

# Celebrating Neurodiversity

AMCHP/SPARC Autism Acceptance Month Coffee Talk

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DC Autism Parents

# What is Autism?

- A developmental disability that can cause significant social, communication, and behavioral challenges.
- CDC estimates that 1 in 54 children are diagnosed with an Autism Spectrum Disorder
  - For the first time, CDC found the same autism prevalence in black and white children
    - Black children identified received evaluations at older ages than white children
    - Black children who are not diagnosed with an Intellectual Disability might not be identified at the same rate as white children

Source: CDC, 2020

What is  
Neurodiversity?

*NT Theory of Mind =  
Everyone thinks like me,  
except when shown to be  
otherwise.*

*Autistic Theory of Mind =  
Everyone thinks differently  
from me – vastly and  
mysteriously – except when  
shown to be otherwise*



# Our Story

# Learn the Signs. Act Early. MATERIALS

## Your Baby at 9 Months

Child's Name \_\_\_\_\_ Child's Age \_\_\_\_\_ Today's Date \_\_\_\_\_

How your child plays, learns, speaks, and acts offers important clues about your child's development. Developmental milestones are things most children can do by a certain age. Check the milestones your child has reached by the end of 9 months. Take this with you and talk with your child's doctor at every visit about the milestones your child has reached and what to expect next.

**What Most Babies Do at this Age:**

**Social/Emotional**

- May be afraid of strangers
- May be clingy with familiar adults
- Has favorite toys

**Language/Communication**

- Understands "no"
- Makes a lot of different sounds like "mama" and "dada"
- Claps hands and gestures of others
- Looks happy to point at things

**Cognitive (Learning, thinking, problem-solving)**

- Watches the path of something as it falls
- Looks for things he sees you hide
- Plays peek-a-boo
- Picks things up he needs
- Moves things around from one hand to the other
- Picks up things like cereal in between thumb and index finger

**Movement/Physical Development**

- Stands, holding on
- Can get into sitting position
- Sits without support
- Can crawl
- Creeps

**Act Early by Talking to Your Child's Doctor if Your Child:**

- Doesn't wave with right hand
- Doesn't wave with left hand
- Doesn't babble ("mama", "dada", "gaga")
- Doesn't play any games involving look and fetch play
- Doesn't respond to own name
- Doesn't reach for objects in your hands
- Doesn't look where you point
- Doesn't transfer toys from one hand to the other

**Get your child's doctor or nurse to go over any of these steps of possible developmental delay for this age, and talk with someone in your community who is familiar with services for young children in your area, such as your state's public early intervention program. For more information, go to [www.cdc.gov/actearly](http://www.cdc.gov/actearly) or call 1-800-CDC-INFO.**

The American Academy of Pediatrics recommends that children be screened for general development at the 9-month visit. Ask your child's doctor about your child's developmental screening.

Always use common sense. If you have any concerns about your child's development, talk to your doctor. This information does not replace a doctor's advice. For more information, go to [www.cdc.gov/actearly](http://www.cdc.gov/actearly) or call 1-800-CDC-INFO.

[www.cdc.gov/actearly](http://www.cdc.gov/actearly) | 1-800-CDC-INFO

Learn the Signs. Act Early.

## Amazing Me

A free children's book

[cdc.gov/AmazingMe](http://cdc.gov/AmazingMe)

## Concerned about Development? How to Help Your Child

If you're concerned about your child's development, don't wait. Acting early can make a big difference!

**Talk with your child's doctor.**

You know your child best. If you think your child is not meeting the milestones for his or her age, or if you, your child's teacher, or another care provider is concerned about how your child plays, learns, speaks, acts or moves, talk with your child's doctor and share your concerns. Don't wait.

**Use a milestone checklist**

Visit [www.cdc.gov/milestones](http://www.cdc.gov/milestones) to find the milestone checklist for your child's age. Use it to track your child's development. When it's time to talk with the doctor, write down the questions you have and show the doctor the milestones your child has reached and the ones that concern you.

**Ask the doctor about developmental screening**

Developmental screening happens when the doctor asks you to complete a formal checklist or questionnaire about how your child plays, learns, speaks, acts, or moves. It gives the doctor more information to figure out how best to help your child. Developmental screening is recommended for all children at certain ages or whenever there is a concern. Ask the doctor about your child's developmental screening.

**If you or the doctor is still concerned about your child's development, here's how you can help your child:**

**Ask the doctor how to contact your state's early childhood system** to request an evaluation to find out if your child qualifies for services that might help him or her develop.

If your doctor doesn't know the phone number, go to [www.cdc.gov/fedde](http://www.cdc.gov/fedde) or call 1-800-CDC-INFO (1-800-232-6246). Ask for the phone number for the early intervention provider in your area.

If your child is 3 years or older, call your local elementary school and ask to speak with someone who can help you have your child evaluated—even if your child does not go to that school.

**AND**

**Ask the doctor if you need to take your child to a specialist who can take a closer look at your child's development.** If you do, ask the doctor for a referral and contact the specialist right away. If your appointment with the specialist is many weeks away, remember you can call back every week to see if an earlier appointment has opened up. Getting early help for your child often means being persistent.

Find more information, including what to say when you make these important calls, what to do while you wait to have your child seen, and how to get support for your family, at [www.cdc.gov/concerned](http://www.cdc.gov/concerned).

[www.cdc.gov/actearly](http://www.cdc.gov/actearly) | 1-800-CDC-INFO

Learn the Signs. Act Early.

## Watch Me!

A free training for early educators

[cdc.gov/WatchMeTraining](http://cdc.gov/WatchMeTraining)

## Milestone Moments

Learn the Signs. Act Early.

You can follow your child's development by watching how he or she plays, learns, speaks, and acts. Look inside for milestones to watch for in your child and how you can help your child learn and grow.

[www.cdc.gov/actearly](http://www.cdc.gov/actearly) | 1-800-CDC-INFO

Learn the Signs. Act Early.

## Milestone Tracker

...because milestones matter

Brought to you by:

## WHERE IS BEAR?

A Terrific Tale for 2-Year-Olds

Written by Libby Mae Hunt  
Illustrated by Allison Vanderheide

## Track Your Child's Developmental Milestones

Your child's early development is a journey. Use this map of milestones to know what to look for along the way.

The parents of children have faith in it: parents.

[www.cdc.gov/actearly](http://www.cdc.gov/actearly) | 1-800-CDC-INFO

Learn the Signs. Act Early.

## Development is a Journey

and share your child's progress with the doctor at every visit.

12 MONTHS (1 YEAR)

- Can walk (may wobble)
- Can say simple words like "mama" and "dada"
- Can play simple pretend play
- Can follow simple instructions
- Can understand "no"
- Can play simple pretend play
- Can understand "no"
- Can play simple pretend play
- Can understand "no"

18 MONTHS (1 1/2 YEARS)

- Can walk well
- Can say simple words like "mama" and "dada"
- Can play simple pretend play
- Can understand "no"
- Can play simple pretend play
- Can understand "no"
- Can play simple pretend play
- Can understand "no"

24 MONTHS (2 YEARS)

- Can walk well
- Can say simple words like "mama" and "dada"
- Can play simple pretend play
- Can understand "no"
- Can play simple pretend play
- Can understand "no"
- Can play simple pretend play
- Can understand "no"

30 MONTHS (2 1/2 YEARS)

- Can walk well
- Can say simple words like "mama" and "dada"
- Can play simple pretend play
- Can understand "no"
- Can play simple pretend play
- Can understand "no"
- Can play simple pretend play
- Can understand "no"

36 MONTHS (3 YEARS)

- Can walk well
- Can say simple words like "mama" and "dada"
- Can play simple pretend play
- Can understand "no"
- Can play simple pretend play
- Can understand "no"
- Can play simple pretend play
- Can understand "no"

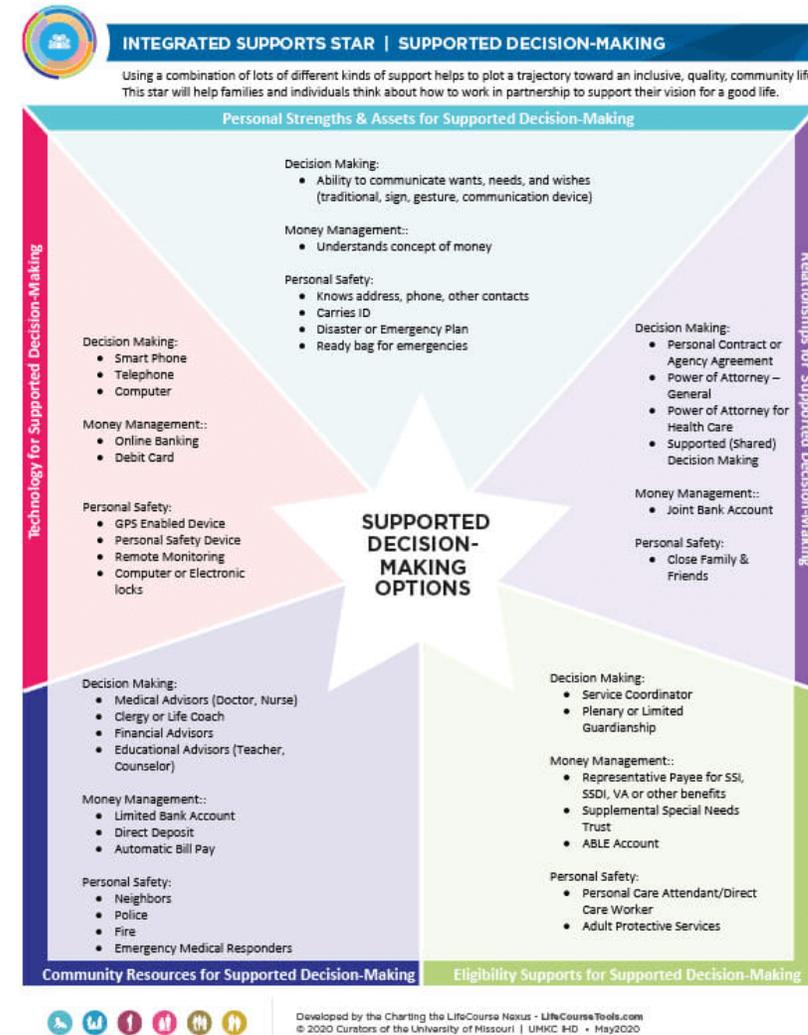
48 MONTHS (4 YEARS)

- Can walk well
- Can say simple words like "mama" and "dada"
- Can play simple pretend play
- Can understand "no"
- Can play simple pretend play
- Can understand "no"
- Can play simple pretend play
- Can understand "no"

For more complete checklists by age visit [www.ActEarly.meds.edu](http://www.ActEarly.meds.edu) or call 1-800-CDC-INFO

# Charting the LifeCourse (CtLC) Framework

- Created by the Institute for Human Development at the University of Missouri –Kansas City, a University Center for Excellence in partnership with families.
- Driven by the core belief that “all people have the right to live, love, work, play and pursue their life aspirations.”
- The CtLC Family Perspective tools are designed to help individuals and their families articulate their vision of what they want/don't want, identify and access key supports, and have conversations with their family members and supporters about planning for a good life now and in the future.



# How to Support Self-Advocacy

- **Presume Competence**
- **Do not speak for them**
- **Support your child/youth's strengths**
- **Provide Opportunities for your child/youth to make choices**
- **Teach your child/youth safety skills**
- **Learn the Let Go!**

# Resources

- **CDC's "Learn the Signs. Act Early." Materials:** [www.cdc.gov/actearly](http://www.cdc.gov/actearly)
- **Charting the LifeCourse:** <https://www.lifecoursetools.com>



Thank you!!!

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