



MINDFUL PARENTING FOR PARENTS OF CHILDREN WITH AUTISM

Researchers at Northern Illinois University are looking for parents of children who have autism spectrum disorder between K through 5th grade. Parents will be asked questions about themselves and will be randomly assigned to complete a 6-week, online parent training focused on learning mindfulness strategies for interacting with your child either immediately or in 6 weeks. Complete 1 hourly, online session each week, and complete two 30-minute questionnaires 1 at the beginning and 1 at the end. Parents will earn \$50 (\$15 for the initial survey and \$35 for the final survey will be paid by Paypal)!

**MUST BE 18 OR
OLDER AND LIVE IN
THE US**

**MUST HAVE A CHILD
WITH AUTISM
SPECTRUM
DISORDER**

**CHILD MUST BE IN
K-5TH GRADE**

**CHILD MUST LIVE IN
THE SAME HOME AS
PARENT**

**PARENT MUST BE
FLUENT IN ENGLISH**

**FOR MORE
INFORMATION OR TO
SIGN UP CONTACT:**

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