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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.updc.org
February 13th – 15th 2008
Autism /Asperger Educator Conference -
Held at the Ogden Eccles Conference
Center - Register online

www.hyperbarichealingsystems.com
Feb 12th 2PM-4PM & again at 6PM-8PM
Stroke Recovery, Neurological
Conditions, General Wellness and
Hyperbaric Therapy. For more
information call (801) 964-2008

www.hyperbarichealingsystems.com
Feb 13th 10AM-12PM & again 1:30PM-
5:30PM Neuro-Sensory Motor and Reflex
Integration for all children, children and
adults with special needs. For more
information call (801) 964-2008

www.utahparentcenter.org
February 29th & March 1st to be held at
Mount Jordan Middle School for more
information or to register visit website
or call (801) 272-1051.

Contact Us

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Melatonin

Sleep or the lack there of tends to be a common issue among children on the autism spectrum. They often have troubles falling asleep and many wake throughout the night. Parents struggle to find a balance within the sleep deprivation world, they become accustomed too.

There are many sleep aides on the market today both over the counter and prescription strength. One that is readily available in most grocery, drug and health food stores is melatonin. Melatonin is an all natural supplement. Melatonin is a hormone secreted by the pineal gland in the brain to let the body know when to fall asleep and when to wake up. It is thought that our children have some deficiency in the ability to create and/or recognize melatonin within their bodies.

You can find melatonin in varying amounts from 1mg to 3 mg (3mg being the most readily available). Melatonin is used by many, both typical and individuals with an ASD to establish a normal sleeping routine or bedtime. When taken just 30 minutes prior to their regularly scheduled bed time it allows the body time to calm down. There are also time release formulas which may help the child who has difficulty sleeping through the night.

Studies vary on the ability to create a tolerance or the usage over an extended period of time where benefits no longer result. It is said that there are no ill effects in prolonged usage of melatonin, however it is also said that if after a time the original dosage is no longer creating the effects it once had, it is better to take a week to a month break than to increase the dose. In young children it is recommended that you start with a low dose 1mg, 30 minutes before scheduled bedtime and increase if needed not to exceed 3mg per night (or 24 hour period).

Melatonin can be a life saver to both tired children who have difficulty falling and remaining asleep and to their parents who go sleep deprived when their children choose not to sleep. In addition to aiding in sleep patterns there are studies being conducted on the strong antioxidant effects that melatonin has. Preliminary results show that it may also help strengthen the immune system.

PLEASE NOTE: It is not recommended that you give additional doses beyond the once per day just before bed. If doses are given again during the night, it is possible that the effects will not have worn off in the morning as they should, and it also may cause some sleep disturbance within the body's natural clock.

Topics for Upcoming Newsletters

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

Created by Brooke Wilson

Family Links Conference

Please remember to join us at the 13th annual Family Links conference at Mount Jordan Middle School, 9360 South 300 East Sandy on February 29th and March 1st 2008.

Also please stop by and visit us at the Marbles for Miracles table during the exhibitor fair.

For more information on the conference including the entire conference schedule or to register, please visit www.utahparentcenter.org or call (801) 272-1051.

Reader's Recipe

Clayton wants to be a rockstar!



Clayton is a 4 ½ year old boy who was diagnosed with autism in April 2006. He has been casein (dairy) free since June 2006 and his family has seen him go through drastic changes. When beginning the diet he was completely non verbal functionally. He had 4 words in his vocabulary, but only communicated through screams. Today he is a talkative child who engages in conversations by asking questions and talking about Lego's and Disney movies.

Taco's was a family favorite and I could not imagine never eating them again with the GFCF diet. This recipe is GFCF.

Tadd style Tacos

1 lb ground beef (or flank steak for carne asada)
Chile powder to taste
Cumin to taste
Black pepper to taste
12 corn tortillas
1 lime
Cilantro
Tomatoes

We make street tacos using either ground beef or cut up steak (carne asada). Prepare meat cooking thoroughly. While it is cooking cut cilantro and lime. Season to taste with chile powder, cumin & black pepper. Heat tortillas. Assemble tacos to your liking (without cheese for CF). Feeds 6.

Disclaimer: Marbles for Miracles does not lobby or promote any one treatment or therapy. Our goal is to provide you with as much information as possible, so that you can make an informed decision. This is purely for information only and is not intended to substitute medical advice.