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Autism Friends Newsletter

Autism ABA Workshop:

Child early Intervention Medical Center organized a parent training workshop on Application of Behavior Analysis to the treatment of Autism on Friday September 26 at the Flora Creek hotel.

The workshop was conducted by Jason Garner, M.A. Psychology CARD regional Director, many parents and special need teachers attended the workshop and found the ABA techniques are very useful to use in the class room.



Morning Coffee:

*Tetty Heradini from The Autism Friends Parent Support Group has organized a new activity, **The Coffee Morning** for mothers.*

The first Coffee Morning held on Tuesday - Nov 11, 2008 from 09:00 to 10:00 AM

*At Child Early Intervention Medical Center, the theme was Gluten-Free Casein-Free Cooking - Share and Learn. **We encouraged everyone who has been down the road to share his recipes and you were more than welcome to bring your GFCF dishes this activity will help many mothers who are struggling when it comes to kitchen!** Said Tetty who is an active member of the support group and a mother of an autistic child.*



Autism Friends November Support Group Meeting:

Mark your Calendar with event this month on **Wednesday November 19 at 6.30 Pm** at the Child Early Intervention Medical Center,

Living with a child with Autism- Struggles and how to deal with them

By: Dr Marisa Lobo M.Phil. (Medical & Social Psychology) from the National Institute of Mental Health & Neuro Sciences (NIMHANS), Bangalore, India



MUSIC THERAPY:

Child Early Intervention Center is starting Music Therapy lessons for the children.

Music therapy is the unique application of music to enhance personal lives by creating positive changes in human behavior. It is an allied health profession utilizing music as a tool to encourage development in social/emotional, cognitive/learning, and perceptual-motor areas.



.Music Therapy is particularly useful with autistic children owing in part to the nonverbal, non threatening nature of the medium. Parallel music activities are designed to support the objectives of the child as observed by the therapist or as indicated by a parent, teacher or other professional.

A music therapist might observe, for instance, the child's need to socially interact with others. Musical games like passing a ball back and forth to music or playing sticks and cymbals with another person might be used to foster this interaction. Eye contact might be encouraged with imitative clapping games near the eyes or with activities which focus attention on an instrument played near the face. If you are interested please contact Marivei so we can arrange this service for your child at 044233667

Bedtime Routines:

Bedtime routines are very important for most children in establishing positive sleep patterns, but are extremely critical for children with an ASD.

1. YOUR CHILD WILL BENEFIT FROM A SET BEDTIME.

Pick a consistent reasonable time for your child .

2. Child should know WHAT IS GOING TO HAPPEN NEXT.

Establish a bedtime routine that is predictable and comfortable. A visual bedtime schedule can help as reminders.

3. A GOOD BEDTIME ROUTINE WILL HELP TEACH A CHILD TO CALM DOWN, RELAX AND GET READY TO SLEEP.

Use some integration activities that are relaxing to your child during the day that you can also use as part of the bedtime routine (e.g.: Bathing, Massaging, Body Brushing, Compressions ...).

4. A BEDTIME ROUTINE SHOULD BE THE SAME EVERYDAY

A bedtime routine should consist of 4 to 6 steps that do not take more time than is reasonable on a nightly basis.

5. DO SOME ACTIVITIES AS PART OF A BEDTIME ROUTINE OR RITUAL

include looking at the same book or story each night, saying good night to favorite objects, toileting, bathing, getting pajamas on, brushing teeth, having a glass of water, singing a favorite song or prayer, listening to calming music that the child enjoys, hugging and kissing family members and/or engaging in a calming sensory integration activity.



6. FOLLOW BEDTIME ROUTINES even when you are a way or late .

You can shorten each step significantly and potentially eliminate nightlong frustrations due to the change. If your child is away from home for a night or two you may see old sleeping patterns emerge. Even in a temporary new environment, routines may help. Upon returning home the bedtime routine will continue to be effective, though the excitement from the change may take a night or more to fade depending on your child and how long you have been away.

Spiced Chicken Casserole

From the Gluten free club Contributed by Angie Halten

<http://www.glutenfreeclub.com/Recipe.aspx?nid=882>

This recipe has a lot of spice thanks to the curry powder and other condiments! It's great served with rice or a big salad.

Ingredients:

*3 pounds chicken pieces with bone and skins intact for best flavor
4 teaspoons oil
2 large onions, peeled and chopped
4 cloves garlic, peeled and chopped
2 teaspoons oil
4 teaspoons lemon juice
2 teaspoons grated lemon rind
2 cups gluten free ketchup
2 teaspoons brown sugar
2 teaspoons dry mustard
2 teaspoons gluten free curry powder
4 teaspoons wine vinegar
2 teaspoons teriyaki or gluten free soy sauce
Salt and pepper to taste*

Directions:

Heat oil in a skillet set on medium high. When oil is hot, add chicken pieces and brown until golden in color. Remove the chicken from the pan and drain the excess liquid out. Once you do that, add the onion, garlic, more oil, lemon juice, lemon rind, ketchup, brown sugar, dry mustard, curry powder, wine vinegar, soy sauce, salt, and pepper. You may not need a lot of salt, though because some of the other ingredients are salty. Stir rapidly, scraping at the bottom so the browned bits flavor the sauce. Return chicken to pan. Lower the heat to low and simmer uncovered until cooked through, about 20-30 minutes.

Natural Treatments for Ear Infections

By Nicola McFadzean, N.D. New Beginning Nutrionals

There are several natural measures that can help treatment of middle ear infections.

The natural antibiotics garlic and goldenseal help combat the bacteria causing the infection.

Allicillin is a high potency extract that contains the active ingredients found in garlic. Being a potent extract, doses of a few drops per day are often sufficient. It does not have a really strong taste or odor so it is generally very easy to give to kids.

Allicillin can also be dropped into the ear to fight bacteria directly. In this usage, one to two drops a couple of times daily is all that is recommended.

Goldenseal is an herb that contains the alkaloids hydrastine and berberine. It is great as a natural antibacterial. It is taken internally and comes in capsule form. Contents of the capsule can be mixed with applesauce or other food or beverages.



Protocol for the treatment of ear infections:

Vitamin C – 500-1000mg every 1-2 hours, to bowel tolerance (this means that if your child develops loose stools, back off the dose slightly).

Zinc – 50mg daily throughout the infection.

Allicillin – 2-4 drops three times daily taken internally, plus 1-2 drops into the ear twice daily.

Goldenseal – 1-2 capsules daily.

Warm compresses against the ear to help ease discomfort and pressure.

There will be times when natural therapies are not sufficient to treat ear infections. Parents should consult their physician if there is a high fever and/or severe pain. In some cases antibiotics are necessary to treat ear infections. If your child does take antibiotics, be sure to increase their intake of probiotics to help recolonize the good bacteria that the antibiotics may wipe out. The Probiotic Support Formula is ideal as it contains a high potency (20 billion cfu) blend of beneficial bacteria plus Saccharomyces Boulardii, beneficial yeast that helps maintain proper intestinal flora. Remember, prevention is better than cure. Aiming towards improving your child's immune function will ward off acute infections.