



Welcome back - 2019!

There are days where we as parents certainly feel undeniably defeated as the autism journey can be a bumpy ride where we find ourselves clinging on for dear life as the journey never seems to end and keeps on twisting and turning throwing us off course unexpectedly.

Hold on to hope and faith. As long as you fight this battle with determination - the sky is the limit! Having a firm plan in place and expectations for your child is a good way to kick off the new year. Setting goals for 2019 and touching base with your expert team at The Star Academy will go a long way in ensuring your child's success.

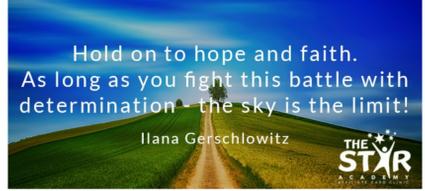
As we leave the holidays behind and carry with us a bag of memories of the good times spent with our children we look to the future with fresh energy and excitement. Yes, there are days where we feel broken by autism, but what counts is that we get up and dust off the bad memory of the tantrum jason threw on New Year's eve which left everyone gasping especially aunty Agnus who we hadn't seen since last year and who got to tell us what bad parents we are for putting our child's tantrum on extinction.

Autism is a medical condition with behavioral symptoms. Its time to redefine your child's autism and look deeper than the symptoms to find the underlying causes of this illness. We know what they are and working with the right medical doctor is crucial to success.

My prayer for every parent whose child is afflicted by this insidious illness is that you should find the answers and solutions that will secure your child's healing and recovery!

Nothing is ever impossible!

Happy New Year!
Ilana Gerschowitz



ARTICLES

Restoring Balance: Autism Recovery



Chlorella is one of nature's most powerful binders and detoxifiers. Go figure it also helps with overall liver function, cholesterol, weight loss and even depression! It seems strange to think anyone would like the taste of this algae, but it's actually a sweet grassy taste that many have grown to expect and enjoy, yep even the kids.

Honestly, the idea may seem gross at first, but most children really enjoy it. They can be chewed or swallowed as a pill if they don't like the flavor. It can also be blended and hidden in smoothies too!

Make sure to get clean chlorella grown in a clean environment. Several brands such as Biopure or Mercola brand are made in an indoor facility and tested for impurities.

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Tips for getting the best out of your ABA programme in 2019



Tips for getting the best out of your ABA programme in 2019:

1. Set goals. Think short-term (3 months), medium-term (6 months) and long-term (the whole year).
2. Attend workshops. You are just as valuable a team member as any other in your child's treatment programme.
3. Communicate to your supervisor what is important to you as a parent and for your family.
4. Receive parent training. The better equipped you are, the more consistency you can create between home and centre, and the faster your child will progress.
5. Stay in the loop. Make sure you are receiving our newsletters and following our Facebook page.
6. If you haven't already, explore biomedical intervention. Most, if not all, children on the spectrum are suffering from underlying biomedical conditions. Children who are feeling well are more receptive to education and ABA instruction.
7. Follow recommendations. These recommendations are made in your child's best interests and stem from decades of research and experience.
8. Stay positive. Your child is in the best possible hands and has a real shot at making huge gains.

Recovery is possible by Marcia Hinds author of "I know you're in there".

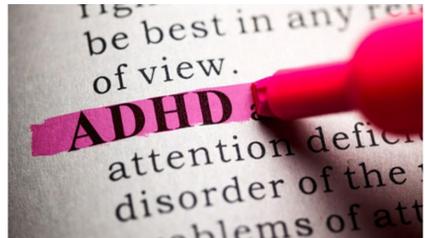


"Yes, recovery is possible! But the road to recovery is long and hard and parents can't give up too soon. My son is now an aerospace engineer. But helping him was the hardest thing I've ever done. I once was where you are now. I never realised recovery was even possible. When Ryan was in middle school, my dream was that one day he could hold a job at McDonalds and live independently. But I didn't believe that might happen back then. Who knew he would accomplish all he has? Only another parent can understand how much we love our kids in spite of how difficult living with autism can be. I know this is all very overwhelming, but I will be here to help you any way I can"

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MEDICAL CORNER

Just Say No To ADHD Meds



When a child receives a diagnosis of ADHD, it's hard for parents to deal with the emotional repercussions, let alone sort out the mass of information. There is one message, however, that will be coming through loud and clear from almost everyone parents are likely to consult — doctors, teachers, psychiatrists, and practitioners — and that's: "Medicate!"

To Medicate Or Not To Medicate Is The Big Question

An ADHD diagnosis is particularly prone to this knee-jerk response from professionals who are so convinced these children have a genetic disorder that they have called off the search for a better understanding of the underlying conditions. Our society has become conditioned to trust the physicians and jump to a pill for the 'quick fix.'

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RECIPE CORNER

Frozen Fruit Pops



Ingredients:

- 2 cups fruit, chopped
- 1 tablespoon sugar (or sweetener of your choice)
- 1 teaspoon lemon juice (or lime juice)
- Piece of carrot or other vegetable (optional)
- Water (optional)

Instructions:

1. Put all ingredients in a blender or food processor, and blend until smooth. (To make pops slushier before freezing, add 1 tablespoon water to mixture)
2. Pour mixture into 4 pop moulds, and freeze.



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