

ECHO Idaho Autism Resources for PCPs to Provide Families

Services to Support Developmental Progress

- **Applied Behavioral Analysis (ABA)** - The goal of behavior therapy is to increase behaviors that are helpful and decrease behaviors that are harmful or affect learning. Family may benefit from the implementation of techniques for understanding and changing behavior based on the principles of applied behavior analysis). ECHO Idaho Guide: Questions to ask of a BCBA or ABA Provider found here: <https://iecho.unm.edu/sites/uidaho/download.hns?is=fc4f9ce1fd542d4c4d0a3084f732904a>
- **State-based Early Intervention Program** (e.g., Infant-Toddler Program (ITP)) - Every state has a program to support children birth to 3 who are at-risk or identified with developmental delay. Autism is typically considered an automatic qualifying diagnosis for supports and services. It is a critical first step for many children with developmental delays. <https://healthandwelfare.idaho.gov/services-programs/children-families/about-infant-toddler-program>
- **Early Special Education Services / Developmental Preschool** - Local school districts have early childhood programs for children between 3 and 5 years old with developmental delays who are determined to be eligible for services. Classroom based support and peer interactions are critical at an early age.
- **Head Start/Early Head Start** - This federal program supports local child learning centers to provide high-quality, developmentally appropriate learning for children. Local communities offer different programs. This website can help determine what is available in the community: <https://headstartprograms.org>
- **Parent/Caregiver Skills Training** - Parent training allows parents to become active participants in their child's learning and development. It can help parents learn about effective ways to support their child's skills, building and learn strategies to manage their interfering behaviors. *Help is in Your Hands* is a free resource by University of California-Davis with modules to show parents and clinicians how to help young children with autism connect, communicate, and learn through various activities and play exercises. Family can create a login and access all modules and videos for free at <https://helpisinyourhands.org/course>.
- **Picture Exchange Communication System (PECS)** - PECS can be successful at helping children understand the idea of symbolic communication in a manner that maximizes their visual strengths as well as how to initiate communication. Link to website <https://pecs.com>.
- **ADEPT (Autism Distance Education Parent Training)** - Clinicians at the University of California-Davis developed these online, on-demand learning modules to help parents/caregivers learn more about behavior and autism. The following are particularly helpful: Module 1: Strategies for Teaching

Functional Skills; Module 2: Positive Behavior Strategies for Your Child with Autism.
<https://health.ucdavis.edu/mindinstitute/centers/cedd/adept.html>.

Community Resources/Connections

- **Autism Speaks Rapid Response Team** - Personalized autism information and resources for any step in the autism path can be found at <https://www.autismspeaks.org/autism-response-team-art>.
- **Idaho Parents Unlimited** - <https://www.ipulidaho.org>

Sleep

- **Tool Kit: Strategies to Improve Sleep in Children with Autism** - This tool kit is designed to provide parents with strategies to improve sleep in their child affected by autism, based on both research and clinical experience of sleep experts. This tool kit can be found at <https://echoautism.org/sleep-resources>
- **Tool Kit: Melatonin and Sleep Problems: A Guide for Parents** - This tool kit is designed to provide parents with information about melatonin and to help them decide if trying melatonin is right for their child. This tool kit can be found at <https://echoautism.org/sleep-resources> then click on *Melatonin & Sleep Problems in ASD*.
- **Sleeping resources** - The following links offer some practical tips in choosing a sleep training method that may help this family, 1) [Choosing a Sleep Training Method That Works for Your Family](#), 2) [Bedtime Routine video](#), 3) [Daytime Habits video](#).
- **Over the counter medication - Melatonin** - Melatonin is a natural supplement that supports the body's sleep and wake cycle. It may be helpful along with a structured bedtime routine. The goal is to fall asleep more easily and within 20-30 minutes. Starting dose is typically 1mg, approximately 45 minutes before desired bedtime.
- ***Solving Sleep Problems in Children with Autism Spectrum Disorder: A Guide for Frazzled Families*** by Terry Katz, PhD and Beth Ann Malow, MD, MS

Constipation

- **Tool Kit: Guide to Managing Constipation in Children** - This guide provides strategies and resources for parents of children with autism to help with constipation. It includes the sections: 1) Overview of Constipation, 2) Daily Treatment of Constipation, 3) Increasing Fiber Intake, 4), Increasing Fluid Intake, 5) Bowel Habit Training, 6) Daily Medicines, and 7) Resources. This tool kit can be found at <https://echoautism.org/toileting/> then click on *Managing Constipation in Children Tool Kit*.

- **Over-the-counter medication** - Polyethylene Glycol 3350, also known as MiraLAX, may help with chronic constipation. The goal is a single daily soft stool that is easy to pass without straining. Starting dose is typically, 1/2 capful daily. MiraLAX can be titrated up or down to reach the goal of a single daily soft stool.)
- **Preventative measures** - Preventative measures include 1. Adequate, balanced intake of hydrating fluids- milk, water, apple/pear juices. 2. Fiber rich foods (avoid if stool is hard, large, pebble like, resume when stooling has improved). The following resources may be helpful for this family: Kids Eat Right and The Poo in You video. The resources can be found at <https://echoautism.org/feeding/> then click *Kids Eat Right* and [YouTube- The Poo in You](#).

Feeding

- **Tool Kit: Parent's Guide to Feeding Behavior in Children with Autism** - This tool kit helps parents and professionals better understand feeding issues. It includes the sections 1) What are Feeding Problems?, 2) Conditions that Might Affect Feeding, 3) When to be Concerned, 4) Tips to Help with Feeding Issues at Home, and 5) Frequently Asked Questions. This tool kit can be found at <https://echoautism.org/feeding/> then scroll down to *Autism Speaks - A Parent's Guide to Feeding Behavior in Children with Autism*.
- **Tool Kit: A Parent's Guide to PICA** - This tool kit helps parents and professionals understand more about pica. It includes the sections 1) What is pica?, 2) Why is pica a problem?, 3) Why do children with autism and other developmental disabilities have pica?, 4) Where can I go for help?, 5) Things parents can do, and 6) Treatments that require professional help. This tool kit can be found at <https://echoautism.org/feeding/> then click on *PICA Tool Kit*.
- **Feeding resources** - Best practice feeding resources including books and articles can be found at <https://echoautism.org/feeding/>. Some feeding resources include: 1) Helping Your Child with Extreme Picky Eating by Rowell, 2) Fearless Feeding by Castle, 3) Food Chaining by Walbert, 4) Kids Eat Right, and 5) Choose My Plate)
- **Fluid Needs** - When considering meeting your child's fluids needs. General guidelines for types of fluids would look like milk at 16 ounces per day (less if also consuming other dairy products), 4-8 oz juice per day (depending on age of child) and additional fluid needs met with water. Water can be provided in between meals and snacks. Fluids can impact interest in foods and hunger drive, so it is important to have a balance of calories containing beverages and water.
- **Increasing food variety** - Here are some strategies for family to try that help increase child's interest in foods or promote exploration of new foods. 1) Placing a small piece of new food on the plate with preferred food. 2) Using the sensory hierarchy tool: touch, smell, kiss, taste, ask your child to explore in these ways. 3) Involve your child in the cooking/baking process from meal planning to grocery shopping to putting away foods to prepping and cooking. 4) Have them set the table, clear the table and help with dishes. 5) Use the iPad to look up recipes and cooking shows. More details can be

found at <https://echoautism.org/feeding/> then scroll down to *Autism Speaks - A Parent's Guide to Feeding Behavior in Children with Autism*.

Seizures

- **Caregiver education** - Encourage parents and other routine caregivers to monitor staring spells. If it is noticed that the child is staring off into space, try to "make him/her blink" by flashing fingers in front of his/her eyes (without touching him). This should trigger him/her to blink. If they do not respond to this by blinking, please make a note of this and let your doctor know. S/He may need further evaluation for possible seizures.

Tools to Learn more about Autism Spectrum Disorder

- **Tool Kit: A Parent's Guide to Autism** - This guide provides information about what autism is, shares common reactions to getting the diagnosis, reminding parents to take care of themselves, tips to manage the stress that they may experience, sharing tips for supporting siblings, advocating for your child, and building a support network, vignettes of stories from families and frequently asked questions. This tool kit can be found at <https://echoautism.org/new-diagnosis-under-age-4/> then click *A Parent's Guide to Autism*.
- **Tool Kit: 100 Day Kit for Young Children** - This guide is designed to provide you with the information and tools you need to make the best possible use of the days following the diagnosis. It is a comprehensive tool filled with facts and resources such as information about symptoms, treatment, legal rights and advocacy. This tool kit can be found at <https://echoautism.org/new-diagnosis-under-age-4> then click *100 Day Kit for Newly Diagnosed Families of Young Children*.
- **Tool Kit: A Grandparent's Guide to Autism** - This guide will help provide a better understanding of autism, as well as tips, tools, and real-life stories of how to guide and support the child and family immediately after the diagnosis and beyond. This tool kit can be found at <https://echoautism.org/family-support> then click *A Grandparent's Guide to Autism*.
- **Tool Kit: An Introduction to Behavioral Health Treatments** - This toolkit provides behavior basics and information that may help the family understand the functions of a child's behaviors, in addition to basic strategies of increasing appropriate behavior. This tool kit can be found at <https://echoautism.org/behavior-basics/> then click *Introduction to Behavioral Health Treatments*.
- **Sibling Developmental Monitoring** - Given the increased autism risk in siblings of children with a diagnosis of ASD, consider sharing the CDC's "Learn the Signs. Act Early." resources with the family to monitor the younger sibling's developmental milestones.)
- **Autism Navigator - About Autism in Toddlers and Video Glossary** - This self-paced program will teach families about autism symptoms and supports and intervention to help their child thrive.

Autism Navigator also has information about evidence-based supports for everyday activities and developmental growth charts to recognize and monitor meaningful outcomes. Family can create a login and access modules and videos at <https://autismnavigator.com/courses/>.

- **Behavior Videos** - The following videos offer some practical tips that may be helpful for this family: ABCs of Behavior and Reinforcement. The videos can be found at <https://echoautism.org/behavior-basics/> then click *Video Tool Kit: ABCs* and *Video Tool Kit: Reinforcement*.
- **CDC Autism Case Training Videos** <https://www.cdc.gov/ncbddd/actearly/autism/video/index.html>