

Autism Friends Newsletter

Autism Awareness Month

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Upcoming Events & Announcements

- **29 Mar:** CLEMC Feeding Clinic.
- **10 Apr:** Depression & Bipolar Support Group @CLEMC.
- **12 Apr:** Princess Haya Award Ceremony.
- **16 Apr:** ABA Introductory Workshop
- **26 Apr:** Benefits of Hearing Assessment Seminar
- **30 Apr:** Walk for Autism
- **10 May:** The Affect of Diet on Vision & Health Seminar
- **10-12 May:** Vision Assessments at CEIMC

Setting up for success: An OT approach to feeding difficulties in a multidisciplinary team based feeding clinic

Having a child who is a fussy eater is an incredible challenge for families, particularly when they are in social settings, this can cause anxiety for both the parents, the child and their siblings. There are a number of factors affecting a child's ability to manage meal times:

- A history of oral, nasal or gastric medical procedures
- Sensory sensitivity to textures or temperatures
- Allergies and food sensitivities
- Learnt behaviors

A child who has a self-imposed restricted diet is at risk of chronic health issues due to a lack of vitamins, minerals and digestive enzymes; they are at particular risk of chronic constipation. To help set up a child for success with meal times a number of fun activities can be used:

- Blowing bubbles through a variety of mediums - bubble wands, straws which are available in many fun shapes and colors and even with whistles built in.
- Drinking thickened fluids through a straw - for example add crushed ice to fruit juice or if allowed dairy drink yoghurt through a straw
- Blow whistles - provide a variety of shapes and sounds
- Heavy play - such as climbing, crawling over uneven surfaces, pulling heavy items (e.g. wet towel, king sized blankets, floor mats)
- Deep pressure massage - firm massage to limbs and back (not to head, chest or stomach)

Please note - A specific program would be established for a child

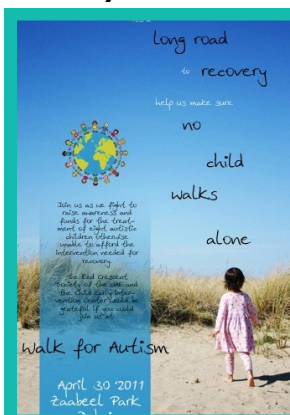


enrolled in the feeding clinic. These activities help to 'set up' the child prior to feeding interventions by addressing any underlying oral sensitivities, building up oral motor skills and helping the child's body to be in a state of "just right" alertness which will place them in an ideal position to respond well to behavior management techniques: Setting the child up for success.

The Road to Recovery... Autism Walk Raises Public Awareness

To celebrate the month of April, which is autism awareness month, the UAE Red Crescent in collaboration with the Child Early Intervention Medical Center (CEIMC), Child Learning and Enrichment Medical Center, Dubai Autism Center, Al Noor Center for Special Needs and Genesis will be organizing a walk for Autism at Zabeel Park on

Wednesday, April 30, at 5.00 pm. This cause will support children with Autism Spectrum Disorders and their families. The Autism Walk will commence with a march by the Police Music



Band. Hundreds of children and families are expected to participate in the walk this year. The children would be entertained by Dubai Drums. Other activities would include face painting, bouncy castles, coloring activities, painting exhibition, magic show, games, races, gifts, balloons, clowns, refreshments, food, and hand-made art and craft bazaar. There will also be a health and

safety area where children and adults can avail general health and dental check-ups by qualified medical and dental professionals. A road and safety campaign will also be organized by RTA demonstrating various safety measures to children..

"The aim of the walk is to raise awareness and acceptance of these children and help integrate them into society through participation of different activities," said Dr. Hibah Shata, the Managing Director of Child Early Intervention Medical Center. "It is important to get the children integrated into the community and participate with their peers" said a parent of a 6 year old child with autism.

Child Early Intervention Medical Center *is pleased to introduce you to our Diet Clinic*



Ms. Caroline Kanaan is a Clinical Dietician from the Advanced Nutrition Center, graduated from McGill University in Canada

If your child has diet problems or if you would like to make sure he/she is getting the right nutrition to support his/her growth & development

Our Diet Clinic every Monday can help you:

- Review your child's nutrition.
- Find out if your child is getting enough nutrition from food.
- Create a special diet for your child, removing food that may be affecting their condition.
- Begin a **gluten free, dairy free, low oxalate diet** or any other elimination diet as per food intolerance.
- Review & explain food intolerance tests & food allergy tests.
- Review supplements used.
- Give a balanced meal plan to make sure your child is getting enough calories, proteins, carbohydrates & fats
- Give parents a starting point for shopping for special food, to see where they are available & how to make the most of food already available in families traditional food.



• Fees: Initial Consultation AED 750 for 90 min., Follow up AED 350.

For Appointments call us today on 04-4233667

Suite 2010, Al Razi Building 64, Block B, Dubai Healthcare City

CEIMC Nominated for Princess Haya Awards

It brings us great pride and pleasure to announce that CEIMC, that CEIMC has been shortlisted for awards in multiple categories for the Princess Haya Award for Special Education 2010-2011. CEIMC has been allocated as the **top 3 finalists** for awards in the following categories:

- Outstanding Education Center of the Year
- Outstanding Special Education Project – *Recovery Begins with Teachers 2011*
- Outstanding Special Needs

Educator – *Jo Page: ABA Therapist of the Year*

- Outstanding Management-Administration – *Marievy Gonzales*

The Princess Haya Awards Ceremony honours organizations over the U.A.E. to promote ingenuity, excellence and expertise in the field of special needs. The aim of these awards is to encourage the rehabilitation of individuals with special needs into society according to interna-

tional standards ensuring quality and success. This is to ensure that these individuals may be independent and so these organizations should create a learning environment rich in care and state of the art education. The process of evaluation and arbitration was managed by a team of experts in special education and business management.

Recovery Begins Forum a Success with Parents & Professionals

January 15th, 2011 marked the day of success of an event highlighting the importance of early intervention and successful inclusion of children with special needs and developmental delays. Organised by the CEIMC and the CLEMC, in collaboration with GEMS Wellington International School. With over 300 participants, **Recovery Begins With Teachers 2011**, emphasized the vital role of teachers and the education system in integrating special needs children into the community, bringing together experts, teachers and families to address diverse issues facing children affected with developmental delays. Experts in special needs education showcased the

latest techniques and methodologies in early intervention, education, behavior modification, speech and language communication, and sensory integration. The 'Recovery Begins with Teachers 2011 Education Day' focused on why parents, educators and healthcare providers ought to be informed and prepared to recognize early signs of children deviating from normal development. Dr. Hibah Shata, Managing Director and Co-founder of Child Early Intervention Medical Centre - Child Learning and Enrichment Medical Centre, said: "Schools and teachers play a decisive role in the development of children and they should make sincere efforts to ensure that kids grow

up normally. Adopting the latest techniques in early intervention is imperative." Carolina Tovar, Executive Director and Co-Founder of both centers said: "The early detection of childhood delays and problems is very important to achieve the best prognosis and therapeutic results. Parents should have the tools and information to be able to recognize and seek professional help when they notice a problem facing their child. It is our collaborative responsibility as a society to educate the public as the success of treatment depends on the early intervention and the collaborative efforts between the home, therapy team and the schools."

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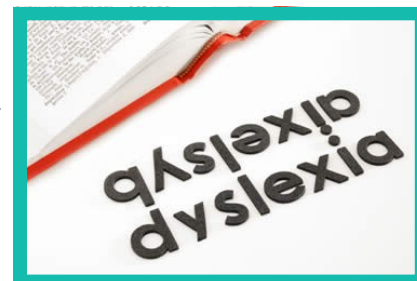


Dyslexia: Why Can't My Child Read?

Dyslexia affects many people. There has been a great deal of debate over the years about how to define the constellation of features that make it up. For a long time dyslexic difficulties were also called "specific learning difficulty" as a way of demonstrating that every individual is different and the way the difficulty manifests itself varies greatly between individuals. Dyslexia is a learning disorder that can be caused by head injury, genetic factors or others. It involves the reading ability of letters and numbers to be impaired. As with all disorders whether physical, mental or learning, they all come with the social baggage of low self-esteem and low self-worth. This particular disorder is one that needs constant support throughout school. Most children with this disorder have a high IQ and do well in drama, sports, building, etc. However, when it comes to reading, he/she is weak and jumbles words and numbers up. The most common

symptoms one may see are: reading or writing showing repetitions, additions, transpositions, omissions, substitutions and reversals in letters, numbers and/or words. The child may also complain of feeling or seeing non-existent movement while reading, writing, or copying.

The most important way of helping a child through this disorder is to be encouraging and to show positive support. In addition, within a school situation, teachers and parents should allow the child to have more time and not force the standardized expectations of children onto the child who has dyslexia. Also, ensure that whatever is being taught has visual aids and bright colors in order for the child to be able to make distinctions in letters and numbers. Even if dyslexia is labeled a disorder, a child should not feel weakened by his or her inability



to read/write as quickly or accurately as others. It is a learning process for both the child and caregivers and should be treated as a daily effort to achieve success.

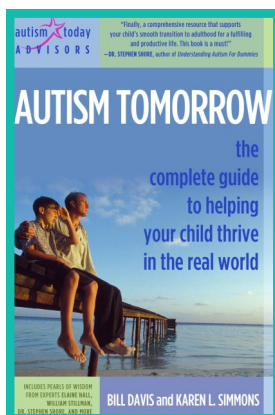
If you suspect that you or a loved one may have dyslexia, please contact us or an appropriate health professional for an assessment. That could save you weeks, months and even years of frustration. The symptoms of dyslexia are often the symptoms of other learning disabilities to which misdiagnosis may be possible.

Autism Tomorrow: The Complete Guide to Help Your Child Thrive in the Real World

As of March 2010, the Center for Disease Control (CDC) website reports that between 1 in 90 and 1 in 110 children are diagnosed with autism, resulting in millions of people who need information and services.

As children grow, parents ask many important questions, such as, "What will my child do? How can my child function in the real world? How will my child communicate?" Since the autism epidemic first began in the mid-eighties, hundreds of thousands of families now have a child reaching adulthood, without a comprehensive resource, to help make that transition.

The book *Autism Tomorrow* is both a life guide, with solutions, and a warm, heart-felt combination of two families' stories about their sons with autism. My son, Jonny, is high functioning, while Bill's



son, Chris, requires a great deal of care and attention. Through their stories, along with the practical tips from all the authors, you will learn how to help your child build a solid and safe future.

As you read on, you'll discover this is a book of hope and understand-

ing. *Autism Tomorrow* provides solutions, makes you laugh and cry, and gives you a roadmap for your child's future, no matter where he is on the spectrum. This is for parents, educators, caretakers, first responders, people around you, and all people with autism. It has practical lists of things to do and not to do, beginning when your child is young, and later, going out into the world. This includes school, special training, medications, classes, post-secondary educa-

tion, jobs, and families.

Because we learn from each other in the world that revolves around a child with autism, we want to share what we have learned (often the hard way), about working with schools, community, and neighbors. Everything we do benefits you, and your child with autism. Everyday life is hard, and some of the most difficult decisions relate to how to make plans for your child's care whether you are around or not. You'll want to know who will care for your child, where she will live, and how the life style is funded? You'll also want to know more about what your child's daily life will be like, whether he or she can live independently, and what kinds of documentation you'll need to implement today to ensure your child's best interests. Facing each day not only brings new challenges, but also gives birth to the dawn of knowing you can take action and make decisions for a better future.

Source: Autismtoday.com

'As children grow, parents ask many important questions, such as, "What will my child do? How can my child function in the real world?"



Difficulties at dinner? An introduction to the Child Learning and Enrichment Medical Center Feeding Clinic: A multidisciplinary approach to feeding difficulties

Are meal times a source of stress and anxiety for you and your child?

Does your child have a restricted diet or are they a fussy eater?

We invite you to attend our evening discussion where we will cover a range of factors contributing to feeding difficulties. We will provide an introduction to the multidisciplinary intervention approach used at CLEMC to treat both the underlying causes and the observed behaviors contributing to the feeding difficulties your child is experiencing.

Tuesday, March, 29th 2011

6:30 pm

Child Learning and Enrichment Medical Center

Community 343, Street 2-A, Villa No.10,
Al Wasl Area—Behind Emirates Petrol Station

Free of Charge: Parent Training and Introductory ABA Course Offered in support of Autism Awareness Month

Due to the high demand and recent success of the Introduction to ABA Parent Training course at the Dubai Autism Center on March 19, with Center for Autism and Related Disorders, Inc. (CARD) Supervisor, Catherine Minch. CEIMC will be repeating this parent training and introductory ABA course community outreach program with CARD Regional Director, Jason Garner. This event will be hosted

in Sharjah at Awludana Center on Saturday, April 16 from 1-5 pm. The parent training course is designed to provide training on the principles and techniques of Applied Behavior Analysis. Participants will learn how to effectively manage behavior problems and increase their children's independence through teaching daily living skills in the home and communi-

ty settings. The goal of this course is to enable parents to facilitate and teach new skills to their child and to identify and manage any behavior problems as they arise. Both trainings are offered free of charge by CEIMC to the community in support for the upcoming month of April—Autism Awareness Month.

“Participants will learn how to effectively manage behavior problems and increase their children's independence through teaching daily living skills in the home and community settings.”



**Child Early Intervention Medical Center
&
Advance Hearing & Balance Center**



Sarah Darwish Senior Audiologist from Advanced Hearing & Balance Center will present:

Benefits of Hearing Assessment

- Who should be screened for hearing loss?
- Types of tests.
- What is hearing loss?
- Effects of hearing loss on development.



Child Early Intervention Medical Center
&
Advanced Hearing & Balance Center

has invited

Sarah Darwish
Senior Audiologist

on
Tuesday, April 26, 2011
at
6:30pm

Dubai Healthcare City
Al Razi Building 64
Block B
2nd Floor, Suite 2010

If you would like further information please contact Alia Abdelmoneim: alia@childeimc.com
For any questions or concerns, please call us at 04 423-3667



Does your child need Vision Therapy?



Have you seen your child do the following?

- Look out of the corners of his/her eyes when doing either near point or distance viewing.
- Only do near tasks for short periods of time, then goes back to task after a few short minutes.
- Turn head to the left or right to view distant or near objects
- Bend head to either shoulder when viewing distant or near objects.
- Cover or close one eye when looking at near point tasks.
- Like to visually stim with hands in front of one eye or another.
- Move closer and closer to near point tasks over a short period of time.
- Rub eyes or blink frequently.
- Eyes tend to water when doing near point tasks.
- Like to turn head up or down and move head in strange positions to do near point tasks.

CEIMC invites

Dr. Jeffrey Becker OD

Director of Vision Services

Neurosensory Center

Eastern Pennsylvania, USA

for

Vision Therapy Assessments

with Kamal Dasani, OT

May 10, 11 & 12, 2011

If you would like further information please contact Alia Abdelmoneim: alia@childeimc.com
For any questions or concerns, please call us at 04 423-3667

The Affect of Diet on Vision and General Health



Dr. Jeffrey & Sheila Becker will answer parents questions regarding:

- Why diet is important and focus in on the gluten/casein free diet.*
- The most widely used and newest supplements for children with ASD.*
- How vision and vestibular deficits can significantly effect a child with ASD.*
- Why do children visually stim and treatments for it.*



CHILD EARLY
INTERVENTION
MEDICAL CENTER

**Child Early Intervention
Medical Center**

has invited

Dr. Jeffrey Becker

*Director of Vision Services
of the Neurosensory Center
of Eastern Pennsylvania, USA*

&

Sheila Becker, R.N.

on

Tuesday, May 10, 2011

6:30 pm

*Dubai Healthcare City
Al Razi Building 64 – Block B
2nd Floor, Suite 2010*

If you would like further information please contact Alia Abdelmoneim: alia@childeimc.com
For any questions or concerns, please call us at 04 423-3667



Get a Taste of Spring with These Gluten-Free Springtime Recipes

Gluten-Free Grilled Chicken Salad

Ingredients:

1 lb. boneless chicken breast

Marinade:

1/2 cup virgin olive oil
 Juice of 1 fresh lemon
 3 cloves garlic minced
 1/2 teaspoon freshly ground pepper
 1/2 teaspoon salt

Salad Ingredients:

4-6 cups of your favorite lettuce (Romaine, Rocca, Baby Greens, etc.)
 1/2 cup strawberries sliced
 1/2 cup cranberry raisins
 1/4 cherry tomatoes in quarters
 2 stalks celery chopped thinly
 1/2 cup pecans (or walnuts)

Dressing:

1/4 cup olive oil
 1/4 cup sugar
 1/4 cup lemon juice
 salt and pepper to taste

Directions:

Combine marinade ingredients in a large mixing bowl and add chicken. Let chicken/marinade mixture refrigerate for 3 hours. Grill Chicken. When chicken is done allow to cool slightly and slice into thin strips.

Prepare salad ingredients with lettuce as the base, using other salad ingredients to "decorate" the salad. Gently lay chicken

strips across the salad.

Combine salad dressing ingredients with a whisk. Gently drizzle the chicken and salad with dressing and voila!

Mag-nificent Chocolate Smoothie

This recipe makes use of magnesium rich foods such as cocoa powder, banana and rice milk.

The shake provides a whopping 230 mg of magnesium and rich in vitamin C, folate, potassium, fiber and essential fatty acids. For a different texture, increase the avocado in the recipe to make a pudding-like consistency. Add in a little raw spinach too, your child won't even notice the difference. Makes 1 cup.

Ingredients:

5 strawberries (other berries, work well to)
 1 medium sized banana
 1/4 Cup of avocado
 2 Tbsp cocoa powder
 4 - 6 oz of rice milk
 Agave syrup, maple syrup or other natural sweeteners to taste.

Directions:

Add all ingredients into a blender. Blend until smooth and serve right away.

Chicken Pasta & creamy walnut

sauce

Ingredients:

1/3 cup walnuts
 1 clove garlic
 1/4 tsp sea salt
 1/4 tsp fresh ground pepper
 1/4 tsp cayenne pepper
 1/4 chicken broth (homemade if possible)
 2 tbsp finely chopped fresh flat leaf parsley
 1/2 tsp fresh lemon juice
 1 tsp walnut oil
 8 oz boneless, skinless chicken breast, cut into 1/2 pieces
 4 oz pasta
 1 cup broccoli
 1/2 seeded red bell pepper

Directions:

Boil pasta. Blend broth, walnuts, garlic, salt, pepper, and cayenne in blender. In a separate pan, pan fry chicken. Add bell peppers and broccoli in the last couple of minutes. Cook until slightly tender. Drain pasta, add chicken, bell peppers, and broccoli, and toss with walnut sauce.

Variations:

Add yellow and orange bell pepper, spinach, or kale for added vitamins and minerals.

Substitute turkey for chicken or pecans in place of walnuts.

Source: *Thoughtfulhouse.org*

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 info@childeimc.com

<http://www.childeimc.com/>

How to Support Siblings of Kids With Autism

It takes a conscious effort to support the siblings of kids with autism. Siblings may feel happy about having a sibling with autism, but they may also feel embarrassed,

confused, left out, or angry. One child with autism can put stress on the whole family and can stretch a family's resources and also cut into quality family time and activities. Studies have shown greater incidence of depression and stress in the siblings of kids with autism. Those siblings may need extra help to make sure that their needs are met also. Here are some tips help ensure siblings are not left out:

- Make sure that the siblings of kids with autism fully understand just what autism is.



The siblings need to understand their brother or sister's unique needs.

They need to understand why their sibling does some of the things they do. If there is a special communication system in place, they need to know how to use it.

Knowledge and understanding of their sibling's autism will explain and help them to understand the family dynamics much better. It will also allow them to be much more involved in the support systems and to feel needed and appreciated.

- Give one-on-one time with each parent to the siblings of kids with autism.
- Help the siblings of kids with

autism to connect to other siblings.

Often they can be a real source of support. It helps them to feel that they are not alone in their situation. One way to make that connection is through parent support groups where they can connect to the non-autistic children of other parents in the group. There are also some great books written on this subject. There are also a few websites run by and devoted to the siblings of kids with autism.

- Monitor siblings of kids with autism very closely for signs of distress.

Monitor them closely for signs of frustration, stress, or other feelings. Talk to them. If needed, have them evaluated to make sure that you know exactly what is going on.

Source: *eHow.com*

