

AUTISM SPECTRUM DISORDER

KARATEBUILT PARENT GUIDE

What To Do If You Think Your Child Is “On The Spectrum”...

Ch. Master Greg Moody, Ph. D.

IT'S CALLED AUTISM SPECTRUM DISORDER FOR A REASON! This developmental condition, as we'll see, is described by many *varied* symptoms and characteristics. All of these kids are different and just because your child may behave unusually, it doesn't mean they would be diagnosed with autism.

First, don't become stressed about terrible outcomes for your child. Early intervention can result in getting your child help if they need it so they can learn, grow and thrive.

Second, we'll learn more about what autism is so you can have a better idea when you have a conversation with a team of professionals who will do a full diagnostic evaluation. This is critical.

AUTISM SPECTRUM DISORDER (ASD) impacts communication and social interaction. Early diagnosis improves access to vital intervention services, enhancing a child's learning and growth. Specifically, this is characterized by difficulty in three main categories:

- Difficulty in social interaction
- Difficulty in verbal & nonverbal communication
- Repetitive behaviors

These signs usually start appearing by age 2. The standard for diagnosis of ASD is the American Psychiatric Association's Diagnostic and Statistical Manual, Revision V (or the DSM-V).

Note: *There are some outdated diagnoses you may want to be aware of.* Asperger's syndrome, childhood disintegrative disorder and pervasive developmental disorder are all considered obsolete and now fall under an ASD diagnosis.

CAUSES OF AUTISM: The cause of autism is poorly understood. It's not a "disease" it's a similar "spectrum" of behaviors that are grouped together

so we can properly treat. Some risk factors are genetic, advanced parent age (either gender), or birth complications. Note that these don't "cause" autism, just slightly higher increase in risk and are being researched. It's important to note that American Academy of Pediatrics is clear on the fact that vaccines do not cause autism.

PARENTS! TAKE A LOOK BELOW AND SEE IF YOUR CHILD HAS SOME OF THESE SYMPTOMS...

SYMPTOMS OF AUTISM: Your doctor will use the current DSM-V list of symptoms for Autism Spectrum Disorder to evaluate your child, but for now, here is a summary of the symptoms of autism and what you want to look out for.

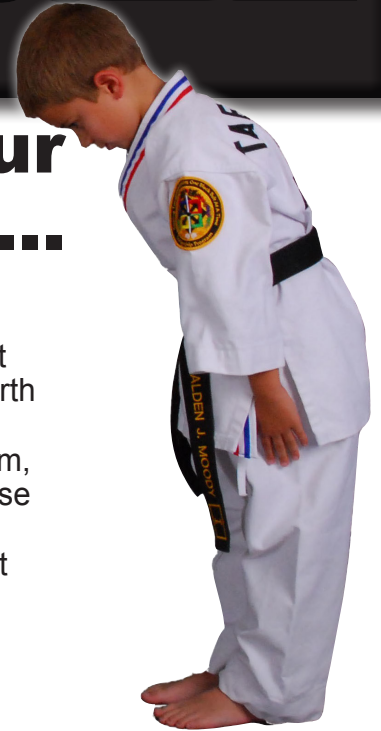
SYMPTOMS OF AUTISM - SOCIAL CHALLENGES: Social challenges are characterized by interactions that deviate from typical interactions. Here's what you may notice:

- Difficulty engaging in everyday interactions
- Not as responsive at early age
- Delayed babbling
- Difficulty playing social games
- Prefer to play alone

SYMPTOMS OF AUTISM - COMMUNICATION

CHALLENGES: These challenges can include a variety of different expressions of language both in how they communicate and how they *receive* or *interpret* communication. Here's what you may notice:

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What To Do If You Think Your Child Is “On The Spectrum”... (Cont’d)

- Delayed babbling, talking and learning to gesture
- Difficulty combining words into meaningful sentences
- Difficulty sustaining a conversation
- Trouble with body language, tone or expressions

SYMPTOMS OF AUTISM - REPETITIVE BEHAVIORS: This may be barely noticeable or very severe. Here’s what you may notice:

- Hand flapping, rocking, jumping and twirling
- Arranging and rearranging objects
- Repeating sounds or words
- Wriggling fingers in front of eyes (self-stimulating)
- They may want things in a fixed order or place

SYMPTOMS OF AUTISM - SUMMARY: This is a quick summary of the symptoms. If you notice :

SOME TREATMENTS OF AUTISM: Your child’s doctor will recommend the correct treatment, however here are a few that have some evidence basis for therapeutic success. This is far from an exhaustive list:

- Applied Behavioral Analysis (ABA): This therapy is time consuming but has a high rate of success.
 - There are many other similar behavioral treatments.
- Picture Therapies: these therapies use photos and other graphics tools to create a bridge for communication work.
 - TEACH, PECS
- Occupational Therapy (OT)
- Sensory Integration Therapy (SIT): If your child is easily upset by things like bright lights, certain sounds, or the feeling of being touched, this therapy can help them learn to deal with that kind of sensory information

Medication and nutrition (other than eating a healthy diet for normal reasons) doesn’t seem to have much effect on ASD kids.

YOUR TEAM: A parents team may start with your primary care physician and can include:

- Child psychologist/psychiatrist
- Specialized developmental doctors
- Occupational therapists

- ABA habilitators
- Other therapists and caregivers
- State or other support services
- ...and more

WE ENCOURAGE ALL PARENTS... who feel like their children may need some help to seek it out as **early as possible**. Research shows the earlier that treatment and intervention is started, the more effective it is.

THE LAST THING TO REMEMBER... is you are at the right place because at **KarateBuilt Martial Arts**, we are experts in helping all kids with many different needs. Our system supports your family in the path to success in this and we expect very high expectations for every student. You can read about the hundreds of kids with autism that have become Black Belts and beyond at **KarateBuilt** in Dr. Greg Moody’s Stories Of The Black Belt book series! Your child will be next!

Other Resources And Things You Can Do!

- Visit **AutismSpeaks.org** - they are a wonderful organization with many resources for parents and families.
- Bring a **KarateBuilt Martial Arts** instructor to your school to talk about confidence, discipline and life skills or help your teachers. Your KarateBuilt Instructor can help your child’s school in a variety of ways including safety classes, life skill training and more. **This will help your own child’s environment get better!**
- **If you child is not a student at KarateBuilt Martial Arts, enroll right now!** The KarateBuilt Program will help build your child’s **focus, concentration and communication** skills so they can handle anything!