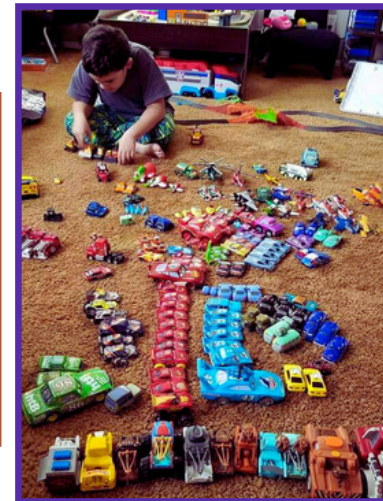


What Is Stimming?



Self-stimulation or "stimming" is the repetitive body movements, actions, or vocalizations autistic may use to self-soothe or express emotions such as excitement, anger, or overwhelmingness. It may also be displayed during the processing and/or recalling of information.

While there may be some public stigma to stimming, such as hand-flapping, it is important to understand that stimming is a form of communication. Unless it can cause harm to the individual or others, it is best to let them stim.



Common forms of stimming include:

- Hand-flapping
- Jumping, spinning, or rocking
- High-pitch vocalizations or echoing of words
- Lining up or grouping of objects
- Chewing on, sniffing, or licking objects
- Head-banging and biting