

# Center for Autism Spectrum Disorders

[www.childrensnational.org/CASD](http://www.childrensnational.org/CASD)



## Children's National: CASD CHAT

### Introduction

**Happy New Year from all of us at CASD!**

We hope that your year is off to a great start! In this issue, you will learn about where CASD has been in 2016, and where we would like to go in 2017, as well as tips on how to welcome the new year. We also share local sensory friendly events and recognize CASD Faculty Member, Dr. John Strang, who was recently referenced in National Geographic.

### CASD Research Report

#### **CASD Spreads the Word: Our Travels Across the Country**

Over the past year, CASD faculty members have been traveling the nation giving presentations about new research findings, best practices, and our very own executive functioning interventions. These presentations have been in the form of parent trainings, professional trainings, national & international conferences, and academic lectures. We are very proud of the work being done by our team and thankful to all of the families who contributed to this research. Your research participation has helped us to spread the word to communities across the country. See below for where we've been in 2016 and a few of the places we hope to go in 2017!

# CASD Spreads the Word

Where We Went this Year



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## *A Sampling of Presentation Topics:*

- Taking ASD/DD Treatment to the "Other 99%" as Evidence-Based Practice: What Do We Gain?
- What is Different About Females with Autism: Where are We and Where do We Need to Go?
- Development of a Clinical Program for Youth with Co-Occurring Autism and Gender Dysphoria
- Efforts Towards a More Cohesive Understanding of Anxiety in ASD: Correlates and Underlying Mechanism
- Engaging Low-Income Latino Families in a Community-Based Executive Function Intervention for Children with ASD or ADHD
- Unstuck and On Target: Tools for Increasing Independence, Flexibility and Self-Control

**CASD Cares**

**Welcoming the New Year**

As we embark on a new year, it is normal to reflect on the past year, and make plans for the future. Many of us start to make New Year's resolutions, such as eating healthier, going to the gym, and other general goals towards wellness. However, when you have a loved one with autism, there is usually another set of resolutions forming. The mantra, "I will do X, so my child can do Y," drives us in the coming months.

Here are three tips to help you welcome 2017 with open arms.

**1. Focus on the positive from the Past:**

What did your child accomplish within the past year? Take a moment and think to yourself, "What did my child do this year that I am most proud of?" Did your child learn how to tie his shoes? Write her name independently? Make a new friend? Tell his first lie? Learn how to drive? Get her first job? Complete his first semester in college? Identifying your child's successes and strengths can help you plan for the upcoming year.

**2. Take time to savor the Present:**

How can you help your child build on his or her successes? Often times, we get so wrapped up in the day-to-day that we have difficulty focusing on the bigger picture. We worry about our schedules and forget to admire beauty in the mundane. Is there something that you noticed within the last week about your child that you had never noticed before? If not, make an effort to look a little closer. No matter what you do, you must not lose sight of the present. This is vital to not only enjoying what life has to offer, but celebrating who your child is in the present moment. Never lose sight of this. No matter how challenging, all of our children are beautiful and need to be celebrated.

**3. Be hopeful about the Future:** What would you like your child to be able to do one day? There is nothing wrong with planning for the future. The key is to be optimistic. This of course is easier said than done. Raising a child with autism can be overwhelming; however, it is all about your perspective. The truth is, whether you have a child with autism or not, no parent knows what their child's future holds. But if you work hard and do everything in your power to support him, then you have given your child his best chance at a great life, and that is something to rejoice about.

## CASD in the Media

Check out this great article referencing CASD Faculty Member, Dr. John Strang!

[National Geographic: How Science Is Helping Us Understand Gender](#)

## You May Be Interested...

Wrightslaw is a website that provides accurate, reliable information about special education law, education law, and advocacy for children with disabilities. It was created by Pete and Pam Wright, an attorney and psychotherapist respectively, who represent and work with children and families with special educational needs.

To learn how to navigate this extensive website, check out Pete Wright's video tour: <http://www.wrightslaw.com/video/wrightslaw.provides.answers.to.your.questions.mp4>

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