

Research Unpacked

In 2021, Moyna Catherine Talcer, Orla Duffy and Katy Pedlow did a research study called, “A Qualitative Exploration into the Sensory Experiences of Autistic Mothers”.

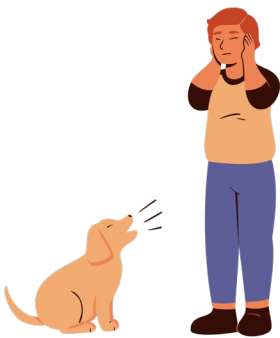
The study is online: <https://pubmed.ncbi.nlm.nih.gov/34251566/>

What is sensory processing?



People taste, feel, touch, smell, and hear things differently.

This is called sensory processing.



Sometimes people have a hard time with sensory processing. For example, some people find these things hard:

- loud noises
- strong smells
- bright lights

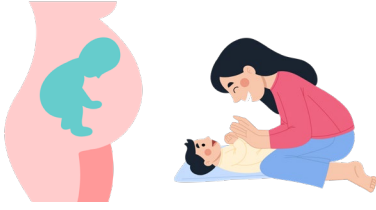
What is the study about?



This study is about how Autistic mothers experience sensory processing.



The researchers spoke to 7 Autistic women from the United Kingdom. They learned about the sensory challenges these mothers face.



The study found that pregnancy and parenthood brought many sensory challenges.



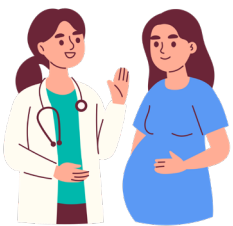
These challenges made work harder, caused worry and anxiety, and made many mothers feel very tired.



Many mothers in the study tried things to feel better like:



- Turning down the lights
- Taking breaks
- Talking to other Autistic parents
- Reading parenting books



Many mothers wished they had:

- Doctors who understood their challenges
- Autistic Mothers groups



This study is important because it helps teach us about what might be hard for Autistic parents who face sensory challenges.