Embracing a New Year

Growth Spurts and Autism

Tantrums and Meltdowns

TIPS FOR DE-ESCALATING BEHAVIOR

Applauding Your Own Strengths as a SINGLE PARENT

Starting the Year Off Right with EXERCISE FOR THE ENTIRE FAMILY

EMBRACING A NEW YEAR
Since its inception in 2012, Autism Parenting Magazine has aimed to be objective in its approach to autism-related developments, treatments and news stories. Each issue includes a variety of articles from medical professionals, coaches, occupational therapists, parents of children on the spectrum as well as adults on the spectrum.

In 2014, Autism Parenting Magazine received the respected Gold Award for Online Resources (websites, eMagazines and blogs) in the category of Family/Parenting from the Mom's Choice Awards®.

Autism Parenting Magazine would like to extend a special thanks to all of our contributors who have helped shape the magazine into the award-winning publication it is today. It’s so important to work together as a community to provide the most up-to-date information on autism while understanding the needs of families. We would like to extend a special thanks to the following writers for their work and commitment to Autism Parenting Magazine in 2014:

2014 TOP CONTRIBUTOR AWARDS

Top Behavior Analysis Writer
Angelina McDonald, MS, BCBA, MFTI

Angelina works as a Board Certified Behavior Analyst, specializing in treating children and adolescents with autism, down-syndrome, and other developmental delays. She began her career in Applied Behavior Analysis in 2006, following her youngest brother’s autism diagnosis, and has since worked with dozens of children and families. She also writes a blog about her experiences as both a professional and a big sister. Her brother, Dylan, remains her most powerful inspiration for helping others facing similar challenges.

Facebook: TheAutismOnion
Blog: theautismonion.com
**Top Dietary Adviser**
**Elouise Robinson, B.Sc. (Hons), RD**

Elouise is an established dietitian with wide-ranging experience in recipe development and analysis including that of early years, school meals and elderly social care. She has developed a wide knowledge of the catering industry coupled with a personal passion for cookery. Elouise is the co-author of *Autism: Exploring the Benefits of a Gluten and Casein Free diet; A Practical Guide for Families and Professionals.*

Website: [http://www.elouiserobinson.co.uk/](http://www.elouiserobinson.co.uk/)
Facebook: [https://www.facebook.com/theautismfoodclub](https://www.facebook.com/theautismfoodclub)

**Top Social Skills Adviser**
**Lisa Timms, M.S., Special Education**

Lisa has a Master of Science Degree from the University of Scranton. She is the author of “60 Social Situations and Discussion Starters” published by Jessica Kingsley Publishers. You can find her book online at [http://www.jkp.com/catalogue/book/9781849058629](http://www.jkp.com/catalogue/book/9781849058629). She is also the creator of The Timms Social Skills Program. A live, fun, interactive, peer-to-peer online social skills program, which is offered internationally for students ages 6-18+ with autism, Aspergers, ADHD and/or related disabilities or atypical students who may be struggling with their problem solving and/or social skills.

Website: [www.Timms-SSP.com](http://www.Timms-SSP.com)
Facebook: [www.facebook.com/tssp.ltimms](http://www.facebook.com/tssp.ltimms)

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**Top Occupational Therapist Writer**
**Bill Wong, OTD, OTR/L**

Bill is an Occupational Therapist licensed in California. He graduated with his masters and clinical doctorate in occupational therapy at University of Southern California in 2011 and 2013, respectively. He is the first autistic individual in the world to complete a doctorate degree of any kind in occupational therapy. He currently works as a per diem skilled nursing occupational therapist for Interface Rehab. He also serves as professional development mentors for three autistic occupational therapy students.

Twitter: [@BillWongOT](http://twitter.com/BillWongOT)

**Top Music Therapy Writer**
**John Mews, BMT, MA, MFTI**

John is a music therapist and special needs family and parenting coach. He has a master’s degree in marriage and family therapy as well as a bachelor’s degree in music therapy. John has been working with families of children with special needs, primarily autism, for more than 10 years in his private practice. John had an uncle with a developmental disability, and so early on he learned how to see past the disability and recognize the unique abilities of each person. John’s work and passion has been to support families of children with special needs through counseling, music therapy, sibling support, education, workshops and most recently, online support.

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Facebook: [www.facebook.com/mewsicmoves/](http://www.facebook.com/mewsicmoves/)