

Supporting parents after diagnosis: Raising Children Website and Early Days Workshops

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Background

- Australian Government's Helping Children with Autism package
- Parents and family carers of children diagnosed with an Autism Spectrum Disorder
- Designed to equip parents and family carers with the information, skills and support

Raising Children Network

- National Parenting Website
- Parenting Research Centre, Centre for Community Child Health and Smart Population Foundation
- ASD website in Feb 2009

Early Days

A National program of workshops for mothers, fathers and other family carers of young children with ASD (up to 6 yrs)



Raising Children on DVD
View clips and find out how to get a copy
 [GO](#)

Parenting in Pictures
Step-by-step guides for essential baby care skills
 [GO](#)

Helping Children with Autism
Information to support parents raising a child with autism spectrum disorder
 [GO](#)

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Australian Government

 **News and tips to you**
Register to receive email newsletters from us. Choose from parenting alerts, emails personalised to your child's age, practical tips for professionals, and media updates for journalists.

 **Sing to your baby**
Forgotten the words to "Rock-a-Bye Baby"? Sing to your child with confidence with a little help from Don Spencer in this animated singing game.

 **Children with a disability**
Our section on children with a disability explores topics such as your feelings, others' reactions and working with professionals. It is supported by the NSW government. It includes a handy reference of disability terms.

 **A-Z health reference**
Get the facts on over 100 common illnesses and health conditions which can affect babies and young children, presented in an A-Z index format.



COMPETITION WINNERS

Thanks for your inspiring stories!

 Read the winning entries in our Mother's Day competition

Thank you to everyone who entered our Mother's Day 2010 competition and sent in your special stories of motherhood. [Read our five winning entries.](#)

- What's new**
- Why children fight
 - Preventing fights
 - Handling fights

- Notices**
- Follow us on Facebook
 - We're a work in progress

Popular pages

How RCN works

- Evidence based content
- Science communication team
- Usable, web content
- Quality Assurance and review

Autism Website

1. **Learning about Autism Spectrum Disorder** – information to better understand the condition
2. **Parent Guide to Therapies** – detailed descriptions of common therapies and interventions including reference to the evidence, safety and financial considerations; and
3. **Service Pathfinder** – to help parents navigate the relevant service and support systems in each State and Territory

Home / Special Needs

Children with Autism Spectrum Disorder

[learning about autism](#)[guide to therapies](#)[service pathfinder](#)[parent forums](#)

Navigating the service system

Our interactive Autism Service Pathfinder can help you find and access available services and resources for you and your child.

[go](#)

Parent stories

View **film clips** of parents' experiences when caring for a child with autism.

WORK IN
PROGRESS

Your feedback

This section is a work in

**CHILDREN WITH
AUTISM**

Learning about ASD

- ▶ **The basics**
- ▶ **Autism spectrum disorders**
- ▶ **Assessment & diagnosis**
- ▶ **Therapies & interventions**
- ▶ **Services**

Navigating services

Therapies guide

Home / Special Needs / Children with Autism / Learning about ASD

Learning about ASD

- ▶ **Autism spectrum disorder (ASD)**
- ▶ **Autism spectrum disorder (ASD): causes**

Autism spectrum disorders

- ▶ Asperger's disorder: signs and symptoms
- ▶ Autistic disorder
- ▶ Pervasive developmental disorder – not otherwise specified (PDD-NOS)

Therapies & interventions

- ▶ ASD interventions: how they're tested
- ▶ Choosing ASD interventions
- ▶ Types of interventions for children with ASD

Assessment & diagnosis

- ▶ Autism spectrum disorder (ASD): how it is diagnosed
- ▶ Autism spectrum disorder: early signs
- ▶ My child has autism spectrum disorder (ASD): what does the future hold?
- ▶ Worried your child has autism spectrum disorder (ASD): what to do

Services

- ▶ Autism spectrum disorder (ASD): overview of the services environment
- ▶ Early intervention for children with ASD: getting started



did you know ?

- ▶ In 2007, the UN nominated 2 April as **World Autism Awareness Day**. The day was first observed on 2 April 2008.
- ▶ In Australia, about one in every 160 children is diagnosed with ASD.

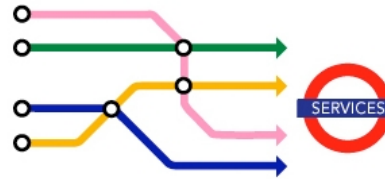


Service Pathfinder – to help parents navigate the relevant service and support systems in each State and Territory

- CHILDREN WITH AUTISM**
- Learning about ASD
 - Navigating services**
 - ▶ Worried about ASD
 - ▶ My child has ASD
- Therapies guide

Home / Special Needs / Children with Autism / Navigating services

Autism Services Pathfinder



Autism Services Pathfinder

Welcome to the Autism Services Pathfinder. This interactive tool can help you find your way through the services and supports available, both for your child and for your entire family. You can use the tool to find:

- where to start with autism services
- which professionals you might need to see
- when you might need to plan for the future
- names, addresses, websites and phone numbers.



Start by reading more about the [services environment](#) and how to [choose interventions services](#).

To get started, choose a path under the statement below that best reflects the stage you are at now.

I'm worried my child might have autism

- ▼ Finding out for sure: getting a diagnosis
- ▼ While you're waiting: starting intervention
- ▼ You and your family: help and support

My child has an ASD diagnosis, what do I do?

- ▼ Helping your child: finding early intervention
- ▼ Helping your child: childcare and early learning
- ▼ Helping your child: going to school
- ▼ Government assistance and financial support
- ▼ You and your family: help and support



CHILDREN WITH AUTISM

- Learning about ASD
- Navigating services
- ▼ Worried about ASD
 - Path overview
- My child has ASD
- Therapies guide

Home / Special Needs / Children with Autism / Navigating services

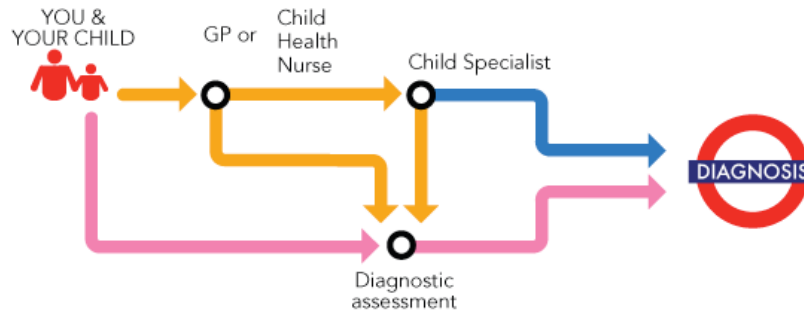
Path overview

I'm worried my child might have autism

▲ Finding out for sure: getting a diagnosis

The picture below shows the steps you might encounter along the path to 'getting a diagnosis' of autism spectrum disorder (ASD) for your child. There can be several ways to reach the stage of formal diagnosis.

- **Hover over and click** any step on the diagram below to read more about that step.
- **Click the map** of Australia below to find contacts for each step in your region.



SEE A LIST OF SERVICES IN YOUR AREA

- ▼ While you're waiting: starting intervention
- ▼ You and your family: help and support



Check out our **Parent Guide to Therapies** to find out more about common therapies and interventions for autism spectrum disorder (ASD).

[go](#)

Home / Special Needs / Children with Autism / Navigating services

Finding out for sure: getting a diagnosis



To view services in your area.

Select your state or territory

Select your state or territory

Getting an ASD diagnosis in the ACT

Getting an ASD diagnosis in NSW

Getting an ASD diagnosis in the Northern Territory

Getting an ASD diagnosis in Queensland

Getting an ASD diagnosis in South Australia

Getting an ASD diagnosis in Tasmania

Getting an ASD diagnosis in Victoria

Getting an ASD diagnosis in WA



Parenting Research Centre

raising children well

**CHILDREN WITH
AUTISM**

Learning about ASD

Navigating services

▶ Worried about
ASD

▶ My child has ASD

Therapies guide

Home / Special Needs / Children with Autism / Navigating services

Getting an ASD diagnosis in the ACT

Autism Asperger ACT is your state autism association. It can provide information about how to get a diagnosis in the

Australian Capital Territory. Contact:

c/- Self Help Organisations United Together (SHOUT)

Bldg 1, Pearce Centre

Collette Place

Pearce ACT 2067

(PO Box 717, Mawson ACT 2607)

Email: autism1@optusnet.com.au

Phone: 02 6290 1984

[Contact](#) Autism Asperger ACT

GP or child health nurse

Use [My Neighbourhood](#) to locate GPs and child health clinics in your local area.

Child specialist

Paediatrician or child psychiatrist

Your GP should be able to refer you to a paediatrician or child psychiatrist who has experience in assessing and diagnosing autism spectrum disorder (ASD) in children. If you have trouble finding a child specialist with ASD experience, Autism Asperger ACT might be able to help.

Clinical child psychologists

Use the Australian Psychological Society's [find a psychologist tool](#) to get contact details for psychologists who have registered as having expertise in working with children and ASD.

View the [Autism Awareness ACT directory](#) for details of psychologists in your area.

Diagnostic assessment

Your GP, nurse or child specialist should be able to direct you to practitioners in your area who do diagnostic assessments. For assessments carried out on a public basis, your [local area health service](#) is a good place to start. Your state autism association can also provide useful information about where and how a child can be assessed for the purpose of getting a diagnosis.

Parent Guide to Therapies – detailed descriptions of common therapies and interventions.

- CHILDREN WITH AUTISM**
- Learning about ASD
 - Therapies guide**
 - ▶ The basics
 - ▶ Communication
 - ▶ Behavioural
 - ▶ Developmental
 - ▶ Therapy-based
 - ▶ Medical
 - ▶ Family-based
 - ▶ Combined
 - ▶ Alternative
 - ▶ Other
 - Navigating services

A-Z Index of Therapies

[A](#) [B](#) [C](#) [D](#) [E](#) [F](#) [G](#) [H](#) [I](#) [J](#) [K](#) [L](#) [M](#) [N](#) [O](#) [P](#) [Q](#) [R](#) [S](#) [T](#) [U](#) [V](#) [W](#) [X](#) [Y](#) [Z](#)

Parent Guide to Therapies

Our therapies guide offers reliable information about a wide range of therapies and interventions for children with autism spectrum disorder (ASD). Each guide gives an overview of the therapy, what research says about the therapy and the approximate time and costs involved.

To learn more, including how to use the guide and where the information in the guide comes from, read our [frequently asked questions](#).

Use the **A-Z index above** to find guides for specific therapies OR browse the therapies by category using the **menu on the left**.

Parent Guide Key

Each parent guide includes a handy 'at a glance' section, which uses the symbols below. Hover over the symbols to find out what they mean.




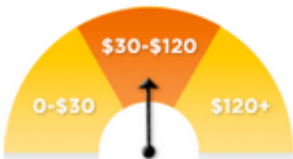
Category	Symbol
Research rating	
Warning	
Cost	

Chelation

Other common names: DMSA, lipoic acid, clay baths, natural chelating agents

By **Raising Children Network**

 email  save PDF  print

At a glance: Chelation	
Type of therapy	Alternative
The claim	Cures autism
Suitable for	Children with ASD (who do not have kidney or liver problems)
Research rating Find out more about this rating system in our FAQs .	 Unrateable Not yet reviewed by our research sources.
Warnings	 There is a risk of significant harm and toxicity with this intervention because of the chemicals used to treat the child. Some aspects of treatment can be complex, time consuming, and distressing.
Time Estimate of the total time for family in hours per week and duration .	 Treatment can go on for many months – up to a year in some cases.
Cost Estimate of cost to family per session/item or week .	 Cost will vary depending on the type of chelation treatment used.

About this intervention

What is it?

Chelation is a way to remove toxins (or chemicals with adverse effects) from the blood. It's a process that can have several steps, a key step being the use of other chemicals to 'flush out' the system. Toxins usually targeted for removal are heavy metals such as lead or mercury.

Who is it for?

Although anyone could have chelation therapy, it is not recommended for children with liver and kidney problems.

What is it used for?

Chelation is used to remove toxic chemicals from the blood.

Where does it come from?

Chelation therapy has been around for many years as a treatment for heavy metal poisoning, and has been used for autism since the 1980s.

What is the idea behind it?

Blood contains several different chemicals in small amounts, but certain chemicals – such as mercury – can be poisonous if the levels are too high. The idea behind chelation is that autism is caused by an excess of mercury in the blood, which the child's body can't get rid of naturally. This means the characteristics (or the cause) of autism can be removed by removing the excess toxin.

Supporters of chelation also suggest that the excess mercury comes from immunisation. This is because, in the past, thimerosal (a chemical related to mercury) was used to make some vaccines. It's important to note that thimerosal-based vaccines are no longer used in Australia. Even when they were, the amount of thimerosal was always below the World Health Organisation's (WHO) recommended limits.

What does it involve?

There are several stages in chelation therapy.

The first stage involves having an initial test done to identify the level and type of heavy metal toxin in the blood. This test also helps to identify an appropriate detoxification chemical.

The next stage prepares the person's body for the therapy. This includes:

- reducing any current exposure the person has to substances
- looking at or improving the person's nutritional status
- ensuring that other chemicals found in the body are at normal levels
- having blood, kidney and liver tests done.

ASD Parent Forum

[Home](#) » [Parents Like Me](#) » Parents of children with autism spectrum...

1,725 topics, Page 1 of 87 [1](#) [2](#) [3](#) [4](#) [5](#) » »»

[ADD TOPIC](#) [ADD POLL](#)

Parents of children with autism spectrum disorder (ASD)

[Search Forum](#) [Forum Options](#)

Title

[Wednesday 21st July General Chat Thread](#) (2 members)

Started By [shaz74](#), Replies: 4, Views: 35

Last Post By: [zeeta 27](#) - Today @ 10:48 AM

[Religion: What prayers do your children know?](#) (1 guest)

Started By [allycat](#), Replies: 26, Views: 316

[1](#) [2](#) [3](#)

Last Post By: [zeeta 27](#) - Today @ 10:28 AM

[Psychic Reading](#)

Started By [mme08](#), Replies: 4, Views: 104

Last Post By: [maidenminx](#) - Today @ 10:00 AM

[Parents who yell / yelling at the kids / families who yell ...](#)

Started By [allycat](#), Replies: 3, Views: 76

Last Post By: [maidenminx](#) - Today @ 9:57 AM

[LINK: Handwriting Worksheets \(free printables\)](#)

Started By [allycat](#), Replies: 0, Views: 4

Last Post By: [allycat](#) - Today @ 9:48 AM

[First day back at school...](#)

Started By [maidenminx](#), Replies: 9, Views: 74

Last Post By: [maidenminx](#) - Today @ 8:47 AM

[what are your kids like when they get sick or anxious?](#)

Started By [sweetchild](#), Replies: 7, Views: 104

Last Post By: [sweetchild](#) - Today @ 6:20 AM

[my weekend of stress.](#) (2 guests)

[1](#) [2](#) [3](#)

Forum

- Most popular forum on RCN
- More than 1,800 conversations with 10,000 posts
- Parents sharing ideas, stories, questions, links, advice...
- Real connections beyond the forum
- ‘Something more positive’

Forum

- I really enjoyed your original post Allycat, it made me laugh, put a smile on my face, and in the true feeling of this forum, made me feel a little less alone.
- ...it's become our "hobby" now, to log in RCN and ask and answer questions..i've made it my homepage at home...
- I have been so overwhelmed and confused with all the processes... and finding it so hard to get answers from anyone!! But thank goodness I have found this website, I have been glued on my computer for over two hours reading the forums, and it has already been a huge help....I know I have such an uphill battle to face, but this forum has already given me such a positive outlook that it is going to be okay.

Early Days Forum

Hi all,

Hope you all enjoyed the workshop as much as I did! It was so nice just to talk to other parents and know that I am not alone! I thought i'd start this so if we had any questions or just wanted to chat to each other about what is going on we can! It was lovely meeting you all!

What is Early Days?

A National program of workshops for mothers, fathers and other family carers of young children with ASD (up to 6 yrs)

Workshops are designed for families who:

- Have recently had a child diagnosed with an ASD
- Are going through assessment/diagnosis process

Workshops aim to equip families and carers with the information and skills they need to support their child's learning and Development.

Workshops are free of charge.

Who is involved in Early Days?

Early Days National Coordinator

- Parenting Research Centre

Content Group

- The Olga Tennison Autism Research Centre, LA Trobe University
- Department of Education, Monash University
- Division of Psychology, RMIT University

Specialist Support Group

- ADEC (Action Disability Ethnicity Community)
- SNAICC (Secretariat of National Aboriginal & Islander Child Care)
- Family Action Centre (University of Newcastle)

Who delivers the workshops?

- Non-profit, non-government agencies
- Provide services for children with autism and their families
- Have strong local networks and local service knowledge
- Can provide and support appropriate facilitators
- Can provide information about the range of available evidence informed approaches to intervention
- Can support parents to make decisions according to their own values and needs

Providers

State	Providers	
VIC	Noah's Ark	Gateway's Support Services
	Illoura ECIS	Autism Victoria
	Irabina ECIS	Krongold Centre
	Mallee Family Care	Action Disability Ethnicity Community (ADEC)
NSW	Learning Links	Coffs Harbour Early Childhood Intervention
	St Anthony's Family Care	Connect Child and Family Services
	Bathurst ECIS	Life Start Cooperative Ltd
	Orana ECI and Education Project Inc	Kurrajong Early Intervention Service
	Noah's Ark Centre of Shoalhaven	Orange and District Early Education Program
QLD	Autism Queensland	AEIOU Foundation
WA	The Autism Association of WA	The Training Advantage (Therapy Focus)
SA	Novita Children's Services	Autism SA
		Inclusive Directions
TAS	Lady Gowrie Children's Centre	Autism TAS
ACT	Autism Asperger ACT	
NT	Autism SA	

What are the workshop topics?

- Introductory workshop
- Promoting Development
- Managing behaviour

- Telephone workshops
 - Understanding ASD
 - Learning about Early Intervention
 - Choosing therapies and Interventions

Online Workshops coming soon

Online workshop topics will include:

- Promoting communication
- Promoting play
- Fathers
- Managing Sleep
- Family coping and stress
- Supporting Siblings

Do the workshops support diverse families?

The Introductory workshop is available in:

- Chinese
- Turkish
- Vietnamese
- Arabic
- Korean

Workshops are available specifically for Aboriginal and Torres Strait Islander families.

Do the workshops give reliable, up to date information?

- Workshops are based on current research evidence and best practice
- We don't advocate any one approach or therapy but give parents information and skills to decide what's best for their own child and family.
- For every workshop the aim is to equip parents with practical skills they can use at home and into the future

How can parents book in?

- Book into existing workshops
- Express an interest in having a workshop in your local area

Freecall 1800 334 155

www.earlydays.net.au



Simple, everyday things you can do to support your child

"I got numerous details about resources. Thank you."

[Read more comments by parents](#)

[Home](#)

[What is Early Days?](#)

[About the Workshops](#)

[Providers](#)

[Useful Links](#)

[FAQs](#)

[My Profile](#)

New to our site?



Find out more about the services offered by Early Days and our team

Returning to our site?



Search for workshops in your area

Already booked in?



Manage your bookings from your profile page

Welcome to the earlydays website

The Early Days program is a series of workshops for parents and carers of children (6 or younger), Australia-wide who have an Autism Spectrum Disorder (ASD). [Read more about the different types of workshops and topics covered here.](#)


Latest earlydays workshops

For details of all workshops currently scheduled in each State and Territory check out our [full list of upcoming workshops](#).

Read more about the [Introductory workshop](#) as well as the series of [skills workshops](#) now available.

To book into a workshop or to ask for a workshop to be scheduled in your local area,

freecall 1800 334 155.

Share this page:     

Login



Find a Workshop

Select workshop type

Select a format

Postcode

Willing to travel Km

Early Days is part of the Australian Government Helping Children with Autism package.

Find out more about other parts of this package. Click on the links below.

[Information for Parents](#)
[Autism Advisors](#)
[PlayConnect](#)
[Positive Partnerships](#)



Home > About the Workshops > Latest Workshops

Introductory Workshop

Skills Workshops

Telephone Workshops

Workshop Search

Latest Workshops

Latest Workshops

Below is a selection of Early Days workshops happening around Australia over the next few weeks.

To book into any of the workshops listed, or to ask for a workshop to be scheduled in your local area, **freecall 1800 334 155**.

Read more about the [Introductory Workshop](#)

Jump to: [ACT](#) | [NSW](#) | [NT](#) | [QLD](#) | [SA](#) | [TAS](#) | [VIC](#) | [WA](#) | [Telephone](#)

ACT

To express your interest in a workshop please call 1800 334 155

New South Wales






Type	Date	Time	Where	Provider
Intro	23 July 2010	9:00-16:00	East Lismore	Learning Links
Intro	30 July 2010	9:00-16:00	Wyong	Learning Links

Northern Territory

Type	Date	Time	Where	Provider
Play	16 July 2010	9:30-14:30	Winnellie, Darwin	Autism SA

Queensland

Type	Date	Time	Where	Provider
Intro	20 July 2010	9:00-16:30	Sunnybank Hills, Brisbane	Autism QLD
Intro	21 July 2010	9:00-16:00	Cleveland	Autism QLD
Intro	22 July 2010	9:00-16:30	Robina, Gold Coast	Autism QLD
Conneting	27 July 2010	9:30-14:30	Sunnybank Hills, Brisbane	Autism QLD
Play	03 Aug 2010	9:30-14:30	Sunnybank Hills, Brisbane	Autism QLD
Play	03 Aug 2010	9:30-14:30	Gladstone	Autism QLD

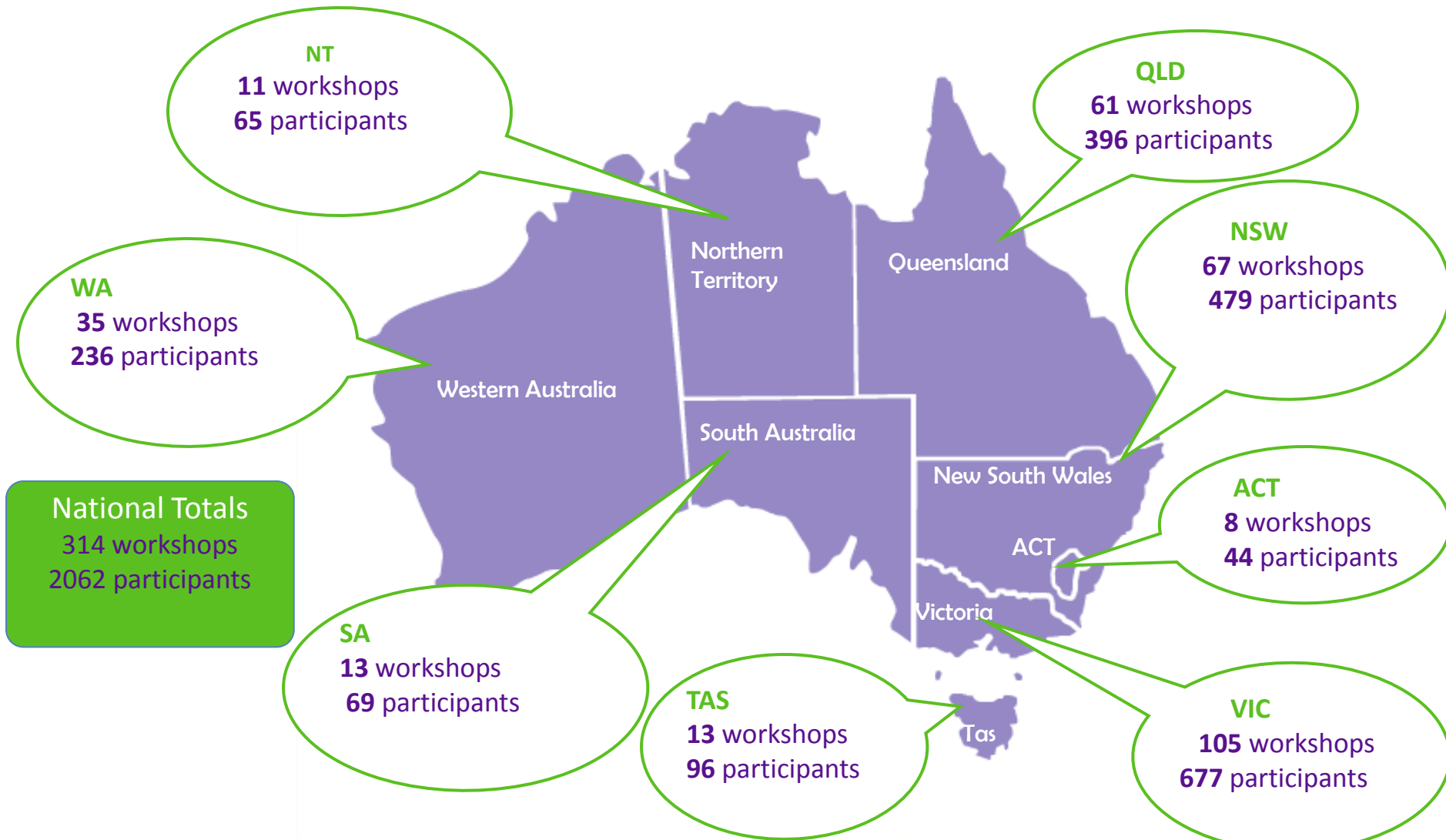
Share this page:     

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[Information for Parents](#)
[Autism Advisors](#)
[PlayConnect](#)
[Positive Partnerships](#)

How many parents have taken part in the workshops?



Do parents benefit from the workshops?

- Parents complete a questionnaire before and after the workshop.
- There are significant changes in parent knowledge after participating in a workshop

For example: Introductory workshop

Significant improvements in knowledge in the areas of:

- Causes of ASD
- Important things to consider when choosing therapies
- Understanding that not all therapies are the same in terms of safety and effectiveness.

'I would definitely recommend the Early Days workshop for anybody out there who is coming to terms with their diagnosis.'

'I feel much more empowered and even uplifted after today's session, thank you'

'Thank you to the other participants for sharing their stories so openly - much appreciated & your advise was invaluable'

'I found the workshop very helpful. I had a few questions that needed answering & some reassurance that we were doing the right thing'

'Thank you - it was good to know what support is out there & to hear from others that have similar experiences to know that I am not alone.'

'What can I do? Lots, apparently. I got numerous details of resources. Thank you.'

'Best part of the workshop was talking to others about their experiences, interventions and their journey.'

Parent Satisfaction

Question	Average rating out of 5	Percentage that Agree or Strongly Agree
I found the content of the workshop to be helpful	4.37	93%
I found the Facilitator engaging and easy to understand	4.31	95%
The workshop's length, format and type of activities were appropriate	4.27	90%
This workshop was relevant to me and my family	4.33	91%
This workshop addressed the questions I wanted answered about understanding ASD and how I can make a difference	4.23	86%
I feel better equipped to make decisions about treatments/interventions for my child	4.23	88%
I had sufficient opportunity to share and cooperate with other parents in this workshop	4.49	94%
It was useful to share ideas and information with other mothers, fathers and carers at the workshop	4.67	97%
It was good to talk to others who have a child with autism	4.73	97%

Contact Early Days

Website: www.earlydays.net.au

Email: earlydays@parentingrc.org.au

Freecall: 1800 334 155