

Resources I highly recommend for children with ASD (Autism Spectrum Disorder).

These are my personal recommendations based on my experience with family members who have benefitted from them. I am not a physician or an occupational therapist and make no guarantees about the following therapies, but am simply providing this list as a resource for you to do your own research.

The Tomatis Listening Method www.tomatis.com

This sound therapy helps with the regulation of emotions and of body. Works to “rewire” the pathways in the brain for the development of speech, the management of emotions, digestion, sleep, and much more. Everyone responds differently to this therapy as to the outcomes, but research shows that all who have completed the program have benefitted in multiple ways. Therapy consists of 90 minutes per day of listening to specially filtered music through bone and air conduction headphones for 14 days. Clients typically require multiple “listening intensives” of two weeks, with 3 intensives being the minimum for significant results. *I am a certified Tomatis practitioner, but do not list this here to solicit business; I became a practitioner because there was none available for my grandson to go to for this therapy.*

DIR Floortime (Developmental Individual Differences & Relationships) www.icdl.com

This may be best understood as play therapy, where the intention is to get the child to engage with others and the outside world. Parents can work with an Occupational Therapist to teach them how to use Floortime with their child, but there is also an online course that parents can take. Developed by Dr. Stanley Greenspan, Floortime is an approach that stimulates a child with autism to engage with others by following the child’s lead and interests. Must-read books by Dr. Greenspan: [Engaging Autism](#) and [Respecting Autism](#).

Interactive Metronome www.interactivemetronome.com

This therapy uses steady beats to help children in a fun yet beneficial manner. Sessions are administered through a certified therapist and can be done in a clinic or in your home. Clients participate in 45-minute sessions 4 times a week for 2 weeks, tapping to the beat using a computerized device that scores the correct taps. Benefits range from improved reading and speaking skills, coordination, timing and brain function.

Food Sensitivity Testing/Nutrition

Dr. David Perlmutter, in his book [The Brain Maker](#), explains how the gut functions as a “second brain” for our bodies. Therefore, it should come as no surprise that those with ASD may be more susceptible to digestive issues since they are also experiencing anomalies in brain connectivity. Many parents have found improvement in their children’s behavior, regularity and mood by making adjustments to their diet. Another resource is [What’s Eating Your Child?](#) by Kelly Dorfman.