Making Sense of Autism and Difficult Behaviours

What parents need to know about raising a child with autism, but aren't being told...

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Hello sweet friend!

I’m so glad you decided to download my Guide, “Making Sense of Autism and Difficult Behaviour.” This Guide will walk you through how autism develops, how it impacts the parent-child relationship, what this all means for you as a Mom… and what you can do about it.

I suspect that for you this is an incredibly difficult subject. I understand completely. I’m the Mom of an ASD son who was diagnosed at 5 (now 23).

As a result of the success I had with him and my passion for helping Moms who refuse to give up, it’s my belief that I was called to make this my life’s mission. I’ve been working as a Consultant and Coach specializing in ASD since 2005, and I’ve been around the block a time or two!

I have a pretty good idea of just how difficult life must be for you right now; how isolated you feel, and how helpless you feel when it comes to your child.
fact that you downloaded this eguide confirms it. It also tells me that you won’t be defeated!

I want to help you to take back your power; to feel confident as a parent to your child with autism, and to cultivate a more loving and positive connection with him or her.

If this is what you’re looking for, you’re in the right place.

Once you’ve read this guide, you’ll understand why your child’s behaviour is so difficult, and why you’ve been feeling so frustrated.

I want you to really take this in.

You may be thinking, “Why me?... What did I do to deserve this?” I want you to know that when you’re ready, YOU have the power to make positive change. But first you need to understand one very well-kept secret, which I’ll share in a couple of minutes!
Finally … After nine-plus months of waiting, your beautiful baby has arrived. Thankfully, your child appears perfectly normal. At last, the little one you’ve waited SO long for, is in your loving arms.

At a certain point in time, you may have noticed a change in your child’s ability or desire to relate to you. Perhaps he ignores you, or appears overwhelmed or withdrawn.

This is devastating.

I know exactly how you feel. Nothing hurts more than feeling like you can’t reach your own child. This has nothing to do with you... but it’s hard not to take it personally.

Can you relate?

If your child has autism spectrum disorder, it means that the “wiring in your child’s brain” is different. Imagine a network of computers that aren’t
*connected* properly and can’t talk to one another the way they’re supposed to. As a result, they don’t function in a typical fashion.

To clarify, this is an issue relate to *connections*, not the brain itself.

Because of the wiring in your child’s brain, your child probably wasn’t motivated to participate with you in countless, play-like interactions that would *normally be taking place*. This play-time between you and your child would literally have shaped his brain, causing it to develop in a typical way.

You see, our brains need “people experiences” to shape them... and if these experiences don’t occur, the brain won’t develop as it normally would. So, while your child’s physical body continued to grow - social, emotional and cognitive development stopped.

Don’t despair, I’ve got good news for you!

**Here’s secret #1…**
The emotional disconnection you feel with your child and the difficult behaviour that you experience has nothing to do with you.

It occurs because your child has information and sensory processing challenges, and *can’t make sense* of what’s happening around him. He feels overwhelmed.

As a result, he hasn’t learned to “see the world through your eyes,” as typical children do. He or she may be withdrawn, or lash out in order to feel safe. This may be the hardest thing you’ve experienced. And of course, it causes a ton of stress and worry, and possibly conflict or isolation between parents and family members.

Your child’s doctor may have suggested behaviour therapy. This therapy is intended to shape your child’s behaviour, and to teach skills such as learning to pay attention or brushing his teeth.
You may not know this, but a behavioural approach is based on research that is **decades old**!

It doesn’t seek to impact your child’s development; more so, it attempts to extinguish problem behaviours, and shape new, more positive ones.

Despite the fact that this is often recommended, it doesn’t *get to the root of the problem*, or attempt to change your child’s ability to think and problem solve “on the fly.” It also fails to understand your child’s emotions and sensory challenges.

Your child is capable of this. I *know* a better way!

In my work, I take a different approach; one that is *based on the newest research on autism, child development and brain science*. My work, and what I teach my clients is based on a *developmental approach* to treating autism. So rather than trying to “shape behaviour,” I help Moms understand autism through the lens of how it impacts development… and what YOU can do about it!

*Now that’s exciting, don’t you think?*
I help moms go right to the source of their child’s difficult behaviour and understand “why” it’s happening!

Here’s the second part of Secret #1.

Most of your child’s difficult behaviours occur because of overwhelm, fear and stress… which relate back to developmental and sensory challenges … which relate back to the wiring in his brain.

Make sense?

So, in a nutshell your child’s difficult **behaviour stems from the fact that he or she can’t easily make meaning or cope with what’s going on around them**. If we just try to “shape” behaviour, we’re just putting a bandaid on the problem, and potentially causing your child **even more stress**, instead of trying to make REAL change at the source of the problem.

Now, you may be asking yourself why this is such a “secret” in the first place. That’s a great question… and one that I ask myself all the time as well!
The most amazing thing about a developmental approach is it opens up a new way to “see” behaviour. Behaviour happens for a very good reason... it’s kind of like if you landed in a place where nothing made sense to you.

You’d be frustrated and overwhelmed too!

Now that you know secret #1, I’m going to share a second!

Just to recap, I can teach you how to “see your child’s behaviour differently,” based on the fact that your child’s development didn’t take place in a typical fashion.

Here’s Secret #2...

By teaching you how to show up differently, and by nurturing your own well-being you can learn to influence your child’s behaviour... in a positive way!

Need proof?

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Here are two recent testimonials from clients:

Sue's Better Behaviour Bootcamp was eye opening and life changing!

"Before meeting Sue, I felt helpless and overwhelmed as a mother to my son with ASD. Participating in Sue's program taught me how to take back control of my life and provided me the tools for a happier, healthier family life. My son has participated in a number ABA-based programs that were of no help to us as parents. Sue's focus on development rather than behaviour has truly been eye opening and life changing. In the couple months that I've worked with Sue, our family is less stressed, more connected and problematic behavior has decreased. I also enjoyed the way the program was run because it gave me the opportunity to connect with other ASD moms and to share our experiences. Thank you Sue for all your help and support!"

Marlene, Ajax, ON
Sue’s Program changed our lives...

"As a single parent, I was at my lowest when I joined the program. I felt lost, out of control, and like I couldn't do any more to help my son (who was diagnosed last year at the age of 11). Then an angel appeared in a support group I’m part of. I contacted her and from that point on...the clouds cleared and so did my mushy brain. I got my power back! I really looked forward to our weekly video-conference classes! Sue is an amazing teacher who has been there, and completely understood how I felt. She is personable, relatable and always takes time for support. Guidance is her super power!

I highly recommend this program. If you put the content into action, you will see the changes very quickly! THANK YOU SO MUCH SUE FOR CHANGING OUR LIVES!!!

P.S. My dream is for the program to be available to all schools. Educating staff, students and parents about autism from a developmental (versus a behavioural) perspective would be amazing. Our children would be much better supported and understood."

~ Becky, Ottawa, ON
Now, I want you to know that I’m not trying to diminish how tough things are for you right now. I remember it like it was yesterday. It’s hard, and it’s also scary to feel hopeful… but all of my clients have felt the same way too!

You are NOT alone Sister, no matter how hopeless things feel right now. I guarantee it.

Wouldn’t it be amazing for you to learn this cutting-edge approach and make these changes with Moms just like you? If you stick around, I’ll share some pretty cool stuff with you… as well as information about how you can do just that.

One final truth bomb!

No matter how affected your child is, or how difficult his or her behaviour is, I want to give you hope for the future.

Difficult behaviour CAN be shifted, and YOU can make it happen!

How? By changing how you think about what’s going on for your child, and how you respond to it...

Try this...

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Let’s give you something to try, so you can see for yourself that you have POWER you didn’t even know you had. The next time your child has a meltdown, try this strategy that I teach in my program.

❖ When your child is melting down, simply get down to her child’s level, stay close and remain calm (even if you don’t feel calm).

❖ Talk very little, and just “be” with your child, allowing her to settle with you by her side.
❖ If she wants to talk about what happened, don’t take the bait. If you do, your child’s upset will increase again and yours may as well.

❖ Once your child is calm, quietly carry on. Don’t talk about what happened right away. Save it until you’re both calm and content.

Did this help? Were you able to stay calm? Are you surprised? The more you practice, the easier it will get! Stick with me, this is just one of many ways to begin making positive sweet changes for you, your child and the whole family!

Want to learn more about a developmental approach to autism and my work with other Mom’s?

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Here are a few ways you can begin getting support to help you on your new path right now...working on impacting your child’s development instead of just bandaging behaviour issues.

**Watch Free Introductory Training Video**

“*Making Sense of Autism and Difficult Behaviours*”

Want to end the daily struggles with your child? This video dives even deeper into autism and child development. You’ll learn why YOU (as caregiver) are in the BEST possible position to help your child successfully develop while reducing undesired behaviour that disrupts the balance.

[Get Video Access](#)

**You’re invited to Join our public Facebook Group**

Get ideas and support from other moms just like you plus catch my **Thursday Facebook Lives** - “To the Spectrum...and Beyond”!

It’s all inside this great group.

[Lemons to Lemonade - ASD Mom’s group](#)

**Book a Complimentary Discovery Call**

If you’re serious about helping your child, feeling competent as a parent, and **getting your power back** -- and you want to take it a step further, let’s [book a time to chat](#). I’d like to hear about your challenges and how I can help and see how you can start **getting your power back**!
Check out our Parent Coaching Program Online -

Visit our program page to learn more.

No waiting list. Applications being accepted now for next session. Jump into our current 6-month online program anytime and begin making sweet changes now!

More Resources

Check out Equinox Family Consulting Website for more resources, videos and articles.

Follow Me Online

Youtube

Sue on Facebook

I can’t wait to get to know you!

Sue xo

Sue Simmons, BPHE, CPC
RD® Trained and working with families since 2006
Certified EFT/tapping Practitioner
Emotional Success Coach