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## ABIQ NEWS

March 2009

*Autism Behavioural Intervention Queensland (ABIQ) was formed to enhance the treatment of children with autism. It is the belief of ABIQ that children with autism are best treated by Applied Behavioural Analysis. This therapy gives children with autism a chance – a chance to grow, to live and to lead a fulfilling and independent life.*

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## TONY ATTWOOD ONE-DAY SEMINAR

**PUPIL FREE DAY**  
**Monday 20<sup>th</sup> April 2009**  
**9:30am – 4:30pm**

***Greek Club, 29-31 Edmonstone St, South Brisbane***

**Part A: Managing Challenging Behaviour in Children with Autism within the School Environment**

**Part B: Cognitive Behaviour Therapy for Children with Autism in the School Environment**

### **Target Audience**

***Primary teachers, teacher aides, parents and professionals supporting children with autism***

**Register online at [www.abiq.org](http://www.abiq.org) with payment via EFT. Alternatively you can download a brochure from our website and return with payment by 10 April 2009**

***Hurry Limited places available***

# President's Column

(By Bianca Joe Kong, ABIQ President)

As we all jump full swing into another busy year, ABIQ has organised a busy calendar of educational events. In the next few months there are a number of ABA information days and 8 week courses being held in Brisbane and the Gold Coast. On the next pupil free day (Monday 20 April) ABIQ has organised Professor Tony Attwood and Dr Michelle Garnett to present a seminar focusing on managing behaviour, including the use of cognitive behaviour therapy. Professor Attwood has always been very well received by participants and I would encourage members to ensure their schools are informed about the seminar.

The Gambling Community Benefit Fund has generously approved our submission for funding to upload the 2008 ARMS Global Conference presentations to the website for public viewing. A big thank you to Michael Chan for the production of the conference DVDs already available for borrowing through the ABIQ library and also for his work in uploading presentations to the ABIQ website. This has been a very big job and we are very grateful. A thankyou must also go to Zhimin Zhan for his assistance in uploading the conference presentations to the website. If anyone would like to borrow the DVDs please contact the office.

Over the last few months ABIQ office has been short staffed as Kellie has been busy with her new addition, but thankfully Sharon has been able to assist to keep the wheels turning. Thank you to Sharon for putting in the extra mile in our time of need.

## Help Your Family At Home

Safe  
At your fingertips  
Easy To Use  
No need for antibiotics or panadol  
Sprains

Insect Bites  
Fever  
Coughs  
Splinters  
Burns

Sore Throats  
Tummy Upsets  
Bruises  
Tonsillitis

### Testimonial

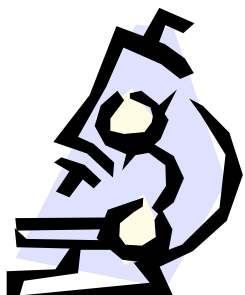
*I am just writing to THANK YOU for the wonderfully informative and practical Homeopathic First Aid Course you ran late last year. I am a newcomer to Homeopathy and although I was interested in doing the course I was more than a little skeptical. The course content and detail were terrific and full of useful hints..... I didn't really expect to have to use it very often, but, I was interested in how the remedies would go. Now I wonder how I ever survived without it.....*

## Homeopathy At Home

This is an easy to learn short course on how to effectively and safely use Homeopathy to help yourself and your family recover from numerous common health problems. **No prior knowledge necessary.**

**WHERE:** Bracken Ridge Natural Therapies  
**WHEN:** 9 May 2009, 9am – 2pm  
**COST:** Only \$185 including a homeopathic kit of 25 remedies

**Bookings essential. Phone: 3261 5436 for more information**



## --- Research ---

### **Landmark Study Finds: Mercury Poisoning Causes Autism**

A new study, “Biomarkers of Environmental Toxicity and Susceptibility in Autism” in the peer-reviewed Journal of the Neurological Sciences<sup>1</sup>, confirms a causal link between subacute mercury poisoning in children and their autism spectrum disorder (ASD) diagnosis. The autism community reported that this study presents, “...some compelling evidence...consistent with the author’s theory that mercury exposure plays a role in autism.”

This paper presents the first prospective, blinded cohort study to examine children diagnosed with an ASD using: urinary porphyrin profile analysis (UPPA) to assess the body-burden and physiological effects of their mercury, glutathione analysis to assess susceptibility to mercury poisoning, and Childhood Autism Rating Scale (CARS) scores to measure ASD severity.

These evaluations established:

- Non-chelated patients diagnosed with an ASD had UPPA profiles indicative of mercury poisoning that strongly correlated with ASD severity, measured using CARS scores.
- Glutathione (a key biochemical in the body’s mercury detoxification pathway) was significantly lower in patients diagnosed with an ASD in comparison with its level in neurotypical controls.
- Increasing mercury-poisoning severity, as indicated by the UPPA results, was associated with lower glutathione levels among the patients diagnosed with an ASD.

Based upon these findings, the researchers concluded, “ASDs may result from a combination of genetic/ biochemical susceptibilities in the form of a reduced ability to excrete mercury and/or increased environmental exposures at key developmental times.”

The Autism Research Institute, the non-profit CoMeD, Inc., and, through a grant from the Brenen Hornstein Autism Research & Education (BHARE) Foundation, the non-profit Institute of Chronic Illnesses, Inc. funded this research study.

Today, any parent, physician, or healthcare provider can easily confirm whether or not a non-chelated child diagnosed with an ASD is mercury poisoned by having UPPA testing run at LabCorp (CLIA-certified, test# 120980) or Laboratoire Philippe Auguste (ISO-certified, 119 Philippe Auguste Avenue, Paris, France 75011). Please, visit CoMeD’ s web site, [www.Mercury-freeDrugs.org](http://www.Mercury-freeDrugs.org) for information on how to order UPPA tests and full copies of some of the many published papers validating the UPPA test.

# Research cont...

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## Autism 'may be missed in girls'

### ***Girls with mild autism are less likely to be identified and diagnosed than boys, a study suggests.***

Researchers examined 493 boys and 100 girls with autistic spectrum disorders. They found the girls showed different symptoms, and fewer signs of symptoms traditionally associated with autism, such as repetitive behaviour. The researchers, who presented their work to a Royal College of Psychiatrists meeting, said this might mean cases among girls are missed. Autism is thought to affect four times as many boys as girls - but the latest study suggests this might not be the case.

Most of the children featured in the study had been seen at the Social and Communication Disorders Clinic at Great Ormond Street Hospital in London. Additional cases came from Sunderland and Finland. All the children were classified as "high-functioning". They did not have classic autism, but did have difficulties with socialising and communication.

### ***Relationship obsessions***

The researchers, who have yet to publish their research, found that the girls were more likely to have obsessional interests centred around people and relationships. However, these interests were more likely to be acceptable to their parents, and therefore tended not to be reported to doctors. In addition, these types of obsessions were less likely to be discovered using standard diagnostic questionnaires.

The investigators said more research was needed to analyse how autism spectrum conditions manifest differently in the sexes. Professor Simon Baron-Cohen, an autism expert at the University of Cambridge, agreed. He said: "This is an important clinical issue and there are too few studies addressing it. "We shouldn't assume autism or Asperger syndrome will look the same in both sexes. "There may be many factors leading to these conditions either being underdiagnosed or misdiagnosed in females, or leading females to require a diagnosis less often."

*"We shouldn't assume autism or Asperger syndrome will look the same in both sexes." – Professor Simon Baron-Cohen, University of Cambridge*

Judith Gould, of the National Autistic Society, said: "We hear from many women who have been diagnosed later in life. "The way autism is presented in women can be very complex and so can be missed. "It might be that due to misconceptions and stereotypes, many girls and women with autism are never referred for diagnosis, and so are missing from statistics. "This may mean that many women who are undiagnosed are not receiving support, which can have a profound effect on them and their families."

Ms Gould said it was also possible that girls were better at masking difficulties in order to fit in with society. "Characteristics such as shyness and oversensitivity, common to people affected by autism, are sometimes deemed to be typically female traits. "However if a boy were to display such characteristics, concerns may be raised."

*"Characteristics such as shyness and over-sensitivity, common to people affected by autism, are sometimes deemed to be typically female traits." - Judith Gould, National Autistic Society*

# Research cont...

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## Early insights into autism hold promise of better lives

*Article written by Sherrill Nixon*

CHILDREN are being diagnosed with autism before their second birthday in a breakthrough trial that promises to save countless dollars and family heartache.

Using the expertise of child-health nurses to identify crucial developmental delays, the Melbourne study has significantly brought down the age at which children are first assessed for autism. The researchers want the program to be expanded immediately, saying the developmental, financial and emotional benefits of early intervention are enormous for the children, their families and the community.

The study's leader, Cheryl Dissanayake, who heads the Olga Tennison Autism Research Centre at La Trobe University, said the program was a relatively cheap and effective way of identifying signs of autistic behaviour through the routine infant check-ups by maternal and child health nurses.

Nurses at 184 centres checked the children at eight, 12, 18 and 24 months. They were trained to look out for symptoms including a lack of eye contact or response to their names, or failure to point, wave or clap.

"These kinds of behaviours ... are evident from very early in development," Dr Dissanayake said. "They are focusing on children before they develop language and traditionally it's the failure to develop language that led children into the referral process."

Of 105 children referred for further testing by La Trobe University experts over the two-year study, 80 per cent had autism spectrum disorder and the remainder had language or developmental delays. Only one child - an extremely shy toddler - was incorrectly referred.

The early diagnosis - usually autism is not diagnosed until children are at least three -

allows parents to enter specialised intervention programs before the disorder becomes more severe and secondary symptoms, such as aggressive behaviour, develop. But the program's funding, through a Telstra community development grant, runs out next month.

"We are over the moon - it's beyond our wildest dreams," Dr Dissanayake said about the success rate. "What we would like to do in the first instance is have the Victorian Government extend this across the state, and then I would like to see it spread much more across the nation."

Yvonne Hocking's son Mitchell was referred to Dr Dissanayake after a nurse at his two-year check-up noticed how he did not wave to her and changed activities erratically.

Ms Hocking had harboured concerns about her son's development since he was about six months old, but thought his unusual progress was due to his premature birth.

After the diagnosis of high-functioning autism, a year of speech therapy has expanded Mitchell's vocabulary from nothing to 100 words, his motor skills have developed dramatically and he is enrolled in a specialist service for autistic children that also teaches parents how to cope.

Ms Hocking helps her son, now aged 3½, by preparing "social stories" using photographs of him engaged in daily activities, such as going to the toilet, shopping or playing, to "pre-program his brain with what's meant to happen".

"When he was first diagnosed, I thought I won't have those special moments with my child ... but he comes up and tells me he loves me, he laughs, he cuddles me and kisses," Ms Hocking said. "I can't believe where we have come in a year."

# Playgroups for Children with Autism Spectrum Disorders



## Introducing PlayConnect Playgroups

PlayConnect Playgroups are here to help families with children with autism, it's about connecting with other families.

## Who are PlayConnect Playgroups for?

Any family that has a child aged from 0-6 years who has Autism Spectrum Disorder (ASD) or ASD-like behaviours, is welcome to join a PlayConnect Playgroup. Your child does not need a formal ASD diagnosis to join a PlayConnect Playgroup.

If you wish to be a part of one of the announced PlayConnect playgroups, please contact the state contact as listed below.

If you wish to recommend your area for a PlayConnect playgroup, please fill out the [Expression of Interest Form](#) found on the PlayConnect website and either:

- fax it back to us on 07 3394 8449
- email it back to us at [info@playgroupaustralia.com.au](mailto:info@playgroupaustralia.com.au) or
- post it back to us at 433 Logan Rd, Stones Corner Q 4120

## What will happen at a PlayConnect Playgroup?

PlayConnect Playgroups usually meet weekly for two hours. During playgroup sessions, parents, caregivers and children participate in a variety of play activities suited to the needs of children with ASD. Families also have a say in how playgroup sessions are run. The Playgroup is facilitated by a PlayConnect Playgroup Development Worker for between 6 – 24 months. After this time, families may choose to continue running the playgroup themselves or join another community playgroup program or early intervention service for children with ASD.

## How will PlayConnect Playgroups benefit our family?

Numerous studies have proven the value of playgroup on young children's social, cognitive, emotional and language development. Parents and caregivers say playgroups are beneficial because they help them connect with other families in similar situations. At a PlayConnect Playgroup, your child will be in a secure, supportive environment with you. Together, you and your child will join in play activities specifically suited to children with ASD. You will meet other families in your area and you will also have the opportunity to link with early intervention programs which are part of the Australian Government Helping Children With Autism package.

## Will I be able to speak with ASD specialists?

PlayConnect Playgroups do not offer specialist early intervention therapies, however your PlayConnect Playgroup Development Worker can provide you with information about specialist services specifically for children with ASD in your area, and may also be able to introduce you to the staff from those services. Families attending PlayConnect Playgroups can also contact Playgroup Australia's ASD Advisor, to seek answers to questions about children with ASD at playgroup, and about their child's play behaviour.

For a list of organisations who can provide advice about Autism Spectrum Disorder (ASD), please go the [Federal Government's FaHCSIA site](#).

## Who coordinates PlayConnect Playgroups?

Playgroup Australia, the national peak body for playgroups, has received funding from the Australian Government to implement the PlayConnect Playgroups program, as one of the components of the \$190 million Helping Children With Autism initiative. PlayConnect Playgroups are being coordinated in partnership with state and territory playgroup associations and community organisations across Australia.

**Is there a cost to families?**

Funding from the Australian Government will enable families with a child with ASD or ASD-like symptoms to attend a PlayConnect Playgroup at minimal cost during the first two years of the playgroup's operation. Some PlayConnect Playgroups may choose to undertake certain activities that are not covered by the funding for the playgroup and families may be asked to make a contribution to meet these expenses.

**Is there a PlayConnect Playgroup starting in my area?**

The sites for PlayConnect Playgroup are chosen according to a range of criteria including demonstrated community need. There will be 150 PlayConnect Playgroups starting before July 2011, in both metropolitan and regional areas of Australia.

The current locations in Brisbane are the Gold Coast, Caboolture and Cleveland.

**Do I have the option to go with my child to a community playgroup?**

Yes, Playgroup Australia aims to help families with children with ASD to access their local community playgroup, if they choose this option. ASD training for playgroup coordinators is planned, to ensure that families with children with ASD are catered for at thousands of playgroups throughout Australia.

**How can I find out more?**

For more information about PlayConnect Playgroups call the PlayConnect Infoline 1800 790 335 (toll free). For more information about the early intervention available through the Australian Government Helping Children With Autism initiative, visit the [website](#) or phone the Helping Children with Autism (HCWA) Inquiry Line on 1800 289 177 or TTY 1800 260 402.

**Contact Information**

Playgroup Australia Inc  
433 Logan Road  
Stones Corner 4120

**Tel:** 07 3394 8448

**Fax:** 07 3394 8449

**Email:** [info@playgroupaustralia.com.au](mailto:info@playgroupaustralia.com.au)

**Website:** [www.playgroupaustralia.com.au](http://www.playgroupaustralia.com.au)

**PlayConnect Playgroups Info line: 1800 790 335 (toll-free)**

**National Project Officer – PlayConnect Playgroups - Catherine Coghlan**

**Email:** [ccoghlan@playgroupaustralia.com.au](mailto:ccoghlan@playgroupaustralia.com.au)

**ASD Advisor - Rebecca Burke**

**Email:** [rburke@playgroupaustralia.com.au](mailto:rburke@playgroupaustralia.com.au)

**State Autism Associations**

- **QLD Autism Queensland Inc Brisbane (07) 3273 0000 [www.autismqld.com.au](http://www.autismqld.com.au)**

For information about community playgroups and other playgroup programs in your area, please contact your State or Territory Playgroup Association on 1800 171 882 (toll-free)

**Gluten and Dairy Free Chocolate Ideas for Easter**

Well it is nearly that time of year again..... I cannot believe it!!! Lots of families will know how hard it can be at Easter to cater for children with various intolerances and allergies. I have put together some ideas and places to go to find gluten and dairy free Easter treats for your children.

Sweet William Easter Bunnies which are free from Dairy, Gluten, Lactose, Sugar, Cholesterol and Peanuts are available from Health Food Stores, Franklins and other

independent grocers. For more information about Sweet William go to [www.sweetwilliam.com.au](http://www.sweetwilliam.com.au)

You can also purchase Sweet William chocolate Chips from selected Coles stores. Why not try buying these to melt down to put into your own moulds? Moulds can be purchased from a variety of stores such as Robins Kitchens, Big W, Target, even the cheap shops may have them. Gluten and dairy free chocolate chips and chocolate for melting down are also available by ordering online at [www.biomedcafe.com.au](http://www.biomedcafe.com.au) The chocolate chips they sell are also free of soy for those who cannot tolerate this. Biomed are generally pretty quick with getting orders out so you should receive your products within a couple of days.

I found a Melbourne website that has information on where to find Gluten and Dairy free chocolate. For more information, go to <http://www.glutenfreevictoria.com/2008/03/dairy-free-easter-eggs-2008.html>

Kinnerton Luxury Dark Chocolate bars can be purchased from Big W, Priceline and Kmart. These bars are free from dairy, soy, egg and gluten. For more information about this company, please go to [www.kinnerton.com](http://www.kinnerton.com)

Target had a range of dairy, gluten and nut free eggs that were Simpsons themed (and a few others) last year. These eggs were also from the company Kinnerton.

David Jones and Myer have also stocked dairy, nut and gluten free Easter eggs in the past from a local Melbourne Company called Alpha Confectionery. The Cruelty Free Shop based in NSW also stocks the Alpha Confectionery which you can purchase online - go to [www.crueltyfreeshop.com.au](http://www.crueltyfreeshop.com.au)

If you know of any other places in Brisbane that stock a variety of dairy and gluten free Easter eggs, please let us know so that we can advise other members in the future.

Enjoy your Easter..... but remember..... don't eat too much chocolate!!!!

## Derbyshire Language Scheme Certification Workshop

Sue Park and Janet Eales will be conducting a 3-day workshop on The Derbyshire Language Scheme (U.K.) in Brisbane early next month.

The Derbyshire Language Scheme (U.K.) is a developmentally organised and structured language program with linked assessment. This developmental approach to language remediation can be used as the basis for 'structured teaching to objectives' or as a checklist of language objectives with all teaching and assessment in free play, or as a mixture of 'some objectives' plus free play work.

Janet and Sue are qualified presenters, with 20+ years of experience. They have successfully used the DLS with children diagnosed with delayed and/or disordered language.

This scheme is suitable for use with young children experiencing difficulties with comprehension and/or expression of language e.g. dyspraxia, PDD-ASD, ESL, Developmental delays. "Hands on" practice activities are included within the presentation. UK approved certification will be provided following the completion of the 3 days.

<b>Dates:</b>	Wed 15th, Thurs 16th & Fri 17th April, 2009
<b>Time:</b>	8.30am to 3.30pm
<b>Venue:</b>	Brisbane Montessori School - Fig Tree Pocket
<b>Cost:</b>	\$980.00 (includes morning tea, lunch and afternoon tea), (not including Test & Manuals).
<b>Target Audience:</b>	Suitable for Speech Language Pathologists (PSR points), OTs, Early Intervention, Special Ed and ESL Teachers.
<b>Registration:</b>	On first come first serve basis -not guaranteed until full payment is received. Limited places available.
<b>RSVP:</b>	31st March 2009
<b>Cancellation Policy:</b>	No refund unless a suitable replacement is found

To receive a registration form or for further information please contact Janet Eales or Sue Park on:

<i>Janet Eales</i>	<i>Ph: 3378 0208</i>	<i>Mob: 0412 337 802</i>	<i>Email: learningsteps@optusnet.com.au</i>
<i>Sue Park</i>	<i>Ph: 33150509</i>	<i>Mob: 0409 268919</i>	<i>Email: susanepark@optusnet.com.au</i>

## **TOILET TRAINING IDEAS TO GET YOU STARTED**

### **Tip One: Toilet TIME**

Not toilet training. Set times every hour on the hour minimum for him... not LONG sitting just frequent stops. Have a set ROUTINE, toilet, flush, wash hands, dry hands, Use Visuals to support program.

**Tip Two: NO NO NO NAPPIES.** Just undies they love ie colour, theme

### **Tip Three: REWARD wee, poo! Be positive at all times**

Make the toilet really interesting for them. Give something that will keep them happy to sit, usually something in their hands.

Special things ONLY found in toilet! Over the years I have used many things: Bubbles, "toilet train", "toilet barbie", special stickers, stamps. However, very individual. It is important that the reward is HIGHLY motivating.

### **Tip Four: Consider Sensory Issues in Toilets**

Consider some of the following: Touch, Smell, Noise (hand dryers), Taste (well some kids like it mmmm), Movement (feet off the ground, be careful with those wobbly plastic stools use something more solid), Visual (some children find small rooms very overwhelming. I had one Mum paint the toilet walls in her daughter's favourite colour). If a child has sensory processing difficulties look in my "Practical Sensory Programs" to address some of the sensory issues around toilet.

### **Tip Five: Poos away from Toilet**

PUT ALL POOS in the toilet when he does away from the toilet. Get them to do routine, POO in the TOILET etc. Flush, wash hands etc.

Remember pull-ups and nappies cost more than a pair of undies so just throw away dirty undies, no need to get into all that yukky washing (well you can if you want).

### **Tip Six: Night Time Tips**

Can put nappies on at night BUT must take off as soon as they see an ADULT in morning and put on toilet, so pair adult & toilet, if leave nappies on in morning will create MAJOR tantrums for nappies throughout day. Prefer nappies put on once asleep but if bad sleeper make bed routine (teeth, nappy, goodnight kiss, bed).

### **Frequently Asked Questions:**

**What if they hold all day?** This isn't uncommon, as many children anticipate family putting nappies on them at home. A consistent approach is vital for success. If you are going in the car for more than one hour, you will just have to stop. Ensure educational setting has toilet setting motivating and take at a quiet time, not rush hour!

**What about Sneaky Poo?** Some people may need to seek medical advice on sneaky poo. It is where the child lets little bits of poo out at a time. For more information see Doctor or search the net.

\*\* If children over 5 are still in nappies, often they start to loose bladder control and let out little bits at a time. It is vital we address toileting before this happens.

\*\* Pull ups are nappies, the children need to feel wet to get concept of toilet training.



**TOILET**

(Not potty, Always begin with the end in mind). Put phonebooks, blocks to steady feet if don't like feet off ground.



**TIMING (every hour)**

**NO NAPPIES**

**Give Something in HANDS to calm and sit for longer!**

**TOP TIP**  
Reward yourself!!  
Nappies cost \$25/ box approx. Use this money to treat yourself for doing toilet timing! A night at the movies, nails, hair whatever excites YOU!!!

# autism

## How Do I Spell A.U.T.I.S.M. ?

*By Chitra Raman*

A is for Awe.

I am awestruck at what my child is able to DO, despite the limitations placed upon her.

U is for Universe and Understanding and Unique.

My child inhabits a parallel universe that I must understand and help others understand. In the process, I evolve as a human.

I learn the great lesson that differences in others must be appreciated and that uniqueness can carry advantages as rewarding as similarity.

Fortified with that strong positive message from a parent, any child will very likely make astonishing progress.

T is for Tolerance.

I must tolerate the insensitivity of others and learn to take it not as a personal slight, but as an opportunity to educate.

I is for Incredible.

The incredible inner resources I never knew I had.

The incredible ability of a friend, or family member, even if there be only ONE, to be supportive.

The incredible joy in my child's eyes when she achieves a breakthrough.

S is for Selective.

I must be selective about the episodes I focus and dwell upon, whether they be the behaviour of my child, a setback with the school system, or differences with my life partner or a relative. I must ball up like an armadillo and let those forces flow over me, to temporarily crush but never to consume.

M is for Movement and Milestones.

I must keep moving.

Moving to find answers, moving to find ways around obstacles, moving to harness the energy of well-wishers, moving to enrich the life experiences of my child.

I can set a distant goal but I must not look beyond the next milestone. I must never belittle any achievement, any change, any dawning awareness in my child no matter how small.

Rather, I must celebrate each milestone by throwing a wild party even if just for two – My child and I.

### **Sue Larkey's Three Most Important Things to Remember !**

1. Remember "to know someone with ASD, is not to know ASD" (every child is different).
2. Strategies wear out, you need to use a range of strategies and change.
3. Just because a strategy works for one child with ASD does NOT mean it will work for every child.

**This is an article from the national AMA magazine dated 16 March 2009:**

The Federal Government, as part of its Helping Children with Autism program, has set up an information website for parents and carers of children who have autism spectrum disorders.

The new resource: [www.raisingchildren.net.au/autism](http://www.raisingchildren.net.au/autism)

Provides impartial, evidence based advice about ASD, the early intervention treatments available and other resources, including interactive functions, all designed to help parents and carers of children with ASD and health care professionals.

It is the culmination of eight months' of R&D by the Raising Children Network, a consortium of three organizations of independent experts and reviewers involved in child development: the not-for-profit charity Smart Population Foundation, the Parenting Research Centre in Melbourne and the Centre for Community Child Health at the Royal Childrens Hospital, Melbourne.

The website will continue to be developed through the year to incorporate feedback from families and autism organizations and will include video clips, improvements to interactive features, additional text-based articles and more parent guides to therapies which will be available this coming September.

Other initiatives in the Helping Children with Autism program include autism advisors in all states and territories, dedicated playgroups for children with ASD, workshops for affected parents and carers, changes to Medicare items that will help access to early intervention and workshops for teachers through the Dept of Education, Employment and Workplace Relations.

**Early Intervention Service Provider Panel – Queensland**

The Department of Families, Housing, Community Services and Indigenous Affairs (FaHCSIA) have developed the following list of Service Provider Panels in Queensland. For further information including updates, please go to [www.fahcsia.gov.au/disability/autism\\_panel/qld/default.htm](http://www.fahcsia.gov.au/disability/autism_panel/qld/default.htm)

**Please note:** The suburb listed is that of the head office of the service provider. For service delivery locations please contact the relevant service provider.

**Please note:** Not all services listed under the Lead Agency are delivered from all locations. For further information please contact the relevant service provider.

Suburb/ Town	Service Provider	Address	Contact Number
Arundel	Little Souls Taking Big Steps	1 Allied Dr	07 5563 1490
Burleigh Heads	Autism Partnership Pty Ltd	Suite 4, 43 Tallebudgera Creek Rd	03 9375 2469
Fortitude Valley	AEIOU – for children with autism	Shop 14E, 421 Brunswick St	07 3802 0621
North Rockhampton	Connect and Relate for Autism Inc	45A Lucas St	07 4928 9831
Stanthorpe	Granite Belt Support Services Inc	44 Short St	07 4681 3020
Sunnybank Hills	Autism Queensland Inc	437 Hellowell Rd	07 3273 0000
Toowoomba	Dr Pamela Seaton & Associates	137 Russell St	07 4637 9989

# Recipes...



## Gluten & Dairy Free Hot Cross Buns Make your own this Easter!!

### Ingredients:

- 1 x cup rice flour
- 2 x cups of Gluten Free Self Raising Flour
- 1/3 x cup of Castor Sugar
- 3 x teaspoons of Xanthum Gum
- 1 x teaspoon of Baking Powder (gluten free)
- 2 x teaspoons of cinnamon powder
- 2 x teaspoons of yeast
- 1/4 x cup of olive oil
- 3 x eggs
- 1 x teaspoon of vinegar
- 1 x cup of sultanas
- 2 x tablespoons of nuttelex.

### Method:

Empty your sachet of yeast (there's usually 2 tsp in a yeast sachet) in to a cup and add 3 teaspoons of castor sugar.

Add a little warm tap water and stir well. Sit it to one side and let it froth up.

Add all the dry ingredients in to your food processor and blend for 30 seconds. (Rice Flour, SR Flour, Castor Sugar, Xanthum Gum, Baking Powder, Cinnamon Powder).

Pour in your yeast mix, 1/4 cup of oil, 3 eggs and vinegar and blend on high for 3 minutes.

The mix should form in to quite a large dough ball. (If it doesn't form a ball try drizzling a couple of additional teaspoons of olive oil and water in through the top of the food processor till the ball forms).

Tip in your cup of sultanas and process for a few more seconds till they are worked through the dough. Prepare a large baking tray with some baking paper and cooking spray.

Cut your dough in half and then each half in to eights. Roll each in to a small ball. With one dough ball the centre of the baking tray, place seven dough balls around it.

Repeat to form a second group of 8. (Grouping them before baking creates pull apart buns).

With a sharp knife dipped in a little flour, cut a shallow cross in the top of each dough ball. *(Once baking complete, we'll fill the channel with piped icing).*

Melt two tablespoons of nuttelex and brush the tops of the buns.

Cover with a tea towel and wait 30 minutes for the buns to rise.

Place in a hot oven at 190 degrees celcius and bake for 30 minutes

Once baked carefully lift the 2 clusters of buns on to a cooling rack till cool enough to handle.

### Piped Icing (for the cross on the buns).

While the buns are still warm, add 2 x table spoons of Gluten Free Pure Icing Sugar a teaspoon of water, and a tiny dash of vanilla essence in to a zip lock bag.

Between your fingers work the water and essence in to the icing sugar to create a thick icing.

Cut off the corner of the zip lock bag and pipe the icing on to the top of the warm buns.

Enjoy warm with family and friends and a pot of coffee or tea to the side.

***If you have a recipe favourite that you would like to submit for the newsletter, please forward it to [abiq1@bigpond.com](mailto:abiq1@bigpond.com)***

## NEW ABIQ LIBRARY RESOURCES

*The following materials have recently been purchased for the ABIQ resource collection, located at the ABIQ Office. A full list of available materials is located on the members only page of the ABIQ website. Current financial members are welcome to contact ABIQ to borrow materials from this collection or to suggest future purchases.*

Book Title	Author
Homespun Remedies – Strategies in the Home and Community for Children with Autism Spectrum and Other Disorders	Dion E. Betts, Ed.D. and Nancy J. Patrick, Ph.D.
A Slice of My Life – A Personal Introduction to Non-Spoken Communication (AAC)	Jane Remington-Gurney MA.LCST
Good News for the Alphabet Kids – 3 <sup>rd</sup> Edition	Michael Sichel

Print off or tear this page out and put it on your fridge!

Date Claimers			
DATE	TIME	EVENT	CONTACT
Each Tues 31st Mar – 19 May 2009	6:30pm – 9:00pm	ABA 8 Week Course Arana Hills	ABIQ Office Ph: 07 3881 1868 Email: <a href="mailto:enquiries@abiq.org">enquiries@abiq.org</a>
Mon 20 <sup>th</sup> Apr 2009	9:30am – 4:30pm	Tony Attwood One-Day Seminar South Brisbane	ABIQ Office Ph: 07 3881 1868 Email: <a href="mailto:enquiries@abiq.org">enquiries@abiq.org</a>
Sat 13 <sup>th</sup> & Sun 14 <sup>th</sup> Jun 2009	TBA	ABA Introductory Training Course Kelvin Grove QUT	ABIQ Office Ph: 07 3881 1868 Email: <a href="mailto:enquiries@abiq.org">enquiries@abiq.org</a>
Sun 26 <sup>th</sup> Jul 2009	9:00am – 1:00pm	ABA Information Day Kelvin Grove QUT	ABIQ Office Ph: 07 3881 1868 Email: <a href="mailto:enquiries@abiq.org">enquiries@abiq.org</a>
Each Wed 29 <sup>th</sup> Jul – 16 <sup>th</sup> Sep 2009	6:30pm – 9:00pm	ABA 8 Week Course Arana Hills	ABIQ Office Ph: 07 3881 1868 Email: <a href="mailto:enquiries@abiq.org">enquiries@abiq.org</a>
Sun 13 <sup>th</sup> Sep 2009	9:30am – 4:30pm	Behaviour Management for Children with Autism Venue TBA	ABIQ Office Ph: 07 3881 1868 Email: <a href="mailto:enquiries@abiq.org">enquiries@abiq.org</a>
Sun 11 <sup>th</sup> Oct 2009	TBA	½ Day Workshop – Movement Differences in ASD Venue TBA	ABIQ Office Ph: 07 3881 1868 Email: <a href="mailto:enquiries@abiq.org">enquiries@abiq.org</a>

Contributions to ABIQ News are welcome. We would love to publish your stories and help celebrate your child's special achievements. Email contributions to [enquiries@abiq.org](mailto:enquiries@abiq.org)

DISCLAIMER: This newsletter is intended to provide basic information on Autistic Disorder and Applied Behavioural Analysis. It is not intended to, nor does it, constitute medical or other advice. Readers are warned not to take any action with regard to medical treatment or otherwise based on the information in this newsletter without first consulting a physician. ABIQ does not necessarily endorse any of the information contained in this newsletter. The information contained in this newsletter is intended to be for your general education and information only and not for the use in pursuing any treatment or course of action. Ultimately, the course of action in treating a given patient must be individualised after a discussion with the patient's physician(s) and family.