it was found out that the respondents are very much familiar that autistic children are delayed in conceptual abilities like listening, inferential thinking and problem solving; and that autistic children show deficit in the use of language, under react to language and visual and demonstrate rote learning. The respondents are also aware that there is a lag in the development of self-help abilities of autistic children and that they need the constant supervision of their caretakers to do their activities of daily living.

With regards to problems encountered by parents raising an autistic child, it was found out that no knowing what their child needs or wants and that having an autistic child is financially burdensome are the top most problems of the respondents. This is because it is hard for autistic children to talk with other people and express themselves using words. It is financially burdensome because they have to be enrolled in special schools and have to be seen by professionals to help modify their behaviors.

As to the interventions employed by parents to problems encountered, keeping a strong faith in God, seeking information from professionals regarding their child’s condition, reading books, journals, articles, and searching the internet for information on autism, enrolling their child in special education
centers, seeking assistance from community agencies and programs designed to help families with special children and searching for families who have similar problems to better understand their child’s behavior are the interventions very often employed by parents to problems encountered raising up their autistic child. Further, they also cope up by unburdening their concerns to a close friend or their parents very often. Most of them said that they seldom seek membership in organization of parents with autistic children and never used this as an intervention to problems they encountered in raising up their autistic child. Based on the interviews, being a member of such organizations would only take much of the precious time their child need.

With regards to the validity of the proposed information guide, the panel of experts agreed that the proposed guide’s objectives are satisfactory with a computed mean of 4.46. As to its content, the experts scored it to be very satisfactory with a composite mean of 4.73. The panel of experts also found the activities to be very satisfactory with a composite mean of 4.60. Results of the evaluation made by the experts showed that the proposed guide is very satisfactory with a computed overall composite mean of 4.60.

It was recommended that the guide should be adapted by the University to disseminate information on how parents could effectively manage their children with autism. The information guide in pamphlet form could be utilized to enhance their understanding on autism. Further, a follow up study is encouraged to improve the guide and its effectiveness.