

# Newsletter

## New look ASDF

As most of you are aware ASDF has had a bit of a facelift.

In line with the new forum the newsletter has also received a bit of a face lift featuring the new graphics and some new ideas.

Grumpy Old Man has also produced a flyer that can be downloaded from the forum and distributed to parents / carers who may benefit from using ASDF. Please pass this to as many people as you can.

And don't forget the chat room, come pay us a visit most evenings from 9pm. We talk about a variety of topics ASD and non-ASD.

## Kyle's Story

Kyle was a very much planned for and wanted baby. I was on top of the world when I saw those 2 wonderful lines on the test stick. So after telling the family our wonderful news it was a devastating moment when at 7 weeks I began to bleed. I convinced myself that I had miscarried but I needed to know for sure so I asked for an early scan and seeing his heartbeat was wonderful. That was the first of many shocks from our Kyle.

At 35+5 weeks my waters broke in the middle of the night and 8 hours later Kyle was born at a tiny 4lb 7oz. He was perfect and healthy but needed to stay in for feeding and growth.

We felt so happy and lucky that Kyle was a very contented baby. He never cried and slept all the time. I settled into motherhood easily and looked forward to giving Kyle a sister or brother as me and my husband wanted a big family.

It started at 3 months when people started to comment on how Kyle never looked at them or us. We had noticed it ourselves but as he was our first child we thought it was normal.

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When he started to smile we could count on one hand how many times he made eye contact when he did it and I use to stare at him for hours but he would look straight through me.

At 11 months Kyle started to walk and boy was he hyperactive. There was no stopping him and he would be into everything. Whenever we called his name he did not turn round and it seemed like he did not understand us when we were talking to him.

At 16 months his brother Samuel was born and when my husband brought Kyle up to meet his brother he showed no interest whatsoever. He was content to run up and down the corridors and my husband ended up leaving after 5 minutes. By this time I knew in my heart something was not right and decided to push aside my denial and seek advice from the doctor. The doctor said "he looks a fine boy to me, he just lacks discipline". I came out of that surgery feeling like a complete failure.

Kyle had begun to develop a vocabulary of about 25 words but when he seemed to forget them I got worried. We bumped into an old school friend who could not take her eyes off Kyle and commented on how he was so much like her son had been at that age. I went home and cried because I knew her son was Autistic and that is what she had meant.

I started to research Autism and ADHD. I convinced myself he had both. I took the opportunity when my youngest son had his 9 month check to ask my Health Visitor for help. After listening to me she said "why do you keep talking about Kyle, this is Sam's check". I said to her I need you to come to my house and meet Kyle.

She sensed my worry and came around the next day. To her shock Kyle was running up and down our living room like a bull in a china shop. We had no ornaments or table and he climbed over the furniture like a monkey. He did not respond to her when she spoke, it was like he had not even heard her. Something we were very use to. After he head butted me in excitement and split my lip she said I do not know what is wrong but there is something wrong.

She started the ball rolling and we got phone calls from the Special Needs Coordinator at the local children's centre and Portage. We also started attending a Portage playgroup which was wonderful because I had always found "normal" playgroups extremely stressful but continued to go because I did not want the kids to miss out. I met two of my now very best friends there and would be lost without them. It was a lifesaver.

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I also enrolled him at a local nursery as recommended by the pedestrian for 9 hours a week and they soon learned Kyle needed one on one help all the time which reassured me he was in good hands.

Kyle was diagnosed as being on the Autistic Spectrum at 2 1/2 years old at his welcome session at the CDC. After his multidisciplinary meetings they concluded he was autistic but they were reluctant to specify the severity due to him being so young. It was a huge relief to finally have some answers but I found it hard to cope with and felt quite sorry for myself. I had the perfect life planned out and this was not part of the plan and I grieved for quite some time. You all probably remember when I wrote that my sister in law's boyfriend pushed and swore at Kyle at Sam's birthday party because he pushed over his daughter. Although she broke up with him I was very scarred from that incident and became very depressed because I felt people did not accept Kyle and felt over protective. My doctor put me on antidepressants and referred me for counselling. This was a very low time for me.

Kyle is now 3 1/2 and he has changed a lot. He has developed about 20 words again and has excellent eye contact. He seems to understand language now and will respond to basic requests. He is still very hyperactive but they have ruled out ADHD. He is a very sensitive little boy and struggles in social situations. He tends to push children over as he does not understand how to play. Potty training is not happening but I have learnt it is better to take small steps and getting Kyle to communicate is a start.

He attends a special school 2 days a week and a mainstream nursery 3 afternoons a week. These are his most favourite places in the world and he is very happy to go to them. I have decided to enrol Kyle in his special school when he is 5 because although one day he will be ready for mainstream I feel he has to calm down a bit first. He can be very rough and I feel he will not be misunderstood at his special school, something which happens daily in Kyle's life.

Some days are really tough and I have shed many tears but I feel like we are getting there. I am off the antidepressants and I no longer feel depressed. Kyle is a wonderful little boy and life without him would be unthinkable. I hope one day my son will be able to live a relatively normal life and more than anything be happy. I am just learning to go with the flow.

Thanks kylesamsmummy for your story



## J's Special Bedroom

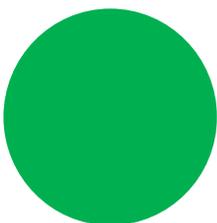
After 10mths of waiting, we recently got J's Safespace installed, with many thanks to our OT, [Newlife Charity](#) and to [Safespaces](#). It has already brought so many improvements to our family home.

It took about 1 & 1/2hrs to be fitted and installed, with J very excited about getting his new bedroom. After it was installed, we showed J who was in absolute awe. We then set about making it all "spacey" as Space is J's obsession (as you can in the photos).

J was so excited about getting his own bedroom.

We are now in our 3rd week and J hasn't woken up at all throughout the night. He is sleeping better (not wanting the constant reassurance throughout the night as he did in his cot bed), he is generally a much happier and secure child and he's gained a bit of independence which is reflecting in his lack of wanting constant reassurances. We now have an established routine and J is usually asleep within 10mins of being zipped up for the night. We've become a more relaxed and not so tired parents

If you have a child who has a lot insecurities throughout the night or are still sleeping with you, talk to your Occupational Therapists and see if they can help.





## Quiz Time

### 3 letter words

- EMU
- FIR
- ILK
- NEE
- PEW
- PIE
- TEE
- WET

### 5 letter words

- AURAL
- CURRY
- CURVE
- DAIRY
- ENROL
- ERROR
- LURCH
- SLICE

### 4 letter words

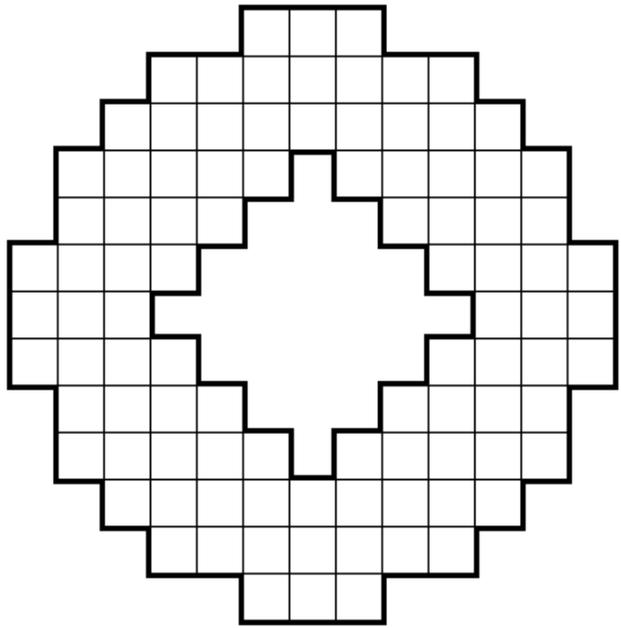
- CARD
- DARE
- DOME
- FACE
- HEREHIVE
- LIFT
- LISP
- RISE
- ROUT
- SANE
- SLUR
- STEW
- TARO
- TELL
- WIRY

### 7 letter words

- CHALICE
- CHIMERA
- HOSIERY
- REFEREE

### 9 letter words

- DOMINANCE
- QUERULOUS
- QUICKSAND
- SCRIPTURE



**ASD Friendly. By parents for parents.**

**Any questions or problems about the forum itself please contact a moderator or administrator.**

**We are always after stories, news, ideas and anything you think people would like to read in the newsletter. Please PM any ideas to the editor Munchkin.**

**Thank you to everyone who contributed to the newsletter and thank you to everyone who has taken the time to read it.**

