

### Changes reported by parents in summary report:

- Decrease in violent tantrums
- He is able to walk and help in grocery store (before he had to ride in a cart with ears and eyes covered)
- Less anxiety in social settings
- Actively seeks smells and comments “smells good”
- Now he better tolerates music
- Requests to watch a movie (was too anxious to watch an angry or crazy scene)
- More language/statements
- Echoes and scripting statements that fit appropriately into the situation
- He follows instructions easier and for longer periods of time

### Summary of Observations of Parents and Practitioner during Emails and Appointments:

#### December 9

- Sat at the table to eat more this week than usual

#### January 11

- Chris had a very difficult time on the trip back home, very explosive and angry. On January 5<sup>th</sup>, I brought him to the doctor and found out he has had a bad left ear infection. After a couple days of antibiotics and routine at home, he is much more pleasant. However, many autistic behaviours are back such as spinning in circles, intense obsessions such as turning ALL the lights in the house on.
- Yet we have seen random clear moments where he engages in play with his sister
- Also, 3:30am he tends to wake up and kick the wall now and talk. I am afraid your suspicions about his circadian rhythm are looking correct.
- He accepts all HANDLE exercises well now, which I am thankful for!

#### January 26

- After returning home from Christmas break (12/29) very difficult. Increase in spinning, biting hands, unexplained laughing while he would yell “stop laughing” as well as many angry violent outbursts for about 2 weeks.
- Throughout this time HANDLE exercises were done faithfully 7 days a week
- Doctor visit – January 5<sup>th</sup> – severe left ear infection
- The storm calmed around 1/10 and he became calmer, occasionally would sit in chair to eat.
- As that week passed, he began to plan chase games with his sister and has continued every day since to respond to his sister saying “come chase me Chris”
- Saw clearer eye contact, calmer behaviour, more language (after meds)
- Four different workers have returned to work with Chris, but I have put curriculum and mandatory room time on hold. He is still suspicious and behaviourally keeping most of the workers at arms length
- Last week he lost a tooth that had been very sore and distracting
- When he is interested and motivated for something, he language, eye contact and inclusion of others is incredible
- Most workers are noting much more eye contact

- Spontaneous comments such as “there’s an eagle high in the sky” and wanting to show us are new rewards
- Play with his sister in a high energy game has continued for 2 weeks, the longest sustained interest in her ever
- Unexplained crying about 3 times a week
- He is hurting himself all the time now. “ouch” because he bumped his food and he comes hoping to show me
- Humming, reciting songs, but we are not allowed to join with him
- Collecting and lining up all the technology we have in the house
- More often seen sitting at the dinner table eating and pulling his own chair in
- Sleeps through the night now without kicking the wall
- Started seeing an Osteopath. Chris seems very comfortable and lays on the table voluntarily

### March 14

- We have continued to hold off going to speech and occupational therapy since HANDLE as well as kept him from grocery stores and busy places where there are numerous boundaries for him.
- However his birthday party, other family members’ birthday party and a trip to a children’s hands on museum where successful ventures, where Chris did not tantrum and for the most part followed direction.
- The most visible difficulty for him at these busy times were holding his ears (yet he refused the use of his headphones for protection), hiding his head at times, lots of jumping.
- Yet with the motivation of food being served, Chris sits at the table, pulls in his chair and eats his meal with us and others at these occasions!
- Chris has had another round of (meds) this month due to his white blood cell count. His iron level was very low as well and has since increased by feeding him a lot of liver in his diet. (Yes, he likes it!!)
- Chris has started to resist cooperating with exercises, we need to use more motivators like food or “first exercise, then....play outside.”
- This week he is in constant movement, pacing the house and trying to “push everyone’s buttons”, always needing one on one to stay out of trouble, yet not wanting to do anything we suggest. He is turning every light in the house on, yet light sensitive and hiding his eyes outside.
- He is most cooperative and communicative with workers when he is outside in the back yard. (He likes to jump on outdoor trampoline, arrange loose bricks, walk in forest and run around tag games)
- Chris, as noted before, is sitting at the kitchen table for many meals with his family. This is the most notable change since starting HANDLE.
- His behavior changes are complex because he can look very different day to day in measures of amount of patience and focus. However, we are seeing more frequent attempts to play with his sister, excellent eye contact and more language attempts. We are hearing him try to express what he is thinking. E.g.” The bird is high in the sky”.” The sun is going down, the moon is coming up.”” That’s delicious”. This has been a lot of fun for all of us!

- The last 2 weeks he demands to be acknowledged saying “delicious” after finishing whatever he is eating. (If I do not say anything, he persists in saying delicious while getting upset.) Similarly, he needs conformation “May I eat this?” before eating anything that I have given him to eat.
- He has developed an aversion to things swinging such as a branch he just brushed in the woods (he goes back to stop its movement), and a coat hanger swinging on a door hook. This was seen soon after he received his long awaited coo coo clock with pendulum for his birthday (we had to put it away after a week of him enjoying it).
- He is holding his ears, hiding his head and pushing his head upside down in the chair a lot more these last 2 weeks. We have had him checked for a recurring ear infection but none was found. We are continuing to apply ear drops to loosen ear wax (he produces a lot)
- Chris was on television for a story about a benefit race my husband is directing. Chris was so excited to see himself (and us) on TV, he jumped up and down, ran up to me and said “Mommy, I’m on the TV!”, while tapping his chest!
- He is getting better at pronouns and I am so hopeful and encouraged that he is experiencing what Judith Bluestone described in her book, about understanding /feeling the concept of self!
- Chris continues to see a Craniosacral Osteopath once and now twice a month.

### March 23

- We are so excited about the new exercises!
- The last 5 days he has had new language!

### April 27

- He has just recovered from another ear infection and the pollen this year has been very high.
- I hope we have reached our goals with his new vestibular exercises as this has been a very difficult month for him in regard to challenging behavior.

### May 9

- In the middle of April Chris had ANOTHER ear infection, despite ear drops and increased water intake. Therefore he had another round of meds, with behavior improvements (more pleasant disposition, happier) after 4 days of treatment.
- Dr. M. also started Chris on low dose cream every night to boost his immune system since his Neutrophils continue to be low.
- Pollen levels here have been and are extremely high. Chris has been tested and reacts to many trees, grasses, etc. So we have noted more cognitive drifting and more autistic behaviors this month as well as classic eye itchiness and sneezing. He is currently treated.
- Amount of language has decreased YET when he uses language it is much more complex and descriptive!
- Social interaction has decreased YET when he does interact he is more varied in his responses to games.
- More solitary imaginative play seen and a lot of scripting heard. He laughs hysterically at his own jokes and comments.
- He is stretching his shirts over his head much of the time, inside the house and outside. Especially when a new person enters his environment. Plugs his ears with his fingers a lot.

- Continues to be hypersensitive to music having more than one instrument.
- Fantastic balance with climbing on the playground, trying new things independently!
- Rode horse last week for 10minutes before asking to get down. (The previous week he only tolerated it for a couple minutes.)
- Difficulty sitting down, he paces a lot. He will sit at the dinner table to pray with us, but then will have to get up and jump between bites.
- Chris continues to see a Craniosacral Osteopath twice a month.

### June 3

- Many subtle changes
- Language has increased, especially in last two weeks
- With antibiotics, his language improves, to include more descriptive comments
- Began Horse Therapeutic Riding
- Riding his bicycle like a champion
- Congratulates himself
- Uses his shirt as a hood (like Mr. Turtle)
- Using pronouns more
- Is a Mr. Fix It (e.g. Outside lights, eaves etc)
- Still not wanting to listen to music, still says to turn it off
- Vestibular system still challenged (forward and backwards most challenging)
- Unable to get WBC or iron counts up
- At least 4 ENT infections since Dec
- Speech is more audible, not a whisper, not a yell, less monotone
- More varied diet
- Yellow orange tones in skin tone lessened
- More definition of facial features, less edema
- Better with food textures (e.g. raw cucumber, cauliflower)
- Increased eye contact
- Less drawing of pictures of hydro lines
- Likes tape, bridges – likes to connect
- Peels paper of crayons and relabels them
- Amazing drawings – Oodles of Doodles

### June 22

- Tympanostomy surgery

### August 3

- Chris's ear tubes seem to have released constant pressure, yet is still very sensitive to touch around the ears.
- His surgery went well without complications/ infection. Hooray!

### August 9

- We have taken him to more events, such as birthday parties and the movie theater on 2 occasions.
- He is involved more with grocery shopping.

- He desires more change in environment than ever. He randomly requests, independently, to go to Canada, Grandma and Grandpa's, Otter Creek, etc.
- He had tubes placed in his ears the last week of June. He recovered more quickly than I expected, without complications and only complained of ear pain for about a week and a half.
- He continues to be sensitive to music, however is tolerating a little better. He likes to listen to stories I read and books on CD which have some music in the background. With headphones he ENJOYED Toy Story 3 at the theater! Watching children / cousins play much more!
- Have not seen much of "Mr. Turtle" lately! Only occasionally does he put his shirt over his head for protection from sound/ stimulation.
- Language is continuing to expand with many excellent descriptors, staying short one sentence statements.
- Restless, "ants in pants" continues, yet seeing more times contentment, such as being able to SIT in theater chair and just flapping his hands and legs occasionally
- He tries to control his sister more, such as telling her to stop singing, swinging her legs and stop dancing. Yet he still likes to play very short games like tag or pat a cake with her.
- Hand biting and mouthing any object he holds has increased.
- He will sit at the table to eat for about 2 minutes at a time.
- His bike riding has taken off! He still has training wheels, but is proficient at speed control using pedal brakes, turning and standing on the pedals to get up a big hill!
- Riding horse at lessons for 15-20minutes now!
- Chris continues to see a Craniosacral Osteopath twice a month.

### October 2

- This week is our first long distance trip without Chris's father – trip was good
- Has never fallen asleep in car, but this trip his arm was resting, eyes gazing outside and almost fell asleep. He was sleepy versus being "on guard" for the first time on a road trip
- Was listening to music in the car for 4.5 hours – has never been able to tolerate this previously
- He is showing that he is "coming out, opening up"
- "wow" in so many ways
- "keeping energy up with hope because we know something is happening
- Using metaphors and similes in language when trying to describe or self express
- Echoing our language more
- He is accepting new helpers in our home and not resisting the playroom
- Music and movies are played in our home and he is not telling us to "turn it off" – increased tolerance, decreased anxiety, even with "tender moments"
- Drawing power line pictures again this month, but also comics with people as well
- Difficulty catching balls again, swats it away ? Energy ? Skill
- Doing lots of headstands in couches
- When most focused/still is drawing and colouring
- Able to do more table work / schoolwork
- Continues to receive Cranial Osteopathy once or twice a month

- On the way to Ontario, had a visit with family with 6 kids. He didn't hide or resist the kids, was very much in the mix and "with us", no tantrums or need to seclude himself
- Went to the park with the children, copying and chasing with cousins and experimenting on the jungle gym
- Is taller
- Less prompting needed with language (e.g. to say goodbye)
- Language is less scripting, and more in context
- Vision – is right eye dominant (previous variable response) – left eye is challenged to converge, and exits to the left outer quadrant