



Autism Facts for Parents

Separating Fact from Fiction

A quick reference guide from Blackbird Health



FACT There is no single cause of autism.

Autism is a complex neurodevelopmental condition that arises from a combination of genetic factors and environmental influences. Be wary of any source claiming definitive knowledge about autism's cause.



FACT Autism exists on a spectrum.

The spectrum isn't a linear scale from "mild" to "severe." It's a multi-dimensional model including emotional regulation, communication, sensory processing, social awareness, and more. Each person's experience is unique.



FACT There is NO link between vaccines and autism.

Extensive research has repeatedly debunked this connection. The original study suggesting this link was retracted due to serious methodological flaws and ethical violations.



FACT Prenatal Tylenol (acetaminophen) use has NOT been proven to cause autism.

A 2024 Swedish study tracking over 2.48 million children found no evidence linking prenatal acetaminophen use to increased risk of autism when properly controlling for genetic and environmental factors.



FACT There is no "cure" for autism.

Autism is a lifelong neurodevelopmental difference, not something that needs to be cured. Many autistic people consider it a core part of their identity.

Blackbird Health is here to support you

Our whole-child approach examines all factors affecting your child, not just autism-specific behaviors.

Get Started Today

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