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- Summer Ideas
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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.marblesformiracles.org
Date & Location TBA
2nd Annual Royal Food Fight Fundraiser

Contact Us

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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.

Toilet Training

There is a lot about toilet training out there, and it seems that a lot of the age statistics clash. Some children toilet train at 18 months (probably not you if you are reading this section) some do not train until age 7 (Ugh sorry if that is you). Some data says boys are harder than girls or vice versa. In my experience boys are harder but I am not saying it can not be done.

You must assess each child individually typical or special needs. Follow their lead; if they show no interest do not force them, unless you like laundry. If they seem interested or even curious go with it. Rewards are a fantastic thing and you should be overly animated when your child has a success, yet at the same time do not overly dwell on the accidents. Children are so impressionable that the change in your voice can set off a success or a failure.

Do dry checks, reward, take them in the bathroom, reward, and attempt to go, reward. Some children do not even want to go into the bathroom, work on that slowly and reward it as well. Reward everything with something small, a skittle for example. And when they have an accident, no reward until the next dry interval the rewards start again. There should not be a time period longer than 30 minutes without a reward. Having a variety of rewards can also make a child more willing to participate; it has to be worth it in some other form besides no more diapers. Have a bag with 4 or more different small items to choose from, stickers, small candies, blowing bubbles, etc. changing as needed.

When you begin toileting, consistency is the key. The diapers need to be gone, no pull ups and have a lot of changes of clothes on hand. They need to feel the sensation of being wet, today's diapers are too good. Diapers pull the moisture away from the skin so they do not feel uncomfortable. Diapers are only to be used over night and when possible wait for child to fall asleep before putting them on. If the child must go out in public, do not put a diaper on them, carry extra clothes.

Expect a few days of accidents. My son actually refused to go into the bathroom for 3 days all while wearing only underwear except at night. By day 4 I was honestly thinking what am I doing and why am I doing it? Well glad I didn't put a diaper on as that thought crossed my mind, because day 4 was the day the light clicked on. He figured it out! He did not like pee running down his legs. After that there was no looking back, he has gone months without an accident.

As long as you reward, reward, reward with something the child wants, that they may not get at any other time it will happen. Success may be slow but please encourage your child and stick it out, in the end you both WIN.

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*

Summer Ideas

Children love the Zoo. If you have not been there lately it is nicer each year. The elephants, tigers and albino alligator have new habitats. If you plan to go more than once, purchase a year membership. A family membership pays for itself after 2 visits.

Swimming – If you have a fish of a child be sure to go where there are life guards present especially if you are watching more than one child while swimming. Local recreation centers have great facilities. Also setting a small pool at your house is great but NEVER leave water in it with children unattended.

Dinosaur Park in Ogden – This to is fun and if you have a child paleontologist then this is the place. This annual membership will also pay for itself in just 2 visits; membership also includes a quarterly magazine via mail.

Library story time – Check with your local library, most offer a story hour during the week for children. This could become a weekly routine and include checking out a book each time.

Local Parks – Just head for your local park with a picnic lunch.

Reader's Recipe



Flourless Peanut Butter Chocolate Chip Cookies

1 (16 oz. jar) natural peanut butter
1 c. granulated sugar
2 eggs
2 tsp. gluten free vanilla extract
1 cup GFCF chocolate chips (such as Tropical Source)

Directions:

Preheat oven to 375 degrees. In a medium bowl, combine all ingredients. Using two small spoons, drop small amounts of cookie dough onto an ungreased cookie sheet. Bake for 9-11 minutes. Allow to cool completely (to prevent crumbling). Makes 2 1/2 dozen cookies.

Variations: Also delicious using cashew or almond nut butters in place of peanut butter.