



Resources for Everyday Help

[Editor's NOTE: Many of these resources originate from Autism-related sources. There is value in each of these resources even if your child does not have an Autism diagnosis.]

HELP WITH CHALLENGING BEHAVIORS:

“Challenging Behaviors Tool Kit”

Source: *Autism Speaks*

<https://www.autismspeaks.org/family-services/tool-kits/challenging-behaviors-tool-kit>

“Introduction to Behavioral Health Treatments”

Source: *Autism Speaks*

<https://www.autismspeaks.org/science/resources-programs/autism-treatment-network/atn-air-p-behavioral-health-treatments>

“Addressing Challenging Behavior, Strategies for Families”

Source: *Seattle Children's Hospital*

Video: <https://youtu.be/juee5YGD30Y>

“Addressing Challenging Behavior, Part 2 of 2, Strategies for Home and School”

Source: *Seattle Children's Hospital*

Video: <https://youtu.be/awqDaiWpplk>

“Parent Training to Address Problem Behavior of Youth with Autism Spectrum Disorder”

Source: *Seattle Children's Hospital*

Video: <https://youtu.be/XLkAgnwITN8>

“Taming Tantrums and Meltdowns: Techniques for Caregivers of Children with Autism”

Source: *Kennedy Krieger Institute*

Video & PowerPoint: <https://www.kennedykrieger.org/patient-care/patient-care-centers/center-autism-and-related-disorders/outreach-and-training/star-trainings/archive2>

“Self-Injurious Behavior – Expert Q&A”

Source: *The Johnson Center*

Video: <http://ariconference.com/?p=1958>

“Assessing and Treating Challenging Behavior in Individuals with ASD”

Source: *The Johnson Center*

Video: <http://ariconference.com/?p=1584>

“Functional Behavior Assessments” (and much more)

Source: *Autism Internet Modules (AIM)*!

AIM modules are available at no cost. Each module guides you through case studies, instructional videos, pre- and post-assessments, a glossary, and much more. Certificate and credit options are available for a fee.

https://www.autisminternetmodules.org/dash.php?cat=dash_tab_mn

“Practical Strategies to Address Challenging Behavior”

Source: SPARK

An overview of the potential reasons why problem behavior exists and practical strategies that parents and teachers can implement to prevent the development of problem behavior. This webinar is 90 minutes long.

Webinar: https://sparkforautism.org/discover_article/webinar-practical-strategies-to-address-challenging-behavior/?category_selected=&page=6&keywords

ABA INFO:

“Parent’s Guide to Applied Behavior Analysis”

Source: *Autism Speaks*

<https://www.autismspeaks.org/science/resources-programs/autism-treatment-network/atn-air-p-applied-behavior-analysis>

“The In’s and Out’s of ABA”

Source: Seattle Children’s Hospital

Video: <https://youtu.be/4aRRnrpbzM0>

“Use of Applied Behavior Analysis to Assess and Treat Disruptive Behavior”

Source: Seattle Children’s Hospital

Video: <https://youtu.be/QLqx57ukDzA>

POTTY TRAINING:

Toilet Training Guide

Source: *Autism Speaks*

https://www.autismspeaks.org/.../atn_air-p_toilet_training.pdf

“Toilet Training for Children with Developmental Disabilities”

Source: Seattle Children’s Hospital

Video: https://youtu.be/Qx-A_B3Tb-8

“Toilet Training, Yes You Can”

Source: *The Johnson Center*

Video: <https://www.youtube.com/watch?v=0qu61sNSbns>

“Ready Set, Potty”

Source: National Autism Association

Must register to watch free video.

<http://nationalautismassociation.org/family-support/programs/autism-atrium/>

“Toilet Training in Children with Autism Spectrum Disorders”

Source: Kennedy Krieger Institute

Video: <https://youtu.be/RIEXML2Df1U>

PowerPoint: https://www.kennedykrieger.org/sites/default/files/star_training/card-toilet-training-chengappa.pdf

“Toilet Training for Children with Autism, Strategies for Success”

Source: Kennedy Krieger Institute

Video: <https://youtu.be/ea3JxU22oE>

PowerPoint: <https://www.kennedykrieger.org/sites/default/files/patient-care-files/4-5-17-toilet-training-for-children-with-autism-strategies-for-success.pdf>

SENSORY:

“Solutions to Help Children Self-Regulate: The Science Behind Deep Pressure Therapy”

Source: National Autism Association, register to watch for free

Webinar: <http://nationalautismassociation.org/family-support/programs/autism-atrium/>

“Sensory Processing”

Source: Seattle Children's Hospital

Video: https://youtu.be/LBhX_eZGPGw

“Supporting Sensory Needs in Children & Teens with ASD”

Source: The Johnson Center

Video: <http://ariconference.com/?p=1983>

“Sensory Processing and Autism”

Source: The Johnson Center

Video: <http://ariconference.com/?p=1697>

EATING ISSUES:

“Exploring Feeding Behavior in Autism: A Guide for Parents”

Source: Autism Speaks

<https://www.autismspeaks.org/science/find-resources-programs/autism-treatment-network/tools-you-can-use/atn-air-p-guide-exploring-feeding-behavior>

“Guides to Pica for Parents and Professionals”

Source: Autism Speaks

<https://www.autismspeaks.org/science/resources-programs/autism-treatment-network/atn-air-p-pica-guides>

“Helping Children with Autism who Struggle with Restrictive Eating”

Source: Seattle Children's Hospital

Video: <https://youtu.be/bMVy4cl1adQ>

“Help for Picky Eaters”

Source: The Johnson Center

Video: <http://ariconference.com/?p=1589>

“Reasons Kids w/ASD Restrict & Strategies to Manage”

Source: Seattle Children's Hospital

Includes Video: http://providernews.seattlechildrens.org/supporting-children-autism-will-not-eat/?utm_source=The+Bulletin&utm_campaign=39ce8e21c3-provider-news-subscriber-email&utm_medium=email&utm_term=0_74d9bd32d3-39ce8e21c3-40912573

GETTING HAIR CUT:

“Haircuts, and Doctors, and Dentists, OH MY!”

Source: National Autism Association, must register to watch for free

Video: <http://nationalautismassociation.org/family-support/programs/autism-atrium/>

“Hair Cutting Training Guide for Stylists”

Source: Autism Speaks

<https://www.autismspeaks.org/sites/default/files/documents/haircuttingtrainingguide.pdf>

GOING TO THE DENTIST:

“Dental Tool Kit and ATN/AIR-P Dental Professionals' Tool Kit”

Source: Autism Speaks

<https://www.autismspeaks.org/family-services/tool-kits/dental-tool-kit>

<https://www.autismspeaks.org/science/resources-programs/autism-treatment-network/tools-you-can-use/dental>

“Oral Health Services for Children and Adolescents with Special Health Care Needs, A Resource Guide”

Source: National Maternal & Child Oral Health Program at Georgetown University

<https://www.mchoralhealth.org/PDFs/cshcn-resource-guide.pdf>

“Healthy Smiles for Autism: Oral Hygiene Tips for Children with Autism Spectrum Disorder”

Source: NATIONAL MUSEUM OF DENTISTRY, smile-experience.org

<http://vkc.mc.vanderbilt.edu/assets/files/resources/healthy-smiles-for-autism.pdf>

“Haircuts, and Doctors, and Dentists, OH MY!”

Source: National Autism Association, must register for to watch for free

Video: <http://nationalautismassociation.org/family-support/programs/autism-atrium/>

“A Visit to the Dentist- Promoting Oral Care”

Source: Seattle Children's Hospital

Video: <https://youtu.be/hznSZFLx20s>

SLEEP ISSUES:

“Sleep Issues in Children with Autism Spectrum Disorders”

Source: Kennedy Krieger Institute

Video and PowerPoint: <https://www.kennedykrieger.org/patient-care/patient-care-centers/center-autism-and-related-disorders/outreach-and-training/star-trainings/archive2015>

“Melatonin and Sleep Problems: A Guide for Parents”

Source: Autism Speaks

<https://www.autismspeaks.org/science/find-resources-programs/autism-treatment-network/tools-you-can-use/atn-air-p-melatonin-sleep-problems>

“Sleep and Autism – The Bumpy Road to the Land of Nod”

Source: Seattle Children's Hospital

Video: https://youtu.be/9ir_Xl_rXHc

“Interrelationship of Sleep and ASD”

Source: The Johnson Center

Video: <http://ariconference.com/?p=2005>

“Nutrition Interventions to Improve Sleep in Your Household”

Source: The Johnson Center

Video: <https://www.youtube.com/watch?v=1ZwHfwFmPOY>

TUMMY ISSUES:

“Guide for Managing Constipation in Children Tool Kit for Parents”

Source: Autism Speaks

<https://www.autismspeaks.org/science/find-resources-programs/autism-treatment-network/tools-you-can-use/atn-air-p-guide-managing-constipation-children>

“The Role of Enzymes in Autism, Gut Health and Food Intolerances”

Source: National Autism Association

Webinar: Must register to watch free video.

<http://nationalautismassociation.org/family-support/programs/autism-atrium/>

“Constipation – Nutritional Strategies”

Source: The Johnson Center

Video: <http://ariconference.com/?p=2113>

DIET AND NUTRITIONAL THERAPY:

“Using Diet & Nutrition to Help Your Child”

Source: National Autism Association

Webinar: Must register to watch free video.

<http://nationalautismassociation.org/family-support/programs/autism-atrium/>

“PANDAS/PANS in Autism”

Source: National Autism Association

Webinar: Must register to watch free video.

<http://nationalautismassociation.org/family-support/programs/autism-atrium/>

“Natural Nutritional Immunotherapy: An Integrated Protocol for the Treatment of Autism Spectrum Disorders”

Source: National Autism Association

Webinar: Must register to watch free video.

<http://nationalautismassociation.org/family-support/programs/autism-atrium/>

“Food in Schools: What to do When Allergies are an Issue?”

Source: The Johnson Center

Video: https://www.youtube.com/watch?v=zFL2l1_ECQc

COMMUNICATION:

“Augmentative and Alternative Communication Supports for Children with Autism Spectrum Disorder”

Source: Kennedy Krieger Institute

Video and PowerPoint: <https://www.kennedykrieger.org/patient-care/patient-care-centers/center-autism-and-related-disorders/outreach-and-training/star-trainings/archive2015>

“Supporting Speech, Language and Communication with Mobile Technology” (REVISED)

Source: Seattle Children's Hospital

Video: <https://youtu.be/YclxcNuZ9PE>

“Strategies for Increasing Language and Communication”

Source: The Johnson Center:

Video: https://www.youtube.com/watch?v=9X9_Xsfi1TU

“Picture Exchange Communication System” (and much more)

Source: Autism Internet Modules (AIM)! AIM modules are available at no cost. Each module guides you through case studies, instructional videos, pre- and post-assessments, a glossary, and much more.

https://www.autisminternetmodules.org/user_login.php

BLOOD DRAWS:

“Taking the Work Out of Blood Work: Helping Your Child with an Autism Spectrum Disorder” and professional's guide, **“Blood Draw Tool Kit for Providers”**

Source: Autism Speaks

<https://www.autismspeaks.org/science/resources-programs/autism-treatment-network/tools-you-can-use/blood-draw-toolkits>

“I Am Having a Blood Draw”

Source: The Johnson Center

<http://ariconference.com/?p=1634>

VISION THERAPY:

“Vision Therapy’s Role in Attention, Stimming, Toe-Walking and other Visual-Motor Abilities”

Source: National Autism Association

Webinar: Must register to watch free video.

<http://nationalautismassociation.org/family-support/programs/autism-atrium/>

SEIZURES:

“Seizures in Autism Spectrum Disorder”

Source: National Autism Association

Webinar: Must register to watch free video.

<http://nationalautismassociation.org/family-support/programs/autism-atrium/>

IEP HELP:

“IEP Guide”

Source: Autism Speaks

<https://www.autismspeaks.org/family-services/tool-kits/iep-guide>

**“A Street-Wise Approach to the IEP Process: You are your child’s CEO” AND
“Preventing Restraint and Seclusion in Schools – What Can Parents and Advocates Do?”**

Source: National Autism Association

Webinar: Must register to watch free video.

<http://nationalautismassociation.org/family-support/programs/autism-atrium/>

“Special Education Law: Navigating the IEP Process”

Source: The Seattle Children's Hospital

<https://youtu.be/JyHel83OSI0>

“Creating Meaningful Individual Education Plans (IEPs): What Parents Need to Know”

Jennifer Krumins, M.Ed., founder/owner of Autism Aspirations and Autism Aspirations Academy, discusses how parents can take an active role in their child's educational planning. This webinar is 60 minutes long.

Source: SPARK, webinar,

https://sparkforautism.org/discover_article/creating-meaningful-individual-education-plans-ieps-what-parents-need-to-know/?category_selected=&page=3&keywords

“Life Journey Through Autism, Navigating the Special Education System”

Source: Organization for Autism Research

Free to download or order a copy: <https://researchautism.org/resources/navigating-the-special-education-system/>

SCHOOL/COMMUNITY/PEER TRAINING ABOUT AUTISM:

“A Tool Kit to Assist Members of the School Community in Understanding and Supporting Students with Autism”

Source: Autism Speaks

<https://www.autismspeaks.org/family-services/tool-kits/school-community-tool-kit>

Professional Development DVDs, Teacher Training Manuals, Classroom Sets of Booklets for special education specialists, school administrators, general and special education teachers, and students with and without autism (K-12, college)

Source: Organization for Autism Research

<https://researchautism.org/resources/>

Free to order or download. These resources help educators address autism concerns across the school and within the classroom through teacher professional education and tools for promoting peer acceptance.

- Curriculum in a Box (teacher training and development)
- Kit for Kids Program (classroom set that includes a poster, 20 student booklets)
- Autism Tuned In (online e-learning program)
- Understanding Asperger Syndrome: A Professor's Guide (video)
- Finding Your Way: A College Guide for Students on the Spectrum
- College Central

“Grandparent's Guide to Autism” and “Friend's Guide to Autism”

Source: Autism Speaks

<https://www.autismspeaks.org/family-services/tool-kits/family-support-tool-kits>

Autism videos and more, by Sesame Street: <http://autism.sesamestreet.org/>

SIBLING EDUCATION & SUPPORT:

“Siblings Guide to Autism”

Source: Autism Speaks

https://www.autismspeaks.org/sites/default/files/a_siblings_guide_to_autism.pdf

“Don’t Forget Siblings – They Need Help Too!”

Source: The Johnson Center

Video: <http://ariconference.com/?p=1791>

“Sibling Support”

Source: Organization for Autism Research

Colorful guide workbooks and booklets for parents, autism siblings, and self-advocates.

<https://researchautism.org/how-we-help/families/sibling-support/>

“The Sibling Experience”

Source: Sesame Street

Packet, video and info for siblings. <http://autism.sesamestreet.org/brothers-and-sisters/>

“Siblings of Autism Scholarship, Respite Funds and Outreach Programs”

Source: Siblings of Autism

<https://siblingsofautism.org/>