



THINKING OUTSIDE THE BOX

FOR AUTISM PARENTS



Start thinking creatively and solve any challenge that comes your way!

by
Cells4Autism

1. START WHERE YOU STAND



Sometimes life throws you a curve ball. And you wind up being a crab on a tree top just wondering- "where did the ocean go?"

Don't worry, relax!

I was there not too long ago, and it's really not the end of the world, you know?

You DO have to start thinking creatively though.

Follow this quick guide and get ready to :

GIVE YOUR CRABBY BRAIN A CREATIVE BOOST

ASSESS YOUR SITUATION

The doctor just told you
"Your child has autism"

Now what?

By now you have probably received or been given a dissertation of things to do that are probably making you feel a little bit overwhelmed...

True or true?

Guess what? It's true.

You should follow the recommendations of your doctor, however you don't have to do it all at once.





DON'T JUMP OFF

I bet you're feeling discouraged right about now, I know, I've been there too.

Please let all of your emotions go for a little bit, it may be a day or a week, even a month. Let them wash out and start brand new.

Understand something, you can't stay discouraged too long and progress at the same time, you must move forward and take the first step!

This "letting go" is good for you because it allows you to start your journey with a clear mind.

STAY CONSISTENT

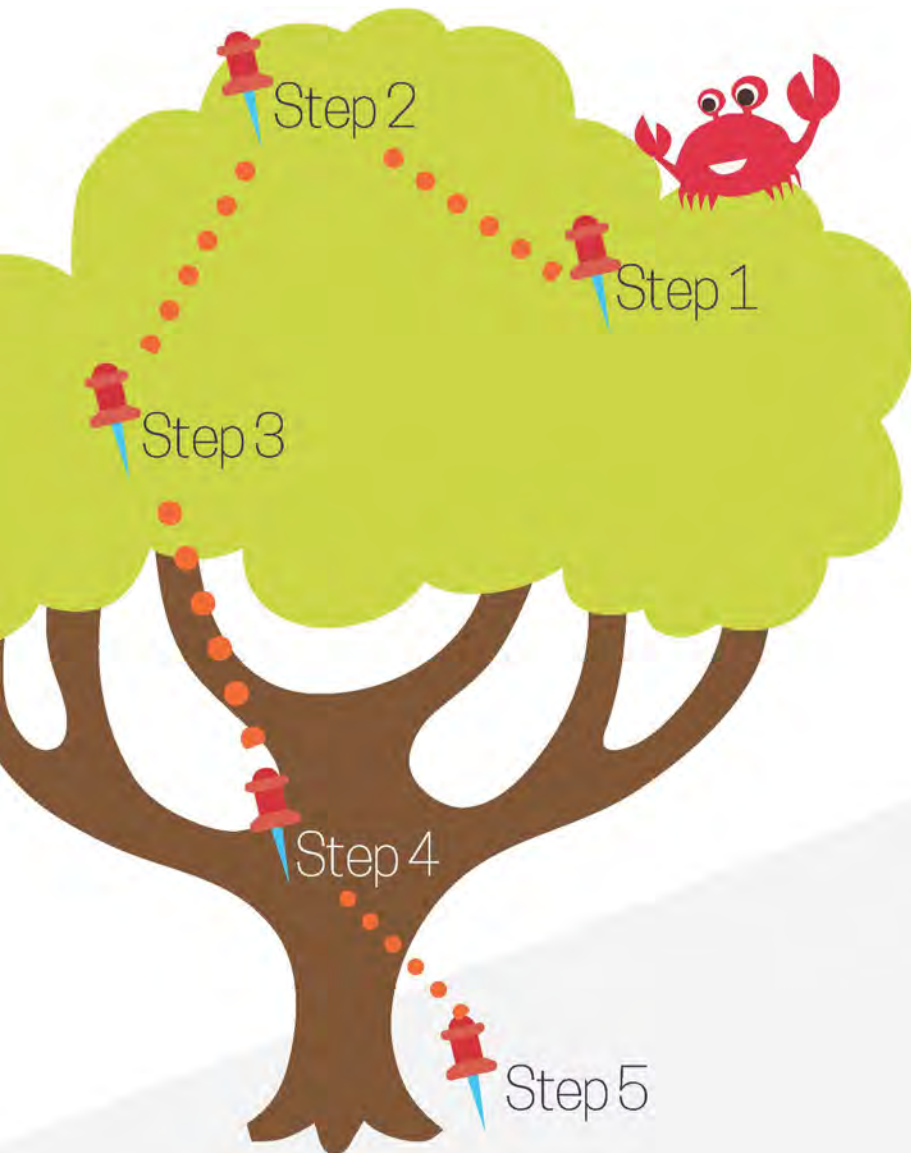
Rome wasn't built in a day... you must be consistent so your child can benefit over time.

You won't see results in 2 seconds, or 2 days or 2 months but you will see progress.

TIME, PATIENCE and COMMITMENT is what it takes!

Follow your physician's guide and recommendations and you'll improve the chances for success early in your child's development.

This step is KEY to getting results!



2. PROGRESS NOT PERFECTION

Stay away from needing to go 100 miles per hour, 24 hours a day, all the time.

In other words, just keep doing the things prescribed by your support team:

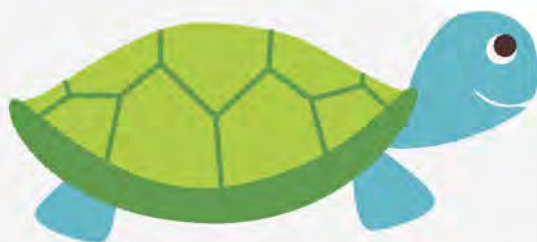
- Doctors
- Family Counselor
- Therapists
- Teachers
- Fellow autism parents
- Online mentors

Focus on measuring progress, adjusting and/or throwing out anything that isn't working.

Keep at it little turtle!



2 miles per hour





TAKE PICTURES!

Keep a record of all the progress your child is making throughout their journey!
This means:

PICTURES

JOURNALS

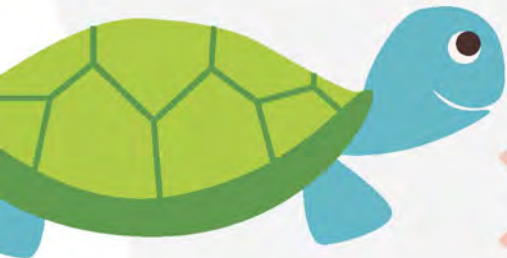
**VOICE
RECORDINGS**

**VIDEOS
DRAWINGS**

Because...

This way you can look back and witness for yourself ALL of the progress you have made.

Measure it!

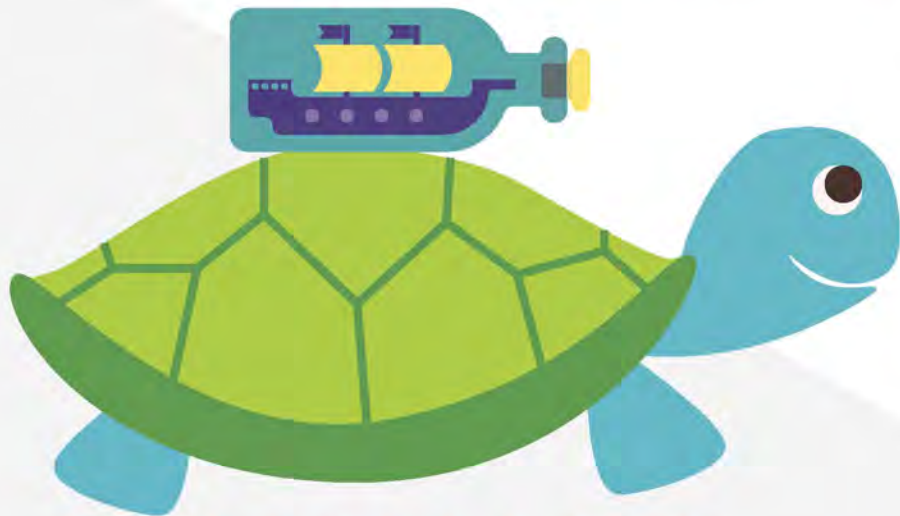


NO PROGRESS?

What happens when you become a vessel in a bottle? *You keep going!*

And your perception tells you there isn't any progress being made in the areas of your child's development you expected.

You keep going!



I can tell you this is the single best thing I've been doing for the last 17 years,

Just keep going!

3. CELEBRATE EVERY WIN!



When our kids say without being prompted:
"Mom", "Dad"
"Can I have juice?"

It feels so DARN good! You know what I mean...

And it also proves that it's possible for them to move forward, at their own pace, but forward!

And boy do they want to!
What I found is- all they really need is a little bit more 1 on 1 love and attention.

THIS is when the celebrating must happen and everyone should join in and cheer on!

4. IT'S BETTER TOGETHER

Because...

Sharing your experiences is a way to let go, learn and create life long relationships. Better yet, you get to benefit from seeing what's working best among your parent peer group.

Bonus! You have the chance to apply those best practices too.

Find a support group, start meeting with other autism parents who are going through the same thing as you.

I met my best friends through my daughter's autism journey. It's time you did too!



Don't go it alone, there's no need to.
There are too many of us around to
support you - even if it means we're
here just to listen!



5. MOVE FORWARD

Success is a decision.

Sounds funny right?

Even impossible, from our own life experience?

Trust me when I tell you- all of us - CAN help our kids become better and better each day.

Understand it is a process. Being consistent with what's working will help you through the down times. There isn't really any specific metric that will measure if you have arrived.

However, seeing your child happy, smiling and feeling accepted wherever he or she may go- IS the greatest joy a parent can feel.



PATIENCE LITTLE TURTLE, YOU'LL GET THERE!

Take each day - one step at a time - no need to solve world hunger here. This isn't a race or an opportunity to put yourself on the Guinness World Records.

These are your lives we're talking about here.

So they deserve your love and attention!



NOW YOU'RE READY TO START

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Visit our website for more:
www.cells4autism.com