Special Feature on Family Values of Mothers Who Have a Child with Autism Spectrum Disorders in Japan



16

16

10

9

8

Midori ASANO¹⁾, Ayako FURUSAWA²⁾, Yukimi OHASHI²⁾, Akiko KADOMA²⁾, Naoko YAMAKITA³⁾

Mami YAMAMOTO²⁾, Kumiko YOSHIDA¹⁾

1)Faculty of Nagoya University School of Health Sciences, 2) Program in Nursing Doctor's course, Nagoya University Graduate School of Medicine, 3) Program in Nursing Master's course, Nagoya University Graduate School of Medicine

Purpose: The purpose of this study was to explore the feature on family values of mothers who have a child with Autism Spectrum Disorders (ASD).

Method: This study was a part of the action research to promote the parenting skills of mothers for their preschoolers and/or primary schoolchildren with ASD. We recruited voluntary participants using a flier after we obtained the approval of an institutional review board of the Nagoya University School of Health Sciences. We had small group sessions about family values using five groups, and 7 to 10 members participated in each session. First, we dealt out a pack of "family value activity cards" to the participant, which consisted of thirty-one cards and which had one family value written on each card. This activity was introduced to us from the Oregon Healthy Start Program. Second, we asked them to choose five or six cards (family values) that were important to their family. Then we asked them to tell their stories, why they choose these cards and how important they were to them, then to share their feelings with the group members.







Result: We analyze fifty-one stories of the mothers who have a child with ASD. They had unique family values, and they told their own stories about their family. The best of cards which the mothers like were "Laughter in our home" and

Skip-mam Class Program Balancing Ball Questionnaire Ice Breaking Whrat is change Small box for healing you introduction support in your family Tea Break: Herb Tea Time Brain Stormin discussion discussion discussion discussion What is your Daily life of Daily life of family Aroma massag Child Behaivio distress parents Aroma massage Aroma massage

My kids developing normally

Having "alone" time

No.25 Loving my kids

N_{0.29}

Having meals together as a family

When important problems come up,

"My kids developing Normally". Following, the next cards which were chosen from them were "Having meals together as a family", "When important problems come up, my partner and I make joint decisions" and "Having 'alone' time". Although they often choose Table 1. The Rankings of Cards the same cards, they had the different stories and told their Card Family Value Number own ones. Some of the mothers told "I am loving my kids, No.3 Laughter in our home

it is the most important for me", the others said "Some No.23 times it is very hard for me to loving my kids. So, I need No.1 the Laughter in our home and Having 'alone' time, I think". No.30

Few mothers can make joint decisions with their partner, when important problems come up.

Discussion: It is useful for us to understand that

my partner and I make joint decisions they choose the both cards which means that they usually practiced at home with their own value and others means that they couldn't do those in spite of desire to do so. In addition, the mothers became to perceive

their own ideas and share the family values with the group members and us through this cards activity. Conclusion & Suggestions: The mothers of children with ASD had unique family values and they told their own stories about their family values. For the mothers, it was the very important experience to consider their

own family values, because they had the opportunity to notice some new ideas concerning their several family process. http://www.jsnhc.org/smc/