

Tips from a Recovering Parent of Autism



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Tips from a Recovering Parent of Autism

Hello. Nice to see you. Welcome to my little book of tips – helpful things we have found in handling our daughter Iris, who has autism symptoms. This book started off as stuff I tell people that I meet – and I am always afraid that I will forget something, so I wrote it down. I also wrote this because I am feeling a need within the autism community for this kind of support and for some interaction between us parents who are often too busy or exhausted to get together otherwise – so get a cup of coffee and we can share a bit if you like.

Who we are - A bit about our story

My oldest daughter, Iris, is 9yrs old now and she has just finished her first year of school – it was her decision to go to school, after years of home schooling and we are all very happy that it is working out so well for her...well, for all of us...but this is our current situation – the end of the story, as it were. Let me start at the beginning.

I don't want to go into too much detail about our story – it's hard enough to read these books without having to go into every painful detail of someone else's life – but I do want to give you some background. We married very soon after we met, my husband quit his steady job to work from home with me, we had a big wedding and came home from the honeymoon pregnant...so it was suddenly time to buy a house and have a baby too, after so much dramatic change already. Iris was a lovely baby and easy for us to manage, while we were both working from home, suddenly now trying to make mortgage payments. We were doing quite well until 9/11 happened. As computer consultants, work on the east coast dried up for us. That was also the time when people started wondering why Iris wasn't so outgoing and why she scooped instead of crawled. She was so stubborn, too (still is) – she seemed to just ignore those she was not interested in.

We adored her and thought she was the most clever little thing – she seemed to verbalize early, had a great sense of balance and a great sense of humor – but all around us we heard concerns about Iris, which eventually led to major family conflict, Child Services being called in and us moving across country. As terrible as that time was, it's what got us to our new terrifically supportive community in California.

Here in Sonoma is where a lot of our healing as parents occurred, in the first 2 years. Here, we got involved with the local Mother's Club – totally supportive and helpful. Here we were able to make changes to Iris's diet without such a fight – a new place has new rules and she adapted (though she still needs her pizza). We were here in California when we discovered Jean Genet and his Byonetics subliminal audio program, which I can't say enough good things about. This is the only program we invested in, largely because it was the only affordable one we could get behind and it because it provided tools not just for Iris but also for us parents (more in the Tools Section on Byonetics).

Here we met Veronica Torres, the Eloheim Channeler who changed my life. I went to a meeting to listen to Eloheim and I had a chance to ask a question of the channeled being, at the end of the session. I told them briefly about Iris and my struggles communicating with her. I told them that I think she knows what she is supposed to do but is too stubborn to do it – then I joked about how Iris probably thinks the same thing about me. Eloheim said “Iris is right and you are wrong.” They explained to me how it is my responsibility to learn her language first and then I could teach her mine. They said that I should not listen to what others say or fall back on traditional child rearing techniques – that Iris had chosen me and I should trust myself to know what's best. From that day on I did just that. Iris would speak in a number code system that we were able to decipher and speak back to her in – that sure surprised her...lol. Now that is phasing out and she is more verbal, engaging and requesting than ever.

We were living here when I first learned about SilentMaiow on YouTube. It was incredible to see this severely autistic woman able to communicate so lucidly and eloquently on a TTY machine. She talked about how people with autism don't think of themselves as ill or waiting to be cured. She shows video links of many people with communication challenges, all saying the same thing – we are happy...we are sorry you are uncomfortable around us, but we are happy as we are. I met a woman with palsy who said she never considered herself handicapped or limited. Her abilities suit her just perfectly for what she wants to do in this incarnation and I believe that is true for all of us.

With all these factors (and most especially the Byonetics subliminal audio program) we began to change. We as parents began to see Iris differently and our role as parent differently. We were finally able to shed the despair and much of the heartbreak that comes from this lifestyle – because you need to remember... as much as our children struggle with our society and it's expectations, we as parents shorten our own life span through the extra work and unbearable emotional strain that comes along with caretaking anyone we care for, let alone our own children. We must learn to nurture and care for ourselves, if we wish to be here to take care of our kids for the long haul.

About Iris

I feel I should try to give you some idea of where Iris is on the spectrum. Hard to say, somehow. I will try to tell you the way I told Iris's teachers, I guess. Iris is a lovely child – very musical, very affectionate and clearly very smart. Iris is stubborn, determined to have things her own way and strict in her silent rules. Iris's rich vocabulary shows in the songs she sings, though she communicates largely through hand gestures, lyrics and numbers – with the lyrics and numbers, you need to know the code to understand what she is saying. When Iris is sad she sings “sing of happy, not sad” from the old song "Sing" that you often hear on Sesame Street (she sometimes seems to think she is Elmo). When Iris is agitated she sings “The Wheels on the Bus” and when she is really angry she sing “Old MacDonald” and "Jingle Bells" means she is at her limit. When she wants to play she sings “No more Irises jumping on the Bed!” or some other tune that let's us know. Iris's number code is amazing. She'd been using numbers as displeasure codes since she was 2. It took us until she was 5 to understand it – and we do! We finally cracked the number code, enough to talk back to her in it...so she switched to a more complicated letter code. We've been told that Iris is a very private person and keeps her communications private – if she does speak, she whispers.

Iris is very sensitive to light and sound, giving the impression of acute senses. We don't get a lot of eye contact, unless we sing the right song or dance with her or tell or get a joke, though more and more she is using eye contact to get our attention. We get a lot of hand waving. We get a lot of yelling – both when she is angry or happy – and we get a lot of her hurting herself when she is angry (biting her hand, kicking her own leg, etc.) She does listen though - often better with a mental picture in mind of what I want her to do, and always better with a smile on my face than when I am angry. She can dress herself and undress herself. She can feed herself (though it's hard for her to sit at the

table) and tell us what she wants to eat (i.e. “cookie please”). She won’t bath herself or properly brush her teeth, but she loves to sit in the bath tub and chew on a toothbrush. She is not toilet trained (though school is helping there) and she puts her hands in her pants too much. Now, she goes to school because she asked to. She sang the School song (school school school – to the tune of Jingle Bells) for a whole month to get the point across to us. Six months later she was happily in school.

For a while we couldn’t get Iris to leave the house. She rode in a stroller till she was 7 rather than walk anywhere. For a while we couldn’t get her to put shoes on – then for a while we couldn’t get her to take her shoes off. For a while we had poop murals on our living room walls. For a while she would only wear 1 of 4 sets of pjs – a whole year that one was. She was a natural birth and has not been vaccinated. She has never had seizures or evidence of any additional challenges. She hasn’t been to a traditional medical doctor in years – we work outside of that community, sticking with advisors who use organic and natural methods. She isn’t allergic to anything, she’s never had an ear infection, she gets a cold once every year or 2 – and she is starting to seem to have a weight issue (which we will address with extra minty enzymes, a new mini trampoline and redoubled efforts on the GFCF diet). At 8 years old she seemed to begin playing with dolls and using toys together to simulate a pair or group playing – and the school says she will do anything for and “ito” (Fritos, Doritos or Cheetos...lol – this was Iris’s own joke that made everyone laugh and laugh).

Causes of Autism

I am often asked what I think causes autism and I tell people that I think it is a variety of factors. It's important to say that each family has their own path with Autism and I think it is important to mention all the possible causes that I have found so that you can see where my thinking of solutions comes from.

The most popular belief is Vaccinations – but Iris was never vaccinated, so that is not the issue for us. I did eat a lot of fish during the pregnancy – some say the mercury gets in that way...I don’t know. What I get out of this “cause” is that these children have a harder than usual time processing and eliminating toxins in their system. There are a lot of toxins in our world, not just in our vaccinations.

We have a friend who works with kids who think that autism shows up at 2 yrs old because that is when kids start eating at the family table and are therefore exposed to more processed food, as well as food cooked in Teflon and aluminum. Did you know that the FDA has approved adding aluminum to all of our powdered products to keep them from clumping? That means tang, baby powder, etc. Did you know that McDonald’s puts aluminum in their cheese because it makes it melt 4 seconds faster?

Environmental toxins also are a strong candidate for the cause of Autism. I have heard that Camden County has the highest incidence of autism and that county ranks last in the country for environmental concerns. Iris was born in Philadelphia – just across the water from Camden. You know, it’s funny, but I am the 7th straight generation of female

twins on my father's side of the family and I have known easily 30 sets of twins in my lifetime – Philadelphia has a very high twin population. People always said it was something in the water. Somehow these facts seem related – though it is funnier when it is a 3 eyed fish on the Simpsons, isn't it?

I have also heard that it is diet – that the autistic child can not properly digest Gluten (from wheat) or Casein (from dairy products), much like some races can't process alcohol. Jenny McCarthy says that's the long and the short of it – remove those things from a child's diet and he will be cured. Proponents of this theory say that when Gluten or Casein are processed in an autistic person's body, it releases opiates and makes the person feel drugged or drunk and therefore unable to focus and function properly. We have seen success when we limit these things in our child's diet, but it is hard to make such a change – they miss pizza in particular. We are trying again and will see what happens.

I have also heard that high levels of Electro Magnetic Frequencies could be the culprit. I can tell you that I nursed Iris in front of the computer or tv all the time and we lived directly across from a train station when she was born. We then got cell phones and wireless internet – so Iris has likely been exposed to higher levels of EMFs. We use corded phones now and hard wired internet connections, but we can't eliminate everything. There are tabs available that you can put on electronics to absorb and minimize EMFs in your environment and from your cell phone. BioPro is the company that we have heard about, but I have not, as of yet, tried them.

The most objectionable “cause” that I have heard is “extreme neglect on the part of the mother” – I ask you? Could that be any more insulting? While I dislike this theory, I must admit that Iris spent a lot of time alone, as a small baby. She enjoyed playing on her own or watching her Baby Einstein videos (she loved those) while I worked from home. We were in the same room, but not as interactive as other families. In fact, the 3 of us were quiet, almost reclusive people – and we had carefully arranged to be able to work at home to be there for our kids (not thinking that we would be there, but working...). In hind sight, I have to admit that this could be a factor – in fact, I have a wonderful girl friend who fell quite ill when her child was born and for the first year or 2 was unable to fully engage with her regularly. She confided in me that she felt autism symptoms developing, but once she regained her strength and was able to devote the time and attention her only child wanted, she was able to see improvement and there is no sign of autism now.

My secret theory is that people have been wondering for a long time what it would be like to be psychic, but none of us takes the time to develop those skills. I half think the Universe heard our collective “request” or intention and this is their creative way to “helping us.” I can almost hear the Universe saying “They want to be psychic...let's make their children psychic, then they will HAVE to learn it!” I think that increased psychic ability is in the cards for humanity and it is not too hard to believe that these kids somehow fit into our evolutionary process. I don't know about you, but I find that I get more compliance from Iris if I think a mental picture of what I want, or try to have that

sane conversation in my head while she is in her room having a tantrum – sometimes she seems to hear my mental words and calm right down.

I find personally that stress and parental mood greatly affects Iris. She seems very psychic and there is a theory that children withdraw because they can feel their parent's pain and depression, but don't know what it is or how to cope with it. I find that when I am happy and relaxed, so is Iris. I can also tell you that my child's disposition improves with lots of cuddling time. The more I can touch her and hug her and tickle her, the more she seems interested in participating with the world.

Now I have heard of a variety of parents say that some of these causes apply but others don't in their child – but again, I think autism itself is sort of individualized for each child and family. Each person's path into Autism is personalized but I would have you remember that you have been selected because of you own unique traits and abilities to help your own lovely child. Do not berate yourself or despair over the causes. Let us use the information above as guidelines on how to counter act the worst of this situation rather than a reason to feel guilty, as so many of us seem to.

Tips

I am very blessed to have a mother who is a Naturopathic Physician and she and her husband (also an ND) have been immeasurable help in finding all natural solutions to some of the more troubling symptoms we have encountered with Iris. For lack of any better idea on order, I will go in order as I learned them, from when she was a small baby.

Digestive issues surfaced in Iris early on. She did best when I breast fed her and then supplemented with Goat's Milk, which is easier to digest than cow's milk or formula – it is also very low in Casein (something we didn't even think about in those days). We started her off at about quarter strength, cutting it with water as we heated it. We used Meyenburg powdered Goat's Milk and she loved it. We had heard that mixing equal parts goat's milk, carrot juice and water most closely simulates the mineral make up of mother's milk. At one point we tried it with carrot juice, but it looked so nasty and was a hassle for us that we stopped, though Iris never complained about it.

Another digestive cure we used was a liquid product from Nature's Sunshine Products called Catnip and Fennel. Now, Fennel tea has long been used for children, particularly in asian cultures for digestive issues, but we used this sticky liquid right on her skin. We would put some on her feet and then cover with socks or we would put some on her tummy where the diaper would cover and it worked so well, she often fell right to sleep after its application. We put some on her tongue sometimes, but I think she objected to the strong licorice flavor – speaking of flavor, does it seem to you that every child on the spectrum LOVES mint? Mints are great for stimulating enzymes that help them digest their food. Give them extra when they have something with wheat or dairy in it to give them the best chance of getting it through their system. I stocked up on candy canes this holiday season!

Relaxing the autistic child can also be a challenge. Again, we went with topical skin treatments. Lavender oil on the feet, chest, back and forehead always worked well for us (in fact we still use this for Iris most nights at bed time). Lavender can be uncomfortable to inhale often for those with asthma, but there are other relaxing essential oils that will work too (or just use it on the feet). Another thing I do for relaxation is smooth Olive Oil onto the child's adrenal glands (just under the ribs on the back – they sit on the kidneys). The olive oil speeds essential fatty acids to the adrenals for very quick soothing. I've seen a kid go from tantrum to loveable in 5 minutes with this Olive Oil trick, both autistic and developmentally normal.

Another thing about relaxing is B vitamins. EMFs and stress can deplete our B Vitamins and Magnesium levels. To get these nutritionally you might eat extra spinach, blue berries, mango, etc. Unfortunately, these things don't always fit easily into the autistic diet and so I rely upon Epsom Salt in every bath (about a handful – it's good in a stopped up shower for parents too!) I also use a Magnesium supplement from Nature's Sunshine – they are just tablets that look like a double sized aspirin, but Iris will pick one up herself and chew it up happily.

That brings me to another point – supplements. We have heard every fad and idea on how to conquer autism symptoms and we have tried a fair amount of them. Heavy metal detox programs, flushes, special supplements – too many to mention. One day, I realized that Iris was clutching the railing on the stairs for dear life – she was terribly dizzy. It was only then that I realized that the detoxing we were trying to help her with was kicking up toxins and making her feel terrible. No wonder she wouldn't cooperate. She was getting so constipated that she would use her fingers to clear the blockage...if you know what I am saying. It was terrible for everyone – so while we were making changes, we stopped giving her any supplement that she wouldn't take cheerfully, and that has been working well for us in many respects.

Along the journey, we found that some felt that periods of clarity could be induced by adrenaline rushes or oxygen therapies. While we never tried these, we did think about it in relation to Iris's extreme joy of being upside down or spinning or jumping. We had heard that being upside down for 7 minutes fully bathed the brain in blood and helped it to work at optimum capacity. By the time we heard this, Iris was a bit too big to hold upside down for such a long time, but we are looking into ways to help her be upside down and we find she loves the mini trampoline we got for her. I think the success we see here has also to do with the increased time and attention she receives at these times too.

Of all of the things that we have tried, I have to say the single most helpful thing for Iris is our time. It can be hard to carve out time – we spend so much of our time caretaking and arranging that often we forget the interactive time these children need. In addition to that, these children can be so difficult to deal with that they make it hard for us to want to spend the time – but it is very important. It's great to have others around – other kids they can model from, other adults who will help love and care for them, even animals to capture their attention and take them out of themselves for a while. Interaction is so

important, even if that means cuddling in bed, copying their behavior, smiling, laughing, touching, hugging and kissing. If they resist, make it a game with giggles and tickles. That's what they seem to want, more than anything in the world.

Oh yes...one last thing. I know that many of us were raised with strong discipline – an understanding that children were bent to the will of the parents for their own good. Kind of a “do what I say, or else” flavor in many ways and many of us are tempted to do the same thing with our own kids. I even heard one woman say “If I don't get to be the boss now, when do I? I had to follow my parent's rules when I was a child, my kids will follow my rules now.” It almost feels like a promise somehow – and some of our staunchest supporters (our parents, doctors and teachers) continue to advocate that with our kids.

I learned the hard way that our special kids do not respond to strong or strict discipline – they need to be convinced to cooperate, not ordered. We don't get to be the boss now, folks, sorry. They are going to do what they want to do and we need to provide the least restrictive environment for them to grow and thrive. That doesn't mean don't set rules – and I sometimes feel like if I hadn't been strict with Iris in the first place I wouldn't have any control over her now – it just means that I am really impressed with how much easier this is when I am easy going and flexible with her. I've had to just resolve not to let her get me angry, leave her plenty of time and warning for transitions and understand that I am going to learn parenting best from my kid, not from other authorities.

Tools

There are a lot of products on the market and a lot of opinions about what does and doesn't work for autistic kids. I can only share my experience and tell you what worked for us.

In my opinion, the **Byonetics** subliminal audio program was the most wonderful blessing and it really helped us to start on the right track. Jean Genet is a grown man in his 60s maybe, who was himself a vaccine injured baby. His family struggled to help him, spent every penny they owned caring for him and he recovered enough to go on to work for NASA as an adult. He developed this audio program that was wonderful for us. It had an environmental CD you played all the time in the background, a bedtime CD to help parents heal and 7 bedtime cds for the children – 1 for each day of the week. Low cost, terrific support and a CD to help ME heal! Loved it. After about a week of the program I could feel the despair lifting off of me. Iris was sleeping through the night and the whole household was more peaceful. I really love this program.

Speaking of kids sleeping through the night – that is one thing I hear very commonly through the community. We have only had intermittent trouble with Iris sleeping through the night and I think that is largely because we had her on a wave sound machine at bed time since she was born – we liked it and it camouflaged our noise while she slept. Of course we have had plenty of nights where Iris got up at 2am and wanted to stay up and play or had her wake in the night crying. My mom (the naturopathic physician) gave us the following handy table to give us clues as to what might be the physical cause of her

awakening. It seems that every 2 hours the energy focus of the body shifts to a different organ and at any given time 1 organ has a lot of the body's energy focused on it and another body organ it as it's lowest energy. Either of these two conditions could be enough to wake someone who has strain in those organs. This chart gave us a place to start...I mean, the child couldn't tell us what was wrong - at least this chart helped us say "Maybe her stomach is upset, let's give her some extra enzymes."

KEY TO THE ORGANS & CYCLES

The times listed are when the organs are the strongest. They “kick on” so to speak. The hour opposite the time listed is when that organ is the weakest. In shiatsu, this is referred to as “The Law of Midday and Midnight”.

Liver	1AM-3AM
Lungs	3AM-5AM
Large intestine	5AM-7AM
Stomach	7AM-9AM
Spleen\pancreas	9AM-11AM
Heart	11AM-1PM
Small intestine	1PM-3PM
Bladder	3PM-5PM
Kidneys	5PM-7PM
Triple warmer	7PM-9PM
Lymphatic system	9PM-11PM
Gall bladder	11PM-1AM

Times are shown as Standard time – you need to do the math for Daylight time

Here’s our little ditty to remember the first 6 systems:

Liver, Lungs, Large Intestine, Stomach, Spleen Heart, Hey!

Then the ditty for the second 6 systems:

The small, bald kid tripped and lymphed to gall.

(Small Intestine, Bladder, Kidneys, Triple Warmer, Lymphatic System, Gall Bladder.)

What this did for us was to allow us to say “Okay, Iris is up at 3:30am. That equals Lungs (as the most energy) or Bladder (as the weakest energy). Let’s change her diaper and give her some allergy drops and see if that works.” Very often it worked like a charm and we’d all be back to sleep in 30 minutes or less.

Luckily, we home schooled Iris and we worked from home, so our time was more flexible and could accommodate mid-night madness a bit better – though no one likes to have to wake in the night. Home schooling for Iris was easy for us in many ways because we helped Iris learn the computer very early on. It was natural for her – she saw mom and dad at the computer working as much as they could and she wanted to join in on the fun. She learned in stages, very easily – I have a great tutorial for getting young kids on computers – and she was reading by the time she was 4, thanks to starfall.com and other terrific web sites. There is so much out there for kids as they engage their long attention spans in fun and creative ways. These days Iris is learning about healthy food and geography and different cultures. We couldn’t do it without the diversity of free internet resources.

The GFCD diet is another great tool and it is so daunting for many of us parents. It sounds like torture for the kids. It sounds like a lot of work for us. I can say from my experience that anything you can do to limit wheat and dairy in your kids diet will help you in the long run. Do you know why there is a cow on Elmer's glue? Because Elmer's glue is made from Casein, which is found in dairy products. That's what it turns into in our kid's system – glue. Same with wheat. Take a handful of wheat flour and add some water. See that sticky mess? That is clogging their elimination systems. Most of us have enzymes to cut through that goo – the autistic child does not.

So what do we do with this in mind? We become more aware of what our kids eat. We remember that there is cheese in Doritos and we give the kids Fritos instead. We give our kids sorbet (Hagen Daaz Mango sorbet doesn't even have corn syrup in it) instead of ice cream. When we take the kids out for a meal, we order bacon and eggs instead of pizza – and if our kid simply must have that pizza (it's her birthday for goodness sake!) then we give them extra enzymes to help them digest it – as simple as a mint or candy cane. Remember too, that we make up a growing population and food makers are constantly trying to help us and gain our custom. Newman's Own has a version of Oreos that are gluten and dairy free and they are delicious! Pamela's makes chocolate chip cookies that are wonderful – they also make prepared bake-able cakes and cookies and breads. The bread is the hardest. We are using a bread that is made from Spelt, not wheat, though I am not sure it is gluten free – but it is the best that I can do, it is what I can get Iris to settle for. We do what we can.

As far as dairy goes, goat dairy is much less in casein than cow dairy – and I have had delicious goat milk ice cream and have used goat butter in recipes with great success. Goat cheese and mozzarella cheese are also low in casein. Rice Dream rice milk is a great milk substitute – the plain is good and the vanilla is sweet enough to make any cereal delicious. I've even been able to make sweetened condensed milk from rice milk and Toll House Cookies using goat butter, dark chocolate chips (Guittard seems to be dairy free), xylitol (natural sugar substitute) and rice and spelt flour.

There are also a handful of supplements that I use, that I will list for you here. This is not a recommendation list – every child is different – but it is a list of products that my kid will take cheerfully if offered to her and that seems to make it worth mentioning.

Strawberry flavored DHA pearls

Better known as strawberry candies in my house, this is a great way to get important essential fatty acids to the brain.

Boiron remedies

We had a homeopathic professional help determine which remedies were right for everyone in our family and Boiron's products are very easy to use. Iris calls these crunchy vitamins and we use a variety of remedies for her. For me, they suggested Sepia, also known as Irish Washer Woman remedy...lol. I was told that when you feel that every minute of your life is spent serving another, it is time for Sepia. I still take about 3

pearls once a year or so.

Epsom Salt

Epsom Salt in the bath is very important for these kids who struggle with constipation. I mean, if they are clogging up with gluey gooey good, they are not eliminating as they should be. People should have a bowel movement for every meal that they eat in a day. If they don't, they are constipated and should be shooting for 1 bowel movement for each meal and 1 extra to clear out the old. All natural Epsom Salt relaxes and has long been sought as a laxative, so this one is important.

NSP Products

Nature's Sunshine Products has been a real blessing in the lives of many. Their super strict quality standards make them the highest quality herbal supplement provider in the world, in my opinion. I will detail some of the products we use, as we would be lost without them:

Colloidal Minerals

This is a yummy lemony liquid that Iris loves and it provides excellent mineral support when we see signs of pica – a mineral deficiency that has people eating weird things like sand or drywall or in Iris's case, sometimes poop. The body is craving minerals it can not find and so it just keeps chewing. I give her several droppers full of these Colloidal Minerals and she stops eating the carpet.

Magnesium tablets

These look like a double sized aspirin - and I think they taste like it too – but Iris will chew one up happily when she needs it. I give her these for constipation – and I can tell she is constipated because she tries to use her fingers to unclog that area. I see that, I wash her hands and give her a tablet and the problem stops for the evening, usually.

Catnip and Fennel

Mentioned in the Tips section, we used this liquid preparation to help with gas and indigestion when Iris was a baby and we use it orally for her now for occasional gas pains. I don't know about you, but when my kid wakes in the night screaming, it usually turns out to be gas.

Papaya Mint Enzymes

These have a light, minty flavor and Iris loves them. Terrific for digestion and easy to take along so that you have something to give after a meal at a friends house or something.

Lavender

Lavender and other essential oils can be so soothing – just the smell can calm a fussy baby or cranky child sometimes. I used to put this on Iris's shirt on long car rides to keep her calm and help her sleep. I use it still every night at bed time to give us all the best chance of a full night's sleep.

Lobelia

Lobelia Liquid is also very relaxing. It tastes terrible, so I mix it with the lavender at bed time and apply the mixture to her feet, back, chest, forehead and on the outside of each thigh, just above the knee. I had heard that that spot was the most soothing spot on the body – and it made more sense after carrying kids around to try to get them to sleep, as that part of the leg pushes on our forearms as we hold them and rock them. Sometimes massaging that leg spot will settle her down enough to sleep.

Conclusion

Ok... well, that's it so far. Thanks for visiting and thanks for listening. I hope some of this information helps you, my friend. Remember, you were selected for this mission and you can do it – and you can love it. The teachings of Louise Hay and Esther Hicks have shown me that our mental attitude, our intention, our beliefs and emotional patterning make all the difference in our day-to-day lives. Learning to be positive and deliberate in our thinking is so important. Being personally happy is so important. This lifestyle can be very difficult. It can be a terrible strain on our marriages and on our own health. We can not raise happy children if we are not happy ourselves – and we deserve to be happy! Be caring and gentle with yourself and as caring and gentle with your spouse and children as possible.

Remember too, that as this population grows, so does the support in our community. Many school districts offer early education intervention at home through age 5, many have special classes, some geared directly toward autism. Social Security offers financial help for our special children – financial benefit for the child that does not decrease parental benefits. There are local mother's clubs, home school groups and autism support groups popping up all the time. You don't have to do this alone. You are loved and appreciated and truly wonderful. Keep up the good work!

xoxo – peace!
Carole