



Michael Senoff's

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Expert Interviews On Mind Body & Spirit

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INTERVIEW SERIES

**Is A Child Really Being Diagnosed With Autism Every
17 Minutes?**

**How To Give Your Autistic Child
The Brightest Future Possible**



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Expert Interviews On Mind Body & Spirit

Dear Student,

I'm Michael Senoff, founder and CEO of HardToFindSeminars.com.

For the last five years, I've interviewed the world's best business and marketing minds.

And along the way, I've created a successful home-based publishing business all from my two-car garage.

When my first child was born, he was very sick, and it was then that I knew I had to have a business that I could operate from home.

Now, my challenge is to build the world's largest free resource for online, downloadable audio business and health related interviews.

I knew that I needed a site that contained strategies, solutions, and inside information to help you operate more efficiently.

I've learned a lot in the last five years, and today I'm going to show you the skills that you need to survive.

It is my mission, to assist those that are very busy with their careers.

And to really make my site different from every other audio content site on the web, I have decided to give you access to this information in a downloadable format.

Now, let's get going.

Michael Senoff

Michael Senoff

Founder & CEO: www.hardtofindseminars.com

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Is A Child Really Being Diagnosed With Autism Every 17 Minutes? How To Give Your Autistic Child The Brightest Future Possible

Dr. Ricki Robinson, author of *Autism Solutions*, has been working with developmentally delayed children for 20 years. When she first started out in the industry, she says the rate children were being diagnosed with autism was about 4 in 10,000. Now, it's about 1 out of every 110. That's like saying one new child is being diagnosed with autism every 17 minutes.

Even though the disorder is on the rise, there is good news about it. A process now exists for evaluating and helping children in the early stages of this disorder that involves parents, physicians, support groups, school systems, and even the government that gives new hope for a bright future. And in this interview, you'll hear all about it.

You'll Also Hear...

- The sad truth behind the rise in autism, bi-polar disorder, and attention deficit – and why this global problem may continue to rise
- Signs your child might have autism and the best place to go for information and support
- Simple modifications you can make to your everyday routine that usually help autistic children and examples of the kinds of tech gadgets schools can bring in to help too
- Exactly why it's so hard for autistic children to write and communicate – and simple ways you can help them do it
- The "life-changing" reason so many parents are choosing a gluten-free diet for their autistic children and how to know if it's right for your situation
- A quick look at the local chapters and groups you can go to for support and research so you know you're always up to date on what's out there

There are steps you can take to help your autistic child move ahead in life, instead of just continually being held back. Those steps include knowing what your child needs, tailoring a plan to meet those needs, and advocating for your child every step of the way. It's not always an easy road, but at least it's one you don't have to take alone. And in this audio, you'll hear all about the proven process that works, and where to go for help.

Kris: Hi this is Kris Costello and I've team up with Michael Senoff to bring you the world's best health related interview. So, if you know anyone struggling with their weight, with cancer, diabetes,

ADHD, autism, heart disease or other health issues, send them over to Michael Senoff's www.HardToFindSeminars.com.

Today, we are talking Dr. Ricki Robinson, author of *Autism Solutions: How to Create a Healthy and Meaningful Life for Your Child*. She's been in private pediatric practice for over 30 years, specializing in children with developmental delays for over 20. Dr. Robinson, thank you so much for joining us.

Ricki: Thank you so much for having me Kris. It's a real pleasure to be here.

Kris: You have written *Autism Solutions* and I know a lot of parents are going to be very excited to hear that there are solutions out there for autism.

Ricki: That's the main that I wrote the book, Kris, is because in my 20 years of experience working with children and families living with autism, I've come to realize how many different things we can do and offer to do and offer to families that will improve their lives and help them progress up the developmental ladder. I am so hopeful for all of these kids that we can help each one of them find their place in the sun eventually.

Kris: The rates are just going up dramatically and as many of us are aware of the autism challenges, what do you think is going on with these higher rates of autism.

Ricki: That's a great question. When I entered the field 20 years ago, the rate of autism, which was considered rare, was 4 in 10,000 children. Now today, there's a staggering amount. It's 1 out of 110 who are diagnosed with autism. That translates into one new child being diagnosed every 17 minutes. Since 4 out 5 are boys, that's 1 out 70 boys. With rates like this, which is truly epidemic in proportion, one has to look like at our modern society and say, "What is different today than what it was 40, 50, 60 years ago?" What we're coming to learn is that the environment that we live in today is pretty toxic. There's no end of toxins that are out there that our children are exposed to all the way from utero on.

Kris: What are some of the things that parents can do? Let's start with the expectant mom to reduce their chances.

Ricki: Because we don't yet know what it is, we live as healthy a life that we can by controlling what we eat and what we put in our bodies. The truth is we all live in this global world and with a nuclear melt-down occurring in Japan; globally it will affect all of us. As much as moms do everything they can to help their children, this is a society problem. We have to be willing to ask the hard questions and really look into what's been changing this environment for all our children because, it's not just autism that's sky-high today. It's attention-deficient, it's bi-polar, anxiety and depression in all of our children.

Kris: In a lot of adults too.

Ricki: No question about that.

Kris: When a parent brings a child that they're concerned about with any of these issues that you just mentioned, what are some of the first things that you do with them?

Ricki: If the child has the early signs of autism, it is a disorder of communicating and relating. We're looking for those signs that indicate that a child's having difficulties in these areas. I tell parents, if for any reason they feel like they're not connecting with their child, absolutely, get to their doctor and ask their child to be screened for developmental delay. If a diagnosis of autism is made, the key to helping develop the bright transformative plan for a child is to know the child is an individual. That means moving beyond the label of autism and to who that child really is. How does he learn about his world? How does he take in his senses and appreciate what's going on around him? That then helps us come up with a plan that's total tailored to the individual child.

Kris: What about schooling for kids with autism? The schools just are not set up to deal with kids with any of these issues that we just talked about. How do you navigate those waters?

Ricki: As you know, it's not easy and for some parents, it becomes a full-time job just being the advocate for their child which is really a shame in today's society. But, that is the fact of the matter so, I find that the best thing we can do is to demystify a child for the school system. This is not a case of one-size-fits-all. There's no cookie-cutter approach that works for kids with autism because, if one thing worked, of course, we'd all know about it. We have to tailor it to the individual child and be certain we meet his needs and I can give you a simple example.

In ordinary education, of course, we teach kids to use pen and pencil and to write but kids with autism have motoric problems. They're hands don't work well for them. Just the act of writing can be very, very difficult. If we're trying to find out what a child is thinking and feeling, we have to develop a by-pass strategy because, if they get so connected to try to write that "A" correctly, that they forget what it was that they were going to write. If we're trying to find out how good his penmanship is, then let him write. For example, I am bringing in the iPad now into kids who are in second grade or third grade so they can communicate what they're thinking. When we support this kind of thinking in the school system, a child can really start moving ahead rather than being held back because he's not able to express himself.

Kris: Kind of acknowledgement of the things that are going to always be problems for some of these kids and focusing more on the strengths. Heaven knows, we do have so much technology now and everybody and adults using technology all the time.

Ricki: No one who's an adult really writes much anymore so; it's going to be a lost skill at some point. I do think that modification across the board for kids in the school system is the only way to go.

Kris: How about the gluten-free, the dietary changes, have you used that with your patients in the past with success?

Ricki: Clearly, it's one of the options and it's one of the more popular options that parents like because they can mobilize and implement it themselves. In the more medical-based approach

that I present in my book and in the pages of *Autism Solutions*, what I suggest to parents is that up-front, we need to find out all of those medical problems that their children have and there's no question that children with autism have many more medical problems than typical. They have GI issues and this is where the dietary may work. They have sleep issues which are profound. They have immune issues. They have seizures much more frequently so; all of these need to be addressed. If up-front I can predict that this is the kid where diet is going to help, then, absolutely, we need to do the diet. For some of the dietary things, such as true gluten toxicity, the kids really can't be around gluten. On the other hand, some parents want to try it and we do but, if you do choose a diet, you have to be certain that the diet itself is nutritional sound and he is getting all the right nutrients and minerals that he needs.

Kris: One of the things with raising children with autism, it's so critical to get support. Where are some of the places that people can go that you've seen are just tremendous for giving support and help.

Ricki: I've written about this in *Autism Solutions*, reaching out to the community that you know, friends and family some of whom are helpful and some of whom are not. Then connecting with others within the community who have children with autism and putting family support groups together which have really popped up to all kinds of communities. Then, you've got the national organizations that are out there that have local chapters. For example, True Autism Now that started in California then became Autism Speaks had many chapters all through California where parents get together to not only support each other but also to feel like they're doing something positive, to raise money for research and to be up to date on what's new out there. Then, many parents use their own community house of worship or their own recreational sites to find support. Then, one does have to use the systems to get the finance support and the professional support that they need.

In California, we had the regional center system and we're very fortunate because, it's much more than many other states have. We all know that great financial problems in California right now

are impacting the degree to which services are being offered. As much as we can advocate for our kids, the better off we are.

Kris: How did you get inspired to write *Autism Solutions*?

Ricki: It really came from the children and the families living with autism and seeing how these kids had progressed and realizing that there could be a future for them. I was so inspired by their stories that as parents encouraged me, they said, "Write this all done because it's been so helpful for us." That notion was in mind when I realized I wasn't going to be able to extend myself beyond the patients that I care for. I really, really wanted to be able to empower families, whoever wanted it, with the knowledge to be able to go to their own physician and their own professional and say, "What do you think about this? Could it apply for my child?"

Kris: What will people find if they get a copy of *Autism Solutions*?

Ricki: They're going to find that the majority of every question that parents ask is answered in this book. From the moment parents feel that something just isn't right with their child to learning about what they need to know even before they have an evaluation to the entire evaluation process. How they can specifically learn their child to using relationship-based approaches to wooing their child and bringing their child out and learning how to develop this interactive dance that we call a relationship to meeting every challenge along the way including the emotional and the medical challenges. Finally, thinking about the things that will start very early in their child's life that will help prepare them move to adulthood so they can follow their own dreams and create their own life and make it meaningful for themselves.

Kris: Where do people find more information about your book, *Autism Solutions* or your work?

Ricki: If they go to my website, www.DrRickiRobinson.com (that's Ricki with an "i"), they will find lots of information and resources for support as well as other informational pieces and. There's also a place there that if they wish to order the book, they can from

multiple sources however, it did hit the book shelves and they can also go into their local book store and if it's not there, ask for *Autism Solutions* and I'm sure the book seller would love to get it for them.

Kris: Thank you so much Dr. Robinson. We really appreciate you taking the time.

Ricki: Thank you for having me on the show. I really appreciate it.

Kris: That's the end of our interview and I hope you've enjoyed it. For more great health-related interviews go to Michael Senoff's www.HardToFindSeminars.com.