

Hi Valerie,

I know a couple of moms who have brought their children to see you recently and have been very pleased. I felt I needed to take a few months to be sure it was the right decision for us (wish now I hadn't, however, just what I needed to do at the time).

Michael is 5 and a half years old. We started on our journey with him 2 years ago this month. Since May we have been running a full-time home-based therapy program for him based on love and acceptance. We have a specially designed playroom in our house for the program. We strive for 30+ hours per week of one-on-one time for him. I think the HANDLE would integrate wonderfully with our program as we will be able to schedule in the exercises into our curriculum schedule daily. And there are definitely neurological challenges that Michael has that I feel we haven't found a way to help him with yet.

I've been reading the Fabric of Autism and very much enjoy it. I find that I understand Michael better as I read it. A lot of Judith Bluestone's explanations sound very similar to Michael. I know it's time for us to give this a try.

We are located in Toronto so not too far from Peterborough - what a blessing to have you so close. Thank you so much for your call - and for your dedication to our children. Again, what a blessing to have such a talented practitioner so close to home.

#### February

We're coming along well. My fantastic husband got right into doing the exercises immediately when we got home. He jumped right in. He checks in with every night as to what I've done, making sure I've done some too.

Michael has been very open and OK with the exercises. My husband has experienced him often asking for more, right from the first night. He giggles and laughs about some of them. After having done one hand of buzz snap, he offered his other hand. He's less apprehensive and struggles less overall than I was prepared for.

I love doing the exercises and I love the time with him. It's so nice and relaxed and really nice for me to be able to touch in him ways that I imagine are helping him.

#### March

All is good here, great really. I think Michael is doing really well. He seems to exploded right out of his shell, talking more than I can ever remember I think. We're having fun doing HANDLE - big smile on his face during accentuation stomp - I put his feet on mine and I do the stomping (sitting down right now). The SECOND time we did it - for the last few beats of the song, he spontaneously used his hands to tap on his legs while I was doing the stomping - SOOOO Cool. Of course mommy screamed out with excitement at how awesome that was.

## May

I remember making the comment about his being really wound up at bedtimes the last time we were there. That continued for a bit, but then there was a change and he was quite calm and settled at night and going to sleep more quickly and with less rambunctiousness. There have been the occasional blimps but overall I think mostly more quiet at night while going to sleep.