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## Links

[www.utaharts.org](http://www.utaharts.org)  
*connecting you to art*

[www.ebay.com](http://www.ebay.com)  
*Buy the Co-founder Tim Wilson's marbles right now*

[www.usautism.org](http://www.usautism.org)  
*US Autism & Aspergers Association*

## Upcoming Events in Utah

[www.carmenbpingree.com](http://www.carmenbpingree.com)  
*April 19<sup>th</sup> 8:30-2:30 Spring Parent Conference Contact Marin at (801) 581-0194*

[www.utahparentcenter.org](http://www.utahparentcenter.org)  
*April 27<sup>th</sup>-28<sup>th</sup> Family Links South in conjunction with the Southern Utah Autism Conference located in St. George*

[www.playproject.org](http://www.playproject.org)  
*May 10<sup>th</sup>-11<sup>th</sup> register through The Children's Center; this workshop will help understand and implement "floortime" concepts*

## Contact Us

<http://www.marblesformiracles.org>  
[brooke1@marblesformiracles.org](mailto:brooke1@marblesformiracles.org)  
[tim1@marblesformiracles.org](mailto:tim1@marblesformiracles.org)

## Topics for Upcoming Newsletters

## Affection and autism

One of the myths that surround Autism is that they show no affection and often can not accept affection from others. My mother in law once said to me, "he hugs me when I come to visit, he can't be autistic." For some (most) sensory issues do affect the ability to touch them. They are either hyposensitive meaning the touch may not even be acknowledged, or hypersensitive meaning the slightest touch may trigger a tantrum or even cause them to become violent.

Regardless of the Child's reaction, they do need to be touched, hugged and shown love. Give your child prior warning, ask for a hug, given your child may not come running to you with open arms, don't be offended. If siblings are involved they may imitate them. Say everyday at a specific time (when you leave for work, or they leave for school) you give them a hug, your autistic child will begin to do so. It will become a part of the routine.

Ask your child everyday, several times a day, your reaction and persistence may just break the barrier and your child may realize what a great thing a hug can be, when this happens you will be overjoyed.

## Utah Kids – Utah families of kids with Special Needs

Utah Kids is a group of parents and caregivers for parents and caregivers, who offer support to each other; through listening to each other, offering advice to one another and just supporting each other with the "YOU'RE NOT ALONE" mentality.

Utah Kids Yahoo group has a mission:

- To facilitate parent-to-parent networking and support.
- To share information, resources and experiences unique to parents and full-time caregivers of children with special health care needs.
- To teach families how to be the best advocate for their children with special health care needs.
- To provide a place where parents or full-time caregivers can know they are not alone in the challenges they face.

For more information or to join please visit their website

<http://groups.yahoo.com/group/utahkids/>

Diet change the first steps  
Services you are entitled to  
Alternative therapies  
Stress relief for parents  
Support groups for family  
Organic food choices  
GFCF, SCD, LOD Which diet does your child need.  
Going GFCF  
DAN! Doctors  
Biomedical treatments  
Supplements  
Speech therapy  
Occupational Therapy  
The Star Program  
Floortime  
Hyperbaric Oxygen Treatments  
Coping with OCD  
Setting a routine in place to benefit child and family  
IEP process  
GI issues the minds connection  
Environmental Toxins  
Sibling Issues  
The P.L.A.Y Project

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## Massage Therapy

Sensory issues are so common in autistic children. Occupational therapists (OT) often use deep pressure techniques to help children become more aware of their physical being. Some techniques used are brushing, squeezing (one form is hugging) and weighted vests. But massage is another technique that can benefit the child greatly.

My son engaged in self injurious behaviors, endangering himself and others. He jumped off things constantly, ran people over as if they didn't exist, yet you could tap him on the shoulder and he wouldn't acknowledge it at all.

Our OT recommended we start deep pressure therapy, using pillows to squish him, wrapping him tightly in blankets and if possible having him receive a massage at least once a week. He began massage and within a month his aggression slowed down, he quit jumping from the top of furniture and he no longer plowed his younger sister over as he ran by. He also became more aware of touch. Hypersensitivity and hyposensitivity need to be balanced, massage therapy can turn the hyper down and the hypo up to create a balance.

Marbles for Miracles is currently planning a massage workshop for parents in conjunction with the Zermatt Resort. This workshop will teach parents massage techniques to use at home with their child. Please watch for more information to come.

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## Reader's Recipe



### **Nutty Fruit bars**

1 c

*This recipe is GFCF.*