

Autism Action Plan

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Has someone told you that your child may have a developmental delay or disorder such as autism or Asperger Syndrome? Here are ten steps to get you going in the right direction.

Get a Diagnosis:

A specific diagnosis is not absolutely necessary, but can be very helpful. The sooner you can get a diagnosis, the sooner you can get services from schools, programs and specialists. Diagnoses should be determined with the help of an experienced professional such as a developmental pediatrician, neurologist or child psychologist.

For info on diagnosis and developmental milestones, go to www.firstsigns.org

Get Organized:

Manage medical records, assessments and other important data in binders and have them organized and ready to go for appointments

Get Resources:

The Northwest Autism Foundation is a wonderful group of caring folks who can provide local numbers and resources for just about every aspect of living with autism and getting the best opportunities for your child.

Call 503-557-2111 and request a current Autism Resource Directory.

Get an IEP (Individualized Education Program):

Talk to your school district about services available.

Helpful links and info can be found at:

www.ode.state.or.us/pubs/forms/iep/

www.tacanow.com/iepcheck.htm

The Complete IEP Guide by Attorney Lawrence M. Siegel.

This book clearly illustrates your rights, has examples of letters to write and will define what is possible for your child to receive.

Education:

You're Going to Love this Kid: Teaching Students with Autism in the Inclusive Classroom: Paula Kluth

Obtain early outside assessments and intervention:

Contact therapists who will be able to identify your child's strengths and weaknesses and provide detailed recommendations for your child. Get a good referral and get these scheduled as soon as possible. Early intervention leads to success!

Types of professionals to consider:

Child Neuropsychologist or developmental specialist

Speech pathologist

Occupational therapist

Behavioral therapist

Find A Doctor who is experienced in biomedical assessment and treatment:

A doctor is an important step on the autism journey. There are many safe and effective biomedical and natural therapies that can be helpful for your child. Examples include: Methyl B12 injections, Essential Fatty Acids, Vitamin therapy, homeopathy, detoxification, diet/ nutrition.

There is quite a bit of functional testing available to identify your child's specific needs ranging from blood parameters, to food allergies to gut function. Remarkable improvements have been seen in children who receive biomedical treatments.

For more information, please go to the "Get Ready to Read" section below.

Address your child's diet:

The foods your child eats directly effects the ability of your child's brain and body to develop and function properly. Remove additives, preservatives & dyes from all foods. Go organic if you can and eat as many whole, fresh foods as possible. Get some good recipes and experiment with vegetables! Your child will only eat them if he sees you eating (and enjoying) them, so get creative and have fun!

Cookbooks:

The Sneaky Chef by: Missy Chase Lapine

Nourishing Traditions by: Sally Fallon

The Petit Appetit Cookbook: Easy, Organic Recipes to Nurture Your Baby and Toddler by: Lisa Barnes

Many parents have found a Gluten free/ Casein free (GF/CF) diet extremely effective in reducing autistic symptoms. Read about it and give it at least a three- month trial.

www.gfcfdiet.com

Special Diets for Special Kids ONE AND TWO - Lisa Lewis

Special Foods for Special Kids - Todd Edelson

Attend support group meetings:

Autism Society of Washington and Oregon hold meetings in several counties.

ASO Autism Society of Oregon Web: www.oregonautism.com

Call: 1-888-AUTISM-1 or email at: aso@teleport.com

ASW Autism society of Washington web: www.autismsocietyofwa.org

Call: 1-888-279-4968

Autism medical support group: kathyh@arroautism.org or call t 503-284-0350

Get Ready to Read:

There are many books and websites to give you information about services, treatments, support and resources.

Websites:

www.autismwebsite.com

www.tacanow.com

Biomedical Treatment:

Healing the New Childhood Epidemics: Autism, ADHD, Asthma, and Allergies: The Groundbreaking Program for the 4-A Disorders by: Kenneth Bock, MD

Children with Starving Brains – 2 nd Edition – Dr Jacquelyn McCandless

What your Doctor Does Not Tell you About Vaccinations – by Dr. Stephanie Cave

Changing the Course of Autism: A Scientific Approach for Parents and Physicians by Bryan Jepson, MD

Find Balance:

Keep in mind that advocating for your child is quite like running a marathon. You need to pace yourself and think both short term and long term about every decision you make.

Balance in your life will benefit both you and your child. Remember to cherish your spouse and other children. Also, remember to take time for your self. Keep seeking out the fun and love that comes with being a family. Keep participating in activities that help control stress and lift you up. Encourage your child every day and emphasize all of his or her unique and wonderful qualities.