

Autism Friends Newsletter

CEIMC tailors Summer Camp Program for Children with Autism

The Child Early Intervention Medical Center is pleased to announce the successful completion of our first annual Summer Camp program implemented by our Occupational and Speech Therapy departments. The camp included children on the Autistic Spectrum, between the



ages of (3 and 7) in small groups developing a range of skills and abilities. The four-week camp focused on developing the children's skills in the areas of communication, appropriate play, social, self-care, attention-span, fine and gross motor, and sensory-processing, implementing a fun theme into each week's programming. This year's exciting themes

were 'Splash of Colors', 'Trip to the Beach', 'In the Mighty Jungle', and 'Fun at the Circus'. "It was a lot of fun but also hard work. It is important to be able to 'think outside the box' and be creative when trying to understand how each individual child likes to work and what it takes to help them each succeed," Speech and Language Pathologist, Kara Cooper

said. Each child worked with camp therapists and volunteers on a one-to-one basis, ensuring the child's safety and tailored programming, organizers said. The children learned how to make friends, identify feelings by understanding body language and manage anger and stress. Activities throughout the week included school-related directives, story time, and various fun, interactive social developing skill games and more. "Our arts and crafts activities were particular favorites amongst the kids," said Occupational Therapist, Jenny Logan, "We look forward to next year's summer camp and introducing our new themes, 'It's Party Time!', and "Oh the Places you'll go".

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Upcoming Events & Announcements

- **18 Sept:** ABA Training w/ CARD Supervisor, Catherine Minch (see page 2)
- **28 Sept:** OT Parent Night & Support Meeting (see page 2)
- **October:** Parent Support Group Training w/ CARD Supervisor, Jason Garner
- **5 Nov:** Vision Therapy Training w/ Dr. Jeffery Becker, OD (see page 3)
- **6 Nov:** Parent Training w/ Dr. Jeffery Becker, OD

CEIMC Establishes the Child Learning & Enrichment Center

Adding a significant milestone, to our achievements, CEIMC will soon announce the opening of our new sister center, the Child Learning & Enrichment Center on Al Wasl Road. The new center will offer medical and therapy services, and special needs support, including a variety of programs for children who require intervention in learning or behavior. At the center we will emphasize and encourage a unique approach dedicated to fostering the role of health and wellness, culture, family, language, community and the contributions they have on the child's overall development. As a "hub" of expertise in the field of child development, we will also offer a resource center for parents, caregivers and profession-

als within our community. At the learning center, our innovative day classrooms will, simultaneously, serve children with a range of special needs. Children will be divided into groups based on ages ranging from 2-5 and 6-10. The preparatory classroom is modeled after a typical preschool or KG classroom where students learn in a small group setting of 6-8 students and through structured play sessions. Group lessons will focus on math, reading and phonics, handwriting, spelling, amongst other academic skills, in which we will be providing initial and ongoing assessment to understand the developmental needs of each child. All of the staff are highly qualified and trained to be valued members of

each individual's Multi-Disciplinary Team. At the center, we will place an emphasis on learning new skills to support each individual's generalization and use in the "real world" or community settings is the key. We will also be offering several intervention services which are short-term, intensive programs for those "at risk". This can include services which support the family or children experiencing difficulties with literacy, social skills, behavior or learning. The Learning Center will serve to increase functional skills so that the child will experience an increased quality of life while carrying out all activities of daily living.

Child Early Intervention Medical Center and Center for Autism Related Disorders (C.A.R.D.)



Invites You to Attend
Applications of Behavior Analysis (ABA) to the Treatment of Autism
Catherine Minch, M.A. Psychology, B.C.B.A.
C.A.R.D. Supervisor



Saturday, September 18, 2010
10:00 a.m. – 5:00 p.m.

Child Early Intervention Medical Center, FZ LLC
Dubai Health Care City
Al Razi Building, Block B, Suite 2010

For Attendance Registration E-Mail marievy@childeimc.com or nfo@childeimc.com
For Additional Information, Please Call CEIMC at 04-4233667

Please find attached detailed information and Registration Form

Child Early Intervention Medical Center

Invites you to Attend

Occupational Therapy Parent Night and Support Meeting

Presenters: Kamal Dasani - CEIMC Senior Occupational Therapist
Jenny Logan - CEIMC Occupational Therapist

Tuesday, September 28, 2010

06:30 pm. – 07:30 pm.

Child Early Intervention Medical Center, FZ LLC

Dubai Health Care City

Al Razi Building, Block B, Suite 2010

Come and Learn about the importance of Occupational Therapy and how it can help your child. Have your questions about Occupational Therapy answered by the CEIMC Occupational Therapy Team.

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

Tips to Promote Eye Contact in Children with Autism

Some children with autism show an absence of eye contact, but it is more common to find unusual eye contact. Here are some tips you may try to encourage appropriate eye contact:



- Positioning is vital to encouraging eye contact. You want it to be easy for your child to look at you.
- Try putting a novel hat or something funny on your head. Pull it over your eyes then

to make eye contact by holding the object right on the bridge of your nose between your eyes, two inches in front of your face.

- When your child looks at you, celebrate it!

peep out at him with a smile.

- Put an object of the child's desire up to your nose. Encourage your child

- When your child wants something from you, ask him/her to look at you before you give it to her. Encourage the child to learn that when they look at you they will get things faster than when they do not look at you.
- Blow soap bubbles gently, encouraging him to watch them as they float away and pop. Try to start the bubbles low down between you so that they float up past your face and try to catch his gaze as they pass.
- If you see that the child is looking at something, talk to him about it and move into the line of his gaze as you talk.

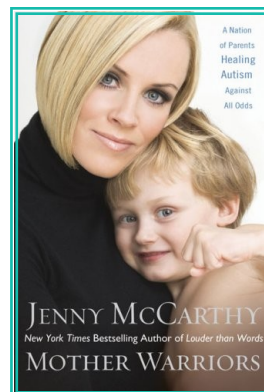
<http://books.google.com>

'A MOTHER WARRIOR IS ... a mother who hears there is no hope for her child and, instead of retreating and mourning, breaks down walls, weaves her way through obstacles, follows her intuition even when people tell her she is crazy. She is a mother who believes in hope.'
- From Mother Warriors

Mother Warriors: A Nation of Parents Healing Autism Against All Odds

Across the world, parents of autistic children are fighting heroic battles for proper diagnosis and effective treatment, often at great personal cost. Jenny McCarthy, actress and Spokesperson for Talk About Healing Autism (TACA), is the *New York Times* best-selling author of *Belly Laughs* and *Baby Laughs*, knows what it's like. She put her career and personal life on hold when she realized something was wrong with her son, Evan, diagnosed with Autism Spectrum Disorder in 2005. Her sacrifice has brought awareness to the controversy over the causes and

treatment of autism. Now, Jenny wants everyone to know that there are other warriors out there, and their stories will inspire and inform anyone facing a similar struggle. Miracles happen every day, but rarely are the miracle makers celebrated. *Mother Warriors* introduces everyday heroes who fought doctors, schools, psychologists, and even their own families to get the help they needed



Stories of hope and recovery from a nation of parents of autistic children

to successfully heal their children. *Mother Warriors* is an inspiring and practical tool that will empower parents to join the fight against autism and reclaim their children's lives. During promotion of this book, Jenny McCarthy has recently appeared on television on Oprah, 20/20, The View, Good Morning America, and Larry King Live.

<http://www.penguin.com.au>



Stephen Wiltshire, Autistic Artist, Known as “the Human Camera”



Stephen Wiltshire is an artist who draws and paints detailed cityscapes. He has a particular talent for drawing lifelike, accurate representations of cities, sometimes after having only observed them briefly. He was awarded an MBE for services to the art world in 2006. His work is popular all over the world, and is held in a number of important collections.

Stephen was born in London to West Indian parents on 24th April, 1974. As a child he was mute, and did not relate to other human beings. Aged three, he was diagnosed as autistic. He had no language and lived entirely in his own world.

At the age of five, Stephen was sent to Queensmill School in London, where it was noticed that the only pastime he enjoyed was drawing. It soon became apparent he communicated with the world through the language of drawing; first animals, then London buses, and finally buildings. These drawings show a masterful perspective, a whimsical line, and reveal a natural innate artistry.

Aged eight, Stephen started drawing cityscapes after the effects of an earthquake (all imaginary), as a result of being shown photographs of earthquakes in a book at school. He also became obsessed with illustrations of classic American cars at this time (his knowledge of

them is encyclopedic), and he drew most of the major London landmarks.

The teachers at Queensmill School encouraged him to speak by temporarily taking away his art supplies so that he would be forced to ask for them. Stephen responded by making sounds and eventually uttered his first word - "paper." He learned to speak fully at the age of nine.

Meanwhile, Stephen's artworks were being exhibited frequently in venues all over the world. In 2001 he appeared in another BBC documentary, 'Fragments of Genius', for which he was filmed flying over London aboard a helicopter, and subsequently completing a detailed

and perfectly scaled aerial illustration of a four-square-mile area within three hours.

Since then he has drawn Rome, Hong Kong, Frankfurt, Madrid, Dubai, Jerusalem and London on giant canvases.

In January 2006, it was announced that Stephen was being named by Queen Elizabeth II as a Member of the Order of British Empire, in recognition of his services to the Art world. Later that year he opened his permanent gallery in London. Work from Stephen's entire career is permanently on display, at the Stephen Wiltshire Gallery in the Royal Opera Arcade, Pall Mall, London.



Aerial view of Houses of Parliament and Westminster Abbey, London, illustrated by Stephen Wiltshire.

www.stephenwiltshire.co.uk

‘Stephen responded by making sounds and eventually uttered his first word - “paper”.’

Does your child need Vision Therapy?

Child Early Intervention Medical Center

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.

Child Early Intervention Medical Center

has invited Dr. Jeffrey Becker OD,
*Director of Vision Services of the
Neurosensory Center of
Eastern Pennsylvania, USA*
to conduct Vision Therapy assessments
with Kamal Dasani,
CEIMC Senior Occupational Therapist,
From October 31st to November 6th.



If you would like further information please contact Marievey Cruz marievey@childemc.com.
For any questions or concerns, please call us at 04 423-3667



Perfect 'No-Rolling' Dairy-Free Gluten-Free Pie Crust

Ingredients:

285 g GF flour blend (without xanthan gum or guar gum)
60 g sweet rice flour
2.5 ml salt
30 ml finely ground almonds or other nut
30 ml sugar
115 g oil

Directions:

In a large bowl, combine gluten free flours, sugar, almonds and salt using a whisk.
1. Pour oil into bowl and blend until dough comes together.
Pat into shape or into pan. No rolling necessary. May place between two sheets of waxed or parchment paper for ease in transferring.
3. To pre-bake crust, bake at 190 C for 12 minutes with 2.5 ml salt 115 g oil



How Much Do You Know About Autism?

Autism is a developmental disorder that starts in early childhood. Because each child can have widely different symptoms, autism is classified as a "spectrum disorder," meaning it is a group of disorders with similar features. Find out more about autism by taking the following quiz:
1. At what age do the symptoms of autism usually appear?
A. Early 20s B. Teen years C. Pre-puberty D. 3 or younger

2. A person with autism has difficulty interacting with others. Which of these is an example of impaired social interaction?
A. The person avoids looking at other people B. The person seems unaware of others' feelings toward him or her C. The person often doesn't respond to his or her name being spoken D. All of the above

3. Autism varies widely in severity and symptoms, making it difficult to diagnose. Which of these behaviors should raise red flags for parents?
A. The child does not babble or coo by 12 months of age B. The child does not wave, point, grasp or make other gestures by 12 months of age C. The child does not utter single words by 16 months of age D. All of the above

4. A person who has symptoms of autism but has good language skills likely has:
A. Asperger Syndrome B. Guillain-Barre syndrome C. Pellizzi's syndrome D. None of the above

5. What's the cause of autism?
A. Mothers who don't bond with their newborn B. A single gene on chromosome 12 C. Poor prenatal nutrition D. There is no single cause of autism

6. Which vaccine has been falsely linked to autism?
A. Polio B. DTaP C. Hepatitis B D. MMR

7. Autism can be treated and possibly healed using:
A. ABA Therapy B. Medication C. Brain surgery D. All of the above

Answers:
1. D 2. D 3. D 4. A 5. D 6. D 7. A

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Vitamins and Nutrients 101

It is quite common for Autistic children to have food allergies. It is essential to talk to your physician about what supplements your child should be taking, as specialized diets may be lacking in these important vitamins and nutrients:

Vitamin A: Activates the immune system, supports immune memory, protects against viruses, and is critical for vision, sensory perception, paying attention, and language processing.

Vitamin B1: Plays an important role in carbohydrate metabolism, antioxidation, and biosynthesis of nucleic acids and neurotransmitters.

Vitamin B2: Necessary for the building of healthy DNA.

Vitamin B3: May have positive effects on cerebral blood flow.

Vitamin B6: Some autistic children with cytotoxic damage to

brain cells may have a vitamin B6 deficiency.

Vitamin B12: Deficiencies can cause problems with mental functioning including confusion, slow thinking, forgetfulness, and even psychotic episodes.

Vitamin C: Numerous physical problems develop with a deficiency, including weakness, pain, swelling, rash, fatigue, bruising, and gum disease.

Vitamin D: Helps transport calcium to the cells, among other benefits.

Vitamin E: An important antioxidant that scavenges free radicals.

Folic Acid: Deficiency has been associated with numerous neurological problems.

Vitamin K: Helps regulate blood

coagulation.

Zinc: Important for brain development and supports the immune system.

Magnesium: Deficiency can decrease blood flow to the brain and cause symptoms like sound sensitivity.

Calcium: Helps build teeth and bones.

Selenium: Important for immune function and critical for pan-

creatic function

Molybdenum: Supplementing can help decrease urinary wasting of important proteins.

Omega Fatty Acids: Linked to many facets of neurological health.



<http://special-needs.families.com>