



Seeds 2 Nurture

Sowing a Foundation

July 2025

Blog Post

Explore the importance of structured support and the art of asking. Read **“Why Autism Caregivers Thrive When They Ask for Help”** at seeds2nurture.co/blog/.

“When we share our struggles, we not only normalize vulnerability but also model self-advocacy for our children.” ~TY Marian

Understanding Autism in the Black Community

While autism affects children of all races, studies show that black children are often diagnosed later, which can impact early intervention. Understanding the signs and seeking early support can significantly impact your child’s development. Find more resources and networks here:

CDC’s (Centers for Disease Control’s) Milestones in Action ([link](#))

- A resource identifying the early signs of developmental differences in black and brown communities (also available in Spanish).

Autism Speaks ([link](#))

- An organization offering a variety of toolkits for families.

Facebook/Meta ([link](#))

- A community and outlet showing more of what we do.



Kid’s Spotlight

Meet Ahmen! After he was diagnosed with autism, his parent learned about early intervention therapies that helped him thrive. Her advice: don’t hesitate to ask for help and always advocate for your child’s needs. Here is Ahmen on his first day at baseball practice!

Visit <https://www.seeds2nurture.co/> for updates.

Instagram: [@seeds2_nurture](#)