

14 Ways To Be A Proactive Autism Parent



Parents are commonly told that ASD is a behavioural or neurological disorder, and there is not much they can do apart from behavioural intervention. This advice is failing our children. Current research overwhelmingly shows that the long term outcome of children, as they enter adulthood, is very poor. We need to do more. **Parents need to look to the future to prompt them to be more proactive in having their children comprehensively assessed and treated.**

The question I often ask parents is:

"Where do you see your child when they turn 18 or enter early adulthood?"

The statistics clearly show that ASD adults have a **very poor outcome** when the support services that they had available as children, stop when they enter adulthood.

Your child's health and future is in your hands! You can help them achieve their full potential. There are many ways you can be empowered as a parent to achieve an optimal outcome for your child. I am just one of many parents that have been on this journey. We have taken a different path to help our ASD children achieve their full potential. Here are 14 ways that you can take control and be more proactive in helping your child achieve a brighter future:

1. **Be informed** – read, research, listen to online webinars, go to seminars or conferences
2. **Seek out** and listen to parents that have helped their child. **Ask plenty of questions, what, why, where, how long, etc**
3. Studies show that **up to 80% of parents are trying supplements or dietary modification for their children**. Parents may have tried a supplement or a diet and found no benefit. Unfortunately, poor quality or inappropriate supplements, diets not strictly adhered to can produce little or no benefit. There is *NO ONE* treatment or diet for *ALL* children. Get professional advice as to which diet is right for your child. Ensure that any supplements you give your child are free of unwanted additives and of the purest quality
4. **Get your child comprehensively assessed** – many ASD children have underlying health conditions that are overlooked or dismissed as "just autistic traits" due to their ASD diagnosis. Paediatric guidelines in the USA, UK and Canada now recommend that all ASD children have a comprehensive gastrointestinal and medical health assessment. **Unbelievably, no similar guidelines have been adopted in Australia.**
5. **If a doctor or other health professional doesn't want to listen to your concerns about your child** – find one that will

6. **Listen to your intuition.** As a parent you know that something is not right with your child. There are times that they may be in pain or discomfort. The challenging behaviours they exhibit may be the only way that they can tell you they are in **pain!** They need a proper assessment not medication
7. If anyone says that they can **cure** your child – run. I don't like the word "cure", the aim is to achieve an **optimal outcome for your child.** History is full of famous people with ASD traits that have made amazing contributions to society
8. **Diet is the foundation** for physical and neurological development as well as repair. Ensure your child is consuming high quality, nutrient dense foods. If they are a "picky eater" – get professional help. There may be nutritional or physical reasons why they are picky
9. **Be cautious.** The internet is also rife with misinformation. Gather information, but don't believe everything you read on the internet. Question everything
10. **Get your child tested.** Picky eating = nutritional deficiencies, zinc, iron, vitamin B12, constipation. Gastrointestinal issues = pathogenic bacteria, yeast, parasites, enzyme deficiencies, gut inflammation. Sleep issues = insufficient sleep hormones, lack of nutrients in the brain. **Correct the underlying deficiency** → improvement in appetite, sleep and behaviour → Child is happier and more compliant
11. **Check the quality of your supplements** – the majority of retail supplements sold are of poor quality, contain unwanted additives, and simply are a waste of money
12. If any product states that it is a "**miracle cure**" for autism – forget it. It doesn't exist!
13. **Get your immediate and extended family on board** with any dietary changes you implement. It can make the difference between seeing benefits or not in your child
14. **Look after yourself.** If you get rundown, stressed and anxious, you will not be able to give your child the care and attention they need

Mothers have a natural wisdom as to what is best for their child. Parents have discovered solutions - very innovative solutions, for their ASD children. Parents have pushed the boundaries of ASD treatment. Research is now validating and refining these treatment strategies. Since mothers are the primary carers of (and most often are the ones to shop and cook for) their children, they are in a unique position to help their child.

Transformations do not occur overnight. There is no quick fix "magic bullet". Helping ASD children achieve their optimal potential takes time and multiple strategies.

I have been following the research into ASD now for over 20 years. The research is clearly telling us that there are **underling medical conditions in ASD children**, often being the cause of their behavioural issues, which **ARE treatable.**

I am passionate in making parents like you aware of the current state of research in treating ASD children. What you as a parent decides to do with this information is up to you. There should be no excuse to say in future that "Nobody told me about this when my son/daughter was diagnosed".

All I am doing is "showing you the door" that there are basic nutritional and medical issues that your child may benefit from, if properly treated.

It is up to you to be open minded enough to go through that door, and listen to what we have learned from years of autism research, and how it can benefit children achieve better long- term outcomes, especially as they enter adulthood.