

# The Autism

**GAINES**

**Project**

**Shaping your  
child's future**

Every parent has **hope** for their child's future

The Autism **GAINES** Project gives **hope with a plan**



## What is the Autism GAINES Project?

The Autism GAINES Project was conceived out of the need to raise awareness that children with Autism Spectrum Disorder (ASD) and other neurodevelopmental disorders, need to be given the same level of care as typically developing children. Indeed they need a higher level of care, simply because they are unable to express their needs, discomfort, pain and frustration.

ASD children's basic needs often go unmet. They suffer needlessly and have very poor outcomes.

As a parent you hope for an optimal outcome for your child's future. Just having hope is not enough.

You need hope with a plan as to what you can do to get them to achieve an optimal outcome in life.

The foundation for every child should focus on

**G**ut health

**A**nxiety and mental health

**I**mmune regulation

**N**utrition and optimal diet

**E**xercise

**S**ound sleep

What can we change to help your child achieve a better outcome?

If you look at the above list of basic needs, and your child is struggling in any of these areas, they will struggle to achieve what they are truly capable of. Helping them overcome these deficiencies or needs, will help them make significant GAINES in their overall development and achievements in life.

Each one by itself may only produce a certain amount of benefit for your child. And you may be tempted to think, what's the point. But when you address **all of the above issues**, only then do you see a massive benefit to your child's wellbeing, how they interact with the world, and the progress that they then make.

Use The Autism GAINES Project **Children's Health Checklist** to see how you can help your child achieve their full potential in life

### Where to get more information?

Go to the **All Natural Advantage website "Autism"** page. There you will find the **Children's Health Checklist** and all the information you need to get started.

For additional help contact [john@allnaturaladvantage.com.au](mailto:john@allnaturaladvantage.com.au), and I can help with your autism journey.