

[Helping a Child with an Autism Spectrum Disorder](#)

Filed under [Children Mentally](#)

1. Don't wait to seek treatment.

Early intervention is the most important key to autism treatment success. Seek help as soon as you suspect a problem in your child. Don't wait for a diagnosis. You don't need one to start treating your child's symptoms.

2. Learn about autism.

The more you know about autism spectrum disorders, the better equipped you'll be to make informed decisions for your child. Educate yourself about the treatment options, ask questions, and participate in all treatment decisions.

3. Become an expert on your child.

Figure out what triggers your kid's "bad" or disruptive behaviors and what elicits a positive response. What does your autistic child find stressful? Calming? Uncomfortable? Enjoyable? If you understand what affects your child, you'll be better at troubleshooting problems and preventing situations that cause difficulties.

4. Accept and love your child for who he or she is.

Rather than focusing on how your autistic child is different from other children and what he or she is "missing," focus on what makes your child happy. Enjoy your kid's special quirks, celebrate small successes, and stop comparing your child to others—developmentally-challenged or not.

5. Be patient and optimistic.

It's impossible to predict the course of an autism spectrum disorder. Don't jump to conclusions about what life is going to be like for your child. Like everyone else, people with autism have an entire lifetime to grow and develop their abilities.

6. Choosing treatments

With so many different autism treatments available, and it can be tough to figure out which approach is right for your child. Making things more complicated, you may hear different or even conflicting recommendations. When deciding on an autism treatment plan for your child, keep in mind that there is no single treatment that will work for everyone. Each person on the autism spectrum is unique, with different strengths and weaknesses.

Your child's treatment should be tailored according to his or her individual needs. You know your child best, so it's up to you to make sure those needs are being met. You can do that by taking the following important steps:

- Put together a trusted autism treatment team. As a parent, you have the ultimate say when it comes to your child's treatment. However, treatment planning is a lot easier if you have trusted professionals you can turn to for advice. Autistic

children often have a range of treatment needs best served by a team of specialists. In addition to a pediatrician, your child may benefit from the expertise of other doctors, therapists, and teachers.

- Develop a personalized treatment plan for your child. Build on what you know about your child's unique needs and abilities, and work with your treatment team to build a plan that targets your son's or daughter's weakest areas while taking advantage of his or her strengths. Each team member can provide a unique perspective on autism, helping you come up with a comprehensive, well-rounded therapeutic approach.

As you design your child's autism treatment plan, ask yourself the following questions:

1. What are my child's strengths?
2. What are my child's weaknesses?
3. What behaviors are causing the most problems?
4. What important skills is my child lacking?
5. How does my child learn best (through seeing, listening, or doing)?
6. What does my child enjoy and how can those activities be used in treatment?

When looking into a specific treatment provider or an alternative therapy, it's also smart to do your research. Learn what evidence there is for the therapy's effectiveness, how safe it is, who will be working with your child, and how progress will be measured.

Finally, keep in mind that no matter what autism treatment plan is chosen, parental involvement is vital to success. You can help your child get the most out of treatment by working hand-in-hand with the autism treatment team and following through with the therapy at home.

Asperger Syndrome

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Asperger Syndrome is a complex developmental disability marked by impairments in socialization, communication, cognition, and sensation. Like classic autism, Asperger Syndrome is a neurological disorder that affects a person's ability to communicate and relate to others. It is a lifelong disorder that carries with it considerable and long-term behavior problems. Although the characteristics of Asperger Syndrome will differ from person to person, common effects of the disorder include:

- Trouble understanding social cues and conversational language styles
- An inflexible adherence to a nonfunctional routine or ritual
- Repetition of movements or words and phrases
- Difficulties with fine-motor skills and sensory integration

A persistent preoccupation with objects or narrowly focused topics of interest Asperger Syndrome may be diagnosed when a person exhibits atypical repetitive patterns of behavior, interest, and activities, such as the examples listed above. All people possess some of these traits, but it is the excessive presence of these characteristics that makes life challenging for individuals with Asperger Syndrome. It is also important to note that these behaviors are neurologically based and do not represent the individual's willful disobedience or noncompliance. Because Asperger Syndrome is a neurological disorder, individuals with the disorder often have difficulty controlling certain behaviors. It is important to understand the underlying psychological and medical bases of the disorder to develop an effective teaching strategy, as well as to help the individual better manage these behaviors.

There some exercise tool you might worth to try. [Power 90 Master Series](#) is an exercise tool that makes all people keep on health conditions. Include the anyone who has Asperger Syndrome. [P90X](#) is designed carefully with lots of methods in order to get the best results in exercising. Try [P90X](#) and get better life.