



Resource eBlast *April 2019*

Sharing Resources for Families of Children with Special Healthcare Needs



April is National Autism Awareness Month

Recognizing the Early Signs of Autism

If you are noticing some behaviors in your child that you think may be early signs of autism... what do you do? Always start with your pediatrician - partner early and often for identification, diagnosis, and treatment!

Educate yourself about the signs through [reading](#) or a [video](#) from the American Academy of Pediatrics Healthy Children website.



Connecting with Other Parents

If education or health care professionals tell you to "wait and see," educate yourself even more, connect with other families with lived experience, and use your voice for your child.... Don't take no for an answer!



Connect to other parents of children with autism for support, expertise in navigating the system, and advocacy:

- www.p2pusa.org
- [Autism Society Affiliate Network](#)
- [Autism Support Network](#)

Connect your child or young adult with autism to supports, resources, and advocacy:

- [Autistic Self Advocacy Network](#)

[Sensory-Friendly Home Modifications](#)

Are you recognizing that you might need to make home modifications to ensure that it is safe and functional for your child with autism? Check out this great article that can help you recognize the interaction between the sensory system and the home environment, and then organize and tackle modifications from simple to more complex.



[Traveling with Autism](#)

Spring is in the air and summer is around the corner! Time to begin to plan the family trip... but how do you do that with children with autism who may need accommodations and a bit of extra planning?

Start your planning with this article and then begin to explore ways to travel as a family in your state, across the country and the world.



[When Not to Worry about Autism](#)

Competitiveness often feels like it is running all of our lives. And while it is great on the field, on the track, in the job search, or in a grant application, it shouldn't be a part of how we parent. Many parents of children with special healthcare needs and disabilities feel the pressure of comparing children even more intensely. The AAP Healthy Children website offers a great piece about when not to worry about autism; helpful for parents of children with autism... and all of us, quite frankly!



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About Family Voices

Family Voices is a national organization and grassroots network of families and friends of children and youth with special health care needs and disabilities. We promote partnership with families--including those of cultural, linguistic and geographic diversity--in order to improve healthcare services and policies for children.