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- Early Intervention
- Insight into diet changes
- Upcoming Event

Links

www.utaharts.org
connecting you to art

www.timwilsonglassart.com
View the Co-founder Tim Wilson's art

www.usautism.org
US Autism & Aspergers Association

Upcoming Events in Utah

www.carmenbpingree.com
*November 7th-8th 8:30-2:30 Pingree
School Fall Parent Conference Contact
Marin at (801) 581-0194*

www.autismaccess.com
*Nov. 9th & 10th Spotlight on Autism
Conference @ Larry H. Miller Salt Lake
Community College Campus
9750 South 300 West, Sandy*

www.marblesformiracles.org
*Nov. 17th Location TBA
2nd Annual Royal Food Fight Fundraiser*

Contact Us

<http://www.marblesformiracles.org>

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Topics for Upcoming Newsletters

*Diet change the first steps
Services you are entitled to
Alternative therapies

Obsessive Compulsive Disorder

Individuals with autism often experience Obsessive Compulsive Disorder (OCD) in addition to ASD tendencies. OCD is often one of the classifying traits for diagnosing ASD. The need for routine, structure and rigid behaviors are not only signs of ASD but also OCD.

Coping with Obsessive Compulsive Disorder (OCD) is an everyday challenge for most families affected by autism. How do we suffice our child without contributing to the obsession? I have been told I feed my child's obsession, and to be honest in some ways I do. At one point, he was once obsessed with "Mr. Potato Head" so we went out and bought every potato head we could find. I justify my behavior in one way – I used "Mr. Potato Head" to teach my son his body parts eyes, ears, arms etc. Does that make the OCD better? No but you can use it to your advantage in some situations.

My dealings with OCD have always been either material things (like toys) or routines/structure. In addition to just those two, many people also have difficulties with hand washing, clothing issues, touch sensitivity, potty training and diet.

You can transform your child's OCD into a learning opportunity. Use play therapy, become engaged and interested in their obsession, brake the cycle and include yourself in the obsession.

Early Intervention

Baby Watch is Utah's network of service for children ages birth to three with developmental delays or disabilities. The program provides early identification and developmental services, intervention for families of infants and toddlers, age's birth to three.

Many children with Autism experience delays in one or more of the following areas, physical development, vision and/or hearing, feeding or dressing skills, communication and language, learning, problem solving and play skills. Early intervention can assist, services can be provided in your home, Baby watch centers and community settings such as child care.

Early Intervention has a list of diagnosis including autism that automatically qualifies a child for services. The program must have documentation of the diagnosis. The services can be provided based on income and a sliding scale fee assessment.

October is Early Intervention Awareness month, watch for upcoming events in your area throughout the month.

Education options

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

Music Therapy

Sensory Integration

Melatonin

Toilet Training

Bullying

Aggression

Total load theory

**Covered in past issues*

Immune System and diet

Children/Individuals on the spectrum often have compromised immune system, some look to autism as the precursor. Once examined further, most find a gut connection, 70% of your immune system is located right in the abdomen. Explains a lot when you think about the effects of different foods on the immune system.

In "typical" individuals dairy products produce fleam. Individuals with an ASD often can not process dairy products properly, leading to frequent sinus, ear or respiratory infections.

Recommended medical treatments such as antibiotics and sometimes in surgeries do not typically cure the infection, instead temporarily masking symptoms.

Diet change produces dramatic improvement in many individuals. Eliminating dairy from the diet including all products with casein in them can dramatically improve the immune system.

Upcoming Event



2006 Marbles for Miracles
Food Fight

King and Queen

King ~ Corey Tadd

Queen ~ Brandi Sabey

Mark your Calendars!

2nd Annual Food Fight

November 17th 2007

This year we will do more than just throw food. There will be a silent art auction including work from various local artists, a food drive to benefit local Salt Lake food banks. There will be raffles for awesome prizes, bring can goods and non perishable food for raffle tickets. (Raffle tickets will also be for sale at event)

Tickets just \$25.00 in advance or \$30.00 at the door

Visit our website gallery to see all the fun from the 2006 Food Fight. An event you do not want to miss! See you there!

All proceeds to benefit families affected by Autism.