



From Isolation to Connection

**YOUR HOMESCHOOL COMMUNITY
STARTER KIT FOR AUTISM FAMILIES**

Simple, low-pressure ways to find your people and build
meaningful connections

Aosomehomegrownlearners.com

You Are Not Alone

HOMESCHOOLING CAN FEEL ISOLATING.

HOMESCHOOLING AN AUTISTIC CHILD? THAT CAN FEEL LIKE A COMPLETELY DIFFERENT LEVEL OF ALONE.

MAYBE YOU'VE TRIED GROUPS THAT DIDN'T QUITE FIT.

MAYBE YOU'VE FELT THE COMPARISON, THE JUDGMENT, OR THE QUIET DISCONNECT.

OR MAYBE YOU'RE JUST NOT SURE WHERE TO EVEN BEGIN. I SEE YOU—BECAUSE I'VE BEEN THERE TOO.

HERE'S THE TRUTH:

COMMUNITY DOESN'T HAVE TO BE BIG TO BE MEANINGFUL. YOU DON'T NEED A FULL CO-OP OR A PACKED CALENDAR.

YOU JUST NEED A FEW SAFE, UNDERSTANDING CONNECTIONS.

THIS GUIDE WILL HELP YOU TAKE SMALL, DOABLE STEPS TOWARD BUILDING A HOMESCHOOL COMMUNITY THAT ACTUALLY WORKS FOR YOUR FAMILY.

Start small. Start safe. Start where you are.

What Community Can Look Like

Let's take the pressure off.

Community doesn't have to look like a large, structured homeschool group.

For many autism families, the community looks quieter...simpler...and more intentional

It might look like:

- One trusted family who understands your child
- A weekly park meetup with no expectations
- A quiet friendship that builds over time
- A church or faith-based connection
- An online group where you feel seen

Quality matters more than quantity-every time.

Find Your People Checklist

WHERE TO LOOK

Local homeschool
Facebook groups
Library programs or
story times
Church or faith-
based communities
Therapy centers or
support programs
Community events
or small local meetups

WHAT TO LOOK FOR

Flexible
expectations
Kind,
understanding parents
Kids who are
allowed to be
themselves
A low-pressure
environment
Openness to
differences

RED FLAGS TO WATCH FOR

Pressure for kids to “act typical”
Judgment or comparison
Rigid schedules or expectations
Lack of understanding for sensory needs

Low-Pressure Meetup Ideas

START SIMPLE (REALLY SIMPLE)

You don't need to plan anything complicated.

In fact, the best connections often happen in the most relaxed environments.

Try things like:

1. Meeting at the park (no agenda needed)
2. going on a nature walk together
3. Hosting a sensory-friendly playdate
4. Coffee time for moms while kids play nearby
5. "Parallel play" hangouts (being together without pressure to interact)

Reminder:

Your child does not need to socialize in a traditional way to benefit from connection.

Being near others still counts.

What to Say (Simple Scripts)

Communicating Without the Stress

YOU DON'T NEED THE
PERFECT WORDS.

YOU JUST NEED SIMPLE,
HONEST ONES.

You can say:

"MY CHILD MAY NEED BREAKS
WHILE WE'RE HERE."

"SHE PLAYS A LITTLE
DIFFERENTLY, AND THAT'S
OKAY."

"WE MIGHT NEED TO LEAVE
EARLY DEPENDING ON HOW
THINGS GO."

WE'RE STILL FIGURING OUT
WHAT WORKS BEST FOR HIM"

NEED SOME ENCOURAGEMENT?

THE RIGHT PEOPLE WON'T NEED
A LONG EXPLANATION



Boundary Builder

Protecting Your Peace

It's okay to set boundaries

In fact - it's necessary.

Fill this out for your family:

What works well for my child:

What tends to overwhelm them:

Signs my child needs a break:

Our plan if things become too much:

**REMINDER:
YOU ARE ALLOWED TO LEAVE EARLY.
YOU ARE ALLOWED TO SAY NO.
YOU ARE ALLOWED TO PROTECT YOUR CHILD'S PEACE.**

Build Your Own Community

If You Can't Find It - Create It

Sometimes the community you need doesn't exist yet.

This doesn't mean it can't.

Start small. Keep it simple.

START WITH ONE FAMILY. THAT'S ENOUGH.

WHO COULD I
INVITE?

WHERE CAN WE
MEET?

PLAN YOUR FIRST
MEETUP

WHAT FEELS
EASY AND
MANAGEABLE?

HOW OFTEN DO I
WANT TO MEET?

Weekly Connection Tracker

Small Steps Matter

01

Did we connect
with others this
week?

Yes No

02

What
worked
well:

03

What felt
challenging

04

Something I
want to try next
time:

Even small efforts count..

You Are Building Something That Matters

Community takes time.

It won't happen overnight.

It may not look like what you expected.
And it may grow slower than you hoped.

But that doesn't mean it isn't working.

Safe, meaningful connection—no matter
how small—is worth it.

And you are not alone in this journey.

For more support, homeschool strategies, and encouragement for
autism families: Follow along and stay connected.