

List of Autism and Sensory Processing Disorder Resources

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Websites

www.theinspiredtreehouse.com

My most highly recommended website. It's created by a pediatric occupational & physical therapist. They "feature easy-to implement activities designed to promote all kinds of developmental skills for kids."

www.victoriesnautism.com

A website created by a special Ed teacher that contains tips, tools, and resources for ASD, SPD, ADHD, LD...

www.do2learn.com

Printable visual resources

www.5pointscale.com

This site was "developed to share information about the use of the 5-point scale and other systems to teach social and emotional concepts to individuals on the autism spectrum."

www.iidc.indiana.edu

Indiana Resource Center for Autism has many great free visual resources and tools.

afirm.fpg.unc.edu/afirm-modules-

Autism Focused Intervention Resources & Modules (AFIRM) an extension of the National Professional Development Center on ASD and offers free evidenced based education modules for teachers.

<https://www.cosmickids.com->

Free yoga for kid videos!

Pinterest- Type in visual schedules for ASD and you will get hundreds of great templates and ideas!

Authors/Books

- Carol Kranowitz- author of The Out of Sync Child books
- Kelly Mahler-Authored several books and workbooks on interoception and sensory processing disorder
- Keri Dunn- creator of the 5-point scale
- Susan Culp's *A Buffet of Sensory Interventions*
- Ian Jordan from the UK is an expert on visual tints and has remarkable youtube videos. Also wrote *A Parent's Guide to Vision in Autistic Spectrum Disorders*
- Barry Prizant- Author of *Uniquely Human*
- Ziguart Model and The Comprehensive Autism Planning System (CAPS) are two systems that should be utilized by all educators to help those with thinking and learning differences

Autism Signs and Symptoms...

Developmental Milestone Red Flags

3 to 4 months Warning signs:

- No interest in hands or feet — a lack of self-awareness
- No smiling, babbling or attempt to imitate noises you make
- No grabbing/gripping objects, poor head support, and difficulty following/focusing on objects
- No attempt to place objects in the mouth
- A regression in certain skills

7 months Warning signs:

- Movements that seem too rigid or too loose
- Not wanting to show physical affection (for example, if you have difficulty getting the baby to cuddle)
- No response to emotions, physical contact, or sounds
- Physical delays like the inability to roll over, hold up the head, or sit with help from an adult
- No participation in simple games
- No babbling
- A regression in certain skills

12 months Warning signs:

- Physical delays-not standing up with help, no crawling, or crawling with one side of the body dragging
- Not pointing to things, like a food or a toy he wants
- Lack of physical communication or gestures, including waving
- Lack of participation in games like hiding toys (he doesn't try to look for something you hid)
- Can't say individual words like "dada," "mama," or "cookie"
- A regression in certain skills

About 2 years old Warning signs:

- Not speaking in phrases (at least two words at a time)
- Knowing fewer than 15 words
- Inability to follow basic directions
- Not imitating others' activities or words
- Doesn't know what to do with a toothbrush, hairbrush, utensils, or a toy phone
- Physical delays like not walking by 18 months old, or only walking on tiptoes
- A regression in certain skills

By 3 years old Warning signs:

- Avoiding eye contact with others
- No interest in "make-believe" or pretend play, Not wanting to play with toys or even other children
- Can't speak even in short phrases
- Speech that is slurred or difficult to understand, accompanied by frequent drooling
- Difficulty copying objects; for instance, being unable to draw a shape like a circle
- Can't work simple toys or objects
- Severe problems with separation from parent or caregiver
- A regression in certain skills

General Signs and Symptoms of Autism...

Difficulty communicating.

Communication warning signs:

- Language milestones that are delayed or not met
- They use few or no spoken words by age two, nor do they use gestures, gibberish, or other means to communicate
- They do not go through the usual babbling or gibberish stages of speech.
- Frequent rhyming that doesn't make sense
- Repetitive sounds, words, or phrases, possibly from a TV show or a book
- References to self in the incorrect person — calling himself "you" instead of "I"
- Not looking at things that are the topic of conversation or that others focus on; for instance, if you're talking about a car, the child won't turn to look at the car.
- They are not hard of hearing but don't respond when their name is called.
- Lack of eye contact, even when eye contact is requested.
- Never initiating interactions or conversations with others.
- They develop spoken language at the usual time, but use words oddly, have an unusually flat voice, or misunderstand the intended meaning of words.

Difficulty interacting socially.

Social interaction warning signs:

- Acting isolated or withdrawn
- Inability to express empathy for others
- Frequently playing alone instead of interacting with other people
- Difficulty making friends
- Avoiding eye contact
- Ignoring friendly advances, including smiling
- Problems playing games or just interacting with others during play

Sensitivity to sensory stimulation.

Warning signs:

- Either no reaction at all or an over-sensitive reaction.
- High tolerance for pain or, conversely, a very low threshold for pain
- Unusual sensitivity or very low sensitivity to taste, sights, sounds, smells, and touch
- Unusual responses to regular noises (not particularly loud), such as covering the ears or saying that the noise hurts
- No interest in physical contact
- Frequent physical contact with objects — uses taste, touch, and smell to better investigate objects

Behavioral problems.

Warning signs:

- Very aggressive behaviors
- Repetitive motions like rocking and twirling

- Interest in only a few activities or games played often
- Resistance to change or try new activities
- Difficulty paying attention
- Either demonstrating withdrawn, quiet behavior or being extremely active
- Acting out with severe temper tantrums
- Inability to move beyond one activity or problem

Play- “In clinical terms, play is defined as an activity that is pleasurable, voluntary, motivated, flexible, and non-literal. Children with autism often engage in inflexible, repetitive play patterns without any symbolic or pretend behavior.”

Warning signs:

- Lining up objects or toys rather than using them in pretend or interactive play.
- Interacting in the same way with the same objects (toys, doors, containers, etc.) over and over again.
- Enacting the same scenes (often from TV) over and over again in exactly the same way.
- Engaging in "parallel play" (two children playing near one another but not interacting) long past the point when such play is developmentally typical.
- Ignoring or responding angrily to attempts to join them in their play or make changes to their play schemes.
- Having difficulty with age-appropriate forms of play such as rule-based games, pretend play, organized sports, or other activities that require social communication.

Unusual Physical Behaviors

Warning signs:

- Rock, flap, or otherwise "stim," often as a way to calm themselves;
- Over- or under-respond to sensory input, including pain;
- Are unusually picky eaters and may refuse foods with particular textures or strong flavors;
- Have an unusual gait that may include toe walking or awkward movements;
- Respond in age-inappropriate ways to unexpected changes in routine (angry melt-downs or extreme anxiety as a result of apparently minor changes);
- Exhibit age-inappropriate behaviors or interests or have difficulty with developing age-appropriate abilities in toileting, dressing, etc

Less Common Signs. **Quite a few people with autism have unusual symptoms that may not cause problems but which do suggest a different developmental path. A few such symptoms include:**

- *Hyperlexia*: a very precocious ability to decode written language without the accompanying ability to understand the meaning of the text
- *Synesthesia*: unique responses to sound, color, letters, or numbers (for example, some people with synesthesia "see" sounds, "hear" colors, or otherwise experience unique responses to sensory input;
- *Savant syndrome*: autistic savants, who represent a small percentage of the autistic population, may have amazing abilities to memorize information, do complex calculations, play piano, and so forth—much like the character of Raymond in the movie "Rain Man."

Information on warning signs & symptoms came from these two websites....

<https://www.verywellhealth.com/autism-symptom-checklist-before-you-see-a-doctor-259886>

<https://www.everydayhealth.com/autism/age-related-signs.aspx>