

The Parenting Asperger's Mini-Course By Dave Angel

Disclaimer

The write of the material present in the "The Parenting Aspergers Mini-Course" believes that a multi-disciplinary approach to parenting aspergers children is of extreme importance. This means combining the approaches of a wide variety of disciplines involved with aspergers children and their parents such as social workers, nurses, teachers, doctors, psychologists, psychiatrists, counsellors, speech therapists. Also it involves using the knowledge and information of parents them selves. The author recognizes that within scientific, educational, social and medical fields there are widely divergent viewpoints and opinions. This material is written for the express purpose of sharing educational information gathered from the experiences of the author and other people in the areas mentioned above. None of the information contained in this email is intended to diagnose, prevent, treat, or cure aspergers, nor is it intended to prescribe any of the techniques, materials or concepts presented as a form of treatment for aspergers. Before beginning any practice relating to aspergers it is highly recommended that you first obtain the consent and advice of a qualified health, education or social care professional. Should you choose to make use of the information contained herein without first consulting a health, education or social care professional, you are prescribing for yourself, which is your inalienable right. However, the author assumes no responsibility for the choices you make after your review of the information contained herein and your consultation with a qualified health, education or social care professional. None of the statements in this article or in the book have been evaluated by the Food & Drug Administration (FDA), or the American Medical Association (AMA). This material is not warranted for any particular or general purpose whatsoever. Viewers of this material assume any and all risks for any use of this material. This material may not be reproduced or re-transmitted in any way.

Part 1 of your Parenting Asperger's Mini-course
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Aggression and Violent Behavior

Aggressive behavior in the child with Asperger's Syndrome occurs for a reason, just as it would with any other child.

Inappropriate behavior, whether mild or severe, occurs in order to; avoid something, get something, because of pain, or to fulfill a sensory need.

The first step in reducing or eliminating this behavior is to determine the need that it fulfills.

The second step is to teach them a replacement behavior, i.e. communicate what they want or don't want.

It may even involve using some of their obsessive or self-stimulating behaviors as a replacement.

This is because it would be far less intrusive to others than Aggressive behaviors, but still serve the same purpose.

This process takes time and initially, depending on the behavior, you may not have time.

If the behavior is severe, then you need to remove the child from whatever situation they are in at the time.

Simply insisting that they stop the behavior and participate in whatever is occurring will not benefit the child or you, unless you remove them from the situation first.

Maintaining their routine will go along way towards reducing the need for inappropriate or aggressive behavior in the first place.

This is just one of the many tricks, tips and techniques that you can use to cope with your Asperger's child's behaviors that feature in my new book "The Parenting Asperger's Resource Guide". Which you can learn more about by visiting

<http://www.ParentingAspergers.com>

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How you can help your child to cope with mainstream school and build a relationship with the school.

Before the school year starts, you should take your child to the school for a trial run.

Just so they can meet their teacher and learn what their day may look like.

This is a good time for you to introduce yourself to the teacher and let them know that you are there to help, providing just a basic overview of your child and what works best for them, as far as you know.

Recognize that the teacher will have a number of children to deal with and they want to help your child, but they may need to do things differently than you have at home.

Let the teacher know that you are willing to support your child with homework assignments or any other projects that may come up.

Be an advocate for your child but don't overwhelm the school or make demands on them that make it impossible for them to care for other children as well.

If your child is to be mainstreamed, they are likely going to need an aid with them throughout most of their mainstreamed classes.

This person will be there to help them with difficult work and also monitor your child for overload, allowing them the opportunity to remove your child from the classroom prior to them displaying inappropriate behavior.

Inappropriate behavior in the classroom is only going to make them a target for other children and it will serve them well to avoid that possibility.

This is just one of the many tricks, tips and techniques that you can use to help you Asperger's child at school that feature in my new book "The Parenting

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The key things to think about if you are considering home schooling your child

Home schooling the child with Asperger's can be beneficial because you know your child better than anyone else.

In the home school environment, routine can be maintained because there is not the impact of the needs of other children or other interruptions.

Further, you have the ability to teach to your child's strengths that may not be readily recognized by others within the school system.

It may also help your child avoid the affects of bullying that is often associated with any child who is different.

However, the child with Asperger's Syndrome lacks social skills and the ability to fit in with their peers, yet they usually crave this type of interaction.

All children learn a great deal of their social skills in school and it is no different for the child with Asperger's Syndrome.

Interacting with other children will not only provide them with the opportunity to develop some social skills, but develop life long skills that will be important to them later in life.

At some point in his or her life, your child will need to develop skills that will help them interact in society.

They will also need to develop the ability to make decisions in your absence.

It is not likely that they will have the opportunity to learn these skills in home school, unless you are very active with other social skills groups.

These are just a few of the considerations you need to make when considering your child's education that feature in my new book "The Parenting

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How to help your other children cope with your Asperger's child's behaviors.

Having a child with any type of developmental disabilities can be very stressful for the parents and the siblings of that child.

Siblings may often feel embarrassed around peers, frustrated by not having the type of relationship with their sibling that they wanted or expected, and/or angry that the child with Asperger's Syndrome requires so much of the parents' time.

It is hard enough for parents of the child with Asperger's to understand why their child has this syndrome, much less why they behave the way they do.

Teach siblings about Asperger's Syndrome to the extent that they are able to understand.

Let them know that it is okay to be frustrated with their sibling who is affected, but it won't help their relationship.

Let siblings know what that child needs, again to the extent that they can understand and provide as normal of environment as possible.

It is often tempting to coddle the child with developmental disabilities, like Asperger's Syndrome, and expect the other children to do so as well.

But, the child with Asperger's Syndrome will benefit and learn social skills from their siblings as well, and they should be entitled to a reasonable amount of sibling rivalry as well as any other child.

You don't want to deny the child with Asperger's the typical childhood, which includes fighting over toys and television shows.

These are just a few of tips, tricks and techniques for helping your family to cope with your Asperger's child that feature in my new book "The Parenting Asperger's Resource Guide". Which you can learn more about by visiting

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How to teach your friends, relatives and neighbors about your Asperger's child's behaviors.

The general public, including your relatives, friends, and neighbors, do not know what Asperger's Syndrome is, or how to understand their behavior or deal with it.

Teach them.

Give them as much information as you can, relative to how much information they are willing to receive.

Bombarding them with information they aren't ready to receive will only frustrate them and make them less willing to listen.

Meanwhile, continue to provide for your child in the manner that is best for them, increasing every opportunity to treat them as a "normal" child.

The more you can demonstrate normative behavior for the rest of your family, the more likely they are to treat your child as a "normal" child.

If your friends, neighbors, or relatives, are witness to one of your child's bad days, explain why it was a bad day for them and what can be done to lessen those days.

Don't be ashamed of your child or their syndrome.

It isn't your fault that they have this syndrome and it isn't their fault.

It just is.

These are just a few of tips, tricks and techniques for helping to explain about Asperger's Syndrome to people that you meet in everyday life that feature in my new book "The Parenting Asperger's Resource Guide". Which you can learn more about by visiting <http://www.ParentingAspergers.com>

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How to cope with problems that show up on shopping trips.

The child with Asperger's Syndrome needs to know what is expected of them at all times, as well as what to expect from the world around them.

Shopping trips that are lengthy, when they have no prior knowledge of the expectations, are bound to fail.

It is not only appropriate but important for them to access the community, participating in normal activities as the rest of us do.

But if they are not given accurate information, or the trip is simply too long, it is bound to fail.

In order to integrate the child with Asperger's Syndrome into the community, it is best to start with very small, quick trips.

Take the child with you to pick up one item.

Prior to entering the store, tell them why you are there and what you are there to get.

Give them some "brief" cues on what will be expected of them.

If they start misbehaving in the store, remind them the trip is almost over.

After you have retrieved what you are there to buy, leave the store and reward them with verbal praise for their behavior, if it was acceptable.

It is important to reward behavior, even if it isn't perfect.

They want to succeed, especially when it comes to fitting in.

Only after several successful, short trips, should you try to increase the time spent in the store.

If there is inappropriate behavior, beyond what any child

would do, simply leave the store and try again another day.

You can prime the child for good behavior by making sure that they are not already over-stimulated when you go to the store.

Some physical activity prior to a shopping trip can make for a more successful venture.

These are just a few of tips, tricks and techniques for helping your Asperger's child when you go shopping together that feature in my new book "The Parenting Asperger's Resource Guide". Which you can learn more about by visiting
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How to safeguard your child's mental health.

It is not uncommon for the child with Asperger's Syndrome to suffer from depression and other mental health issues.

This may be a result of their disability, which results in poor social skills.

They want to fit into society, and have friends as any other child, but they don't know how to do that.

As they get older they become more aware of the differences between themselves and other children, and recognize that other children may not be too anxious to be their friend.

Monitoring the child's mood level and doing what you can to increase their social skills, including being part of a social skills group may alleviate some of this depression.

They will show most of the characteristics of anyone else with depression, such as lack of appetite, poor sleeping patterns, lack of interest in preferred activities, aggression and anger.

Teach your child to communicate their feelings and if they show signs of depression, seek the help of a professional.

If necessary, medications can be an effective way to help them alleviate the symptoms of depression.

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Discover the links between what your child is eating and how he is behaving.

Controlling your child's diet can be challenging.

Even more challenging can be finding foods that don't contain the products that could very well be affecting their behavior.

Research has demonstrated a link between ADHD, which is common among children with Asperger's, and diet.

Common food antagonists include sugar, and dyes used in foods.

But many people also have sensitivities to foods such as wheat, eggs, dairy products, chocolate, soy products, and corn products.

Food sensitivities can produce a wide range of effects on anyone, and may not always be the typical allergy that we associate with them.

Try eliminating products that your child typically consumes and see if there is an effect.

There are two basic approaches to determining food sensitivities.

The first is to only eliminate one thing at a time so that you know what may be affecting them.

The other option is to only give them a few basic items for a few weeks and then gradually add things back in to determine which may be contributing to their behavior.

It may be helpful to consult an allergist as well.

But please don't carry this out before you consult a Qualified medical practitioner.

These are just a few of the tips, tricks and techniques for understanding the effects of diet on your Asperger's child that feature in my new book "The Parenting Asperger's Resource Guide". Which you can learn more

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The real causes of self-stimming behaviors.

Children with Asperger's Syndrome often display self-stimulating behaviors, i.e. rubbing their hands together, as a coping mechanism.

This is usually seen during stressful times and serves to help them calm down or regulate their systems.

It is not done as a means of acting out against others, but usually a response to changes in their environment that they cannot effectively deal with.

The best way of minimizing these self-stimulating behaviors is to minimize changes in their routine or provide them an escape in order to deal with those changes that must occur.

Children with Asperger's Syndrome thrive on routine and become easily over-stimulated in the face of change that they cannot control and even though this behavior is considered to be inappropriate, it may be the very thing they need.

To simply demand that they discontinue the behavior is likely to result in other behaviors appearing, and those replacement behaviors may be even more difficult to deal with.

Both you and the child will be better served by allowing the child to participate in the behavior but try to limit the time spent self-stimming.

However, the child with Asperger's Syndrome is going to have a hard time fitting in, therefore teaching them replacement behaviors that may be more appropriate in the community would suit them even better.

These replacement behaviors have to serve the same purpose as the self-stimulation behaviors did.

These are just a few of the tips, tricks and techniques for understanding the self-stimming behaviors of your Asperger's child that feature in my new book "The

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