

## Autism Awareness Month

April 2 is World Autism Awareness Day. Additionally, the entire month of April marks National Autism Awareness Month. All month it's important to recognize and continue efforts to spread awareness, promote acceptance, and ignite change in relation to patients considered to have Autism Spectrum Disorder (ASD).

If you have a loved one with autism and you've researched treatment options, you've probably heard about ABA (Applied Behavior Analysis) therapy and what it can do to help your family. One of the main reasons ABA therapy is so effective is that it's meant to change the environment in order to promote behavioral changes in an appropriate manner. ABA begins with understanding certain behaviors and why they occur.

When a person has autism, it's sometimes difficult for them to express how they're feeling in an appropriate manner. Someone with autism doesn't always have the tools to self-regulate their emotions and communicate in an expected way. ABA therapy starts by working to understand behaviors and what causes them. The main goal is to help people with autism gain the skills they need to cope with different situations and express themselves appropriately.

To Learn More Visit: <https://www.abacenters.com/how-does-aba-therapy-work/>



## LEARNING



## Paper Bowl Ladybug

### Materials

- Paper bowl
- Cardstock - black
- Paint - red, white & black
- Paintbrush
- Pipe cleaner
- Scissors
- googly eyes (optional)
- black sharpie or marker

### Directions:

1. Paint your bowl with your red paint. Set it aside to dry.
2. Using your black paper and scissors, cut out a circle for your ladybug's head, smaller circles for the spots and six strips for legs
3. Cut your pipe cleaner in half
4. When you're paint is dry, draw a line with your black marker down the middle of the bowl and glue your spots
5. Poke two small holes where you want the antennae to go and thread your pipe cleaner through both holes, bend them together and bend the ends to make antennae
6. Glue the legs on under the rim of the bowl
7. Glue the head on in front of the antennae and draw his face with the white and black paint or use googly eyes

Ask Your Child: What's your favorite animal and why?

## FUN CRAFT



Find more fun crafts visit:

[www.ihartcraftythings.com](http://www.ihartcraftythings.com)

## Fruit Pizza Crackers

### Ingredients

- Graham Crackers
- Honey
- Cream Cheese
- Kiwi
- Blueberries
- Strawberries
- Raspberries

### Directions

1. Add 3 Tbs honey to 1/2 cup cream cheese
2. Spread evenly onto crackers
3. Chop the fruit into small pieces
4. Top the cracker with your fruit
5. Serve and ENJOY!!

## EASY RECIPE



Ask Your Child: What is your favorite healthy snack?

To find more kids activities visit:

[www.homemadeginger.com/fruit-pizza-crackers/](http://www.homemadeginger.com/fruit-pizza-crackers/)

## Home Strategies

Create a consistent evening schedule to help your child know what will happen and the order in which it will happen throughout the week. Scheduling homework or chores before a choice or favorite activity will help keep your child motivated to complete less desirable activities. After a full day at school, this consistency of doing the same thing at roughly the same time will promote a relaxed atmosphere for your child.

Practice routines that show your child there is a place for everything, and teach him to put everything in its place. For example, show him when taking off dirty clothes to immediately put them in the hamper before getting in the bath. When your child finishes eating, have him put his dishes in the sink or dishwasher. Create a routine around homework in which your child has a quiet place and a clear expectation for how much to do. When he is finished, be sure that the homework is placed in a special "homework" folder so that it doesn't get lost. Follow up homework time with the choice of a favorite activity.

Regular movement and exercise can help improve mood and attention as well as reduce anxiety. Most children with autism have lots of energy, and opportunities for physical activity will give them a productive way to expend some of it. Whether with a walk around the neighborhood, going for a bike ride, playing basketball, swimming, or climbing at the park, try to incorporate time for exercise every day. If it's too cold for outdoor activities, try bouncing on an exercise ball, jumping on a trampoline, or following an exercise routine from a video or YouTube.

Interact consistently with your child. Be clear about what is okay and what is not okay for your child to do. Focus on showing and telling him what you want him to do rather than what you don't. Praise and reward him when he does what you want him to do. This might seem simple, but it is easy to forget that your child might have difficulty problem-solving what to do instead of the undesirable behavior unless you show them.

Ask Your Child: Let's make a routine together?

## PARENTING

### 12 Empowering Positive Parenting Techniques for Life with a Toddler

- 1) Fulfilling the Need for Closeness, Intimacy and Bonding.
- 2) Installing Basic Security in the Face of Change.
- 3) Making Time to Support Independence.
- 4) Supporting Deep Focus in Play.
- 5) Giving Him Attention Treats Even When I'm Busy.
- 6) Allowing Room for Choice and Supporting His Getting to Know His Bodily Signals.
- 7) Dedicating Time for Bonding and Play.
- 8) Recognizing The Power of Personal Choice.
- 9) Supporting the Desire for Autonomy.
- 10) Turning an Absolute into His Choice (not Mine).
- 11) Teaching My Child to Trust His Body.
- 12) Providing Unconditional Security.



Positive-Parenting-Ally.com

To learn more visit:

<https://www.autismsociety-nc.org/simple-home-strategies-for-parents/>