



411 Training

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Our Story Highlights (AKA the condensed version!)

- The obvious difference
- Georgetown
- Going to the gym!
- Today



WHY!!!!!!!!!!!!!!!!!!!!!!!

- WHYYYYYYYYYYYYYYYYYYYYYYYYYYYYYYYY
- WHYYYYYYYYYYYYYYYYYYYYYYYYYYYYYYYY
- WHYYYYYYYYYYYYYYYYYYYYYYYYYYYYYYYY
- ???????????????????????????????????



The Initial Shock

- | | |
|------------|--------------------|
| Fear | Disbelief |
| Depression | Outrage |
| Hate | Relief |
| Grief | More Depression |
| Isolation | Analysis Paralysis |
| Anger | Crusaders' Curse |
| Pain | Envy of Others |
| Denial | Self Destruction |
| Shock | Alienation |
| Loss | Rage |



Time to Move On!

Some Truth:

- The pain will last possibly a life time but with less severity and distraction than you feel today.
- The sooner you start working really hard on your child and everyday the sooner you will see change.
- Change might not mean 3-4 word statement but it will be behavioral control.



Questions We Ask

- What do I do next?
- Who do I trust?
- Why do I have to do anything?
- What are all these weird things people are selling as a cure???????????



Real-World Living

- Experience is valuable
Eat out without fear and go to the playground
- What will this look like in 5 years?
You can't carry the train forever or wear only K-Mart underwear



Setting the Bar

- Your child today bears no resemblance to who they will be in the future.
- Expect that your child will do what you want, every time you ask. If you don't believe it, why would they?
- If your child is potty trained at school but not at home it's your fault, and vice versa!



You and Your Family

- Your child is in school 30 hours a week, at most.
- Your child is likely in therapy less than 20 hours a week.
- This is only 50 hours out of their 144 waking hours! Every moment is a teaching moment....yes, it's exhausting and it works!



Appearance is Something!

- If it looks like a duck and walks like a duck, it probably is a duck! Dress goofy and even if you are not goofy people will think you are!
- Haircuts are unpleasant for some but part of life.
- Even if the Fonz never spoke wouldn't you still want to be his friend???



Language that has Value!

- If I were in Red Square, would the color purple be valuable?? Pragmatic language only!
- Never start with "More" or "letters and numbers" - See above!
- Shapes do not have value unless they are reinforcing.
- I speak or sign, I get. I cry & I get nothing!



Pairing

- Always use family members to help your child generalize and socialize.
- It's hard to ask for help. Just do it!
- Most people during the summer want their kid gone for an hour or two a week! ASK.
- Lunch Buddies at school is a good thing!
- Younger is easier. How ever old your child is now, they aren't getting any younger!



Be Thankful!

- My background is not in autism but in emergency medicine. My son has autism but he is beautiful, happy, alive, cancer-free and malleable.
- If you have a grandparent, aunt, uncle, sister, brother or even your child's sibling, be thankful for what they do... it's easy to overlook it.



Siblings

- I have seen so many who have gone to extremes with the sibling of their special-needs child.
- With more than one child comes the opportunity and responsibility to devote time to both not one or the other.
- Each child is entitled to love, respect, kindness, cool clothes (occasionally) and attention.



Spouses

- Where the autism came from does not matter!
- Where the stress comes from does not matter!
- How you treat each other in the end matters! Your child's road is a really hard one in and of itself. It's hard to remember you are both working towards the same goal!



The Best

- Classes on Advocacy
Partners in Policymaking www.vaboard.org
- Classes on Verbal Behavior
Anything by Tom Caffrey www.thefate.org
- Special-Needs Fun
Surfers Healing www.surfershealing.com
C.A.S.T for Kids www.castforkids.org
- Information on your Child's Rights
Pete Wright's Books & Classes
www.wrightslaw.com
- Reality Check
Autism is a diagnosis not a life sentence.



Commercial

- POAC-NoVA is 100% Volunteer and needs your talents!
- PVBIA Advanced needs 2 families - 1 in Reston and 1 in Fairfax
- PVBIA Beginner starts again in October and will be looking for Parent Sponsors and Parent Therapists.
- Share ABA/VB with others and help someone else today. The rewards are huge!



My Truth

- This lecture and slides are my truth and reality and not the view of POAC-NoVA. These truth's are an attempt to help people understand things I still try to get my head around some days. It's taken me 7 years to get some idea of how to help Dill climb Mt. Everest. Unlike most kids, this is something he will be everyday of his life with a smile, unbeknownst to anyone but those who love him.
- Our kids aren't special in the way so many want them to be. They achieve more each day than most will in a life time. Be proud of your child. I am.
