

**Seminar Title:** Nutrition... a piece of the autism puzzle

**Speaker:** Elizabeth Strickland, MS, RD, LD

**Date:** October 18 and 19, 2010

**Description:**

Many children with an autism spectrum disorder have nutrition and feeding related problems yet nutrition therapy is rarely included in the treatment process. This seminar will create an understanding why nutrition therapy should be included in the comprehensive treatment of children with autism.

Elizabeth will discuss the role of the Speech-Language Pathologist, Occupational Therapist, Physical Therapist, Teachers, and other professionals in nutritional interventions; how they can screen for nutritional problems, provide parents with basic nutritional information, and participate in an interdisciplinary approach to feeding problems.

Elizabeth will present her 10-Step Nutrition Plan to help treat autism and discuss each step in detail. The seminar is designed to provide very practical, useful, and hands-on information that participants can utilize immediately.

**At the conclusion of this session the participant will be able to:**

- 1.) Describe why nutrition therapy is an essential component of the comprehensive treatment of autism.
- 2.) Describe how a child's behavior, mood, attention, and classroom performance are affected by foods, food additives, and nutrient deficiencies.
- 3.) Outline the role of Dietitians and other therapists in basic and advanced nutritional interventions for autistic children.
- 4.) List the criteria to choose a high quality multivitamin and mineral supplement.
- 5.) List five methods to successfully get a child to take their supplement daily.
- 6.) Explain the relationship between omega-3 fatty acids and autism, dyslexia, dyspraxia, ADHD, and depression.
- 7.) List the factors that contribute to a feeding problem in children with autism.
- 8.) Outline the difference between a "Picky Eater" and a "Problem Feeder".
- 9.) List strategies to increase a child's acceptance of new foods and expand his diet
- 10.) Explain how gastrointestinal disorders contribute to behavior problems.
- 11.) Explain the theory behind the Gluten Free Casein Free Diet in treating autism.
- 12.) Provide examples of Nutrition IEP Goals & Objectives and IFSP Outcomes & Objectives

## **Agenda:**

### **Day 1 (9:30am – 3:30pm)**

- 8:00am**                    **Registration**
- 9:30am – 10:00am**    Overview: Brain – Autism – Nutrition Connection  
Nutrients critical for brain function
- 10:00am – 10:30am**    Nutrition Therapy – Role of the Registered Dietitian  
Role of the PT, OT, SLP, Educators, etc... in nutrition interventions
- 10:30am – 11:00am**    BREAK
- 11:00am – 11:30am**    Common treatments approaches for autism
- 11:30am – 12:30pm**    LUNCH
- 12:30pm – 1:00pm**    Overview of “The 10-Step Nutrition Plan” to help treat autism  
Step 1: Transition child to a healthy diet  
Step 2: Ensure child is getting enough basic nutrients
- 1:00pm – 1:30pm**      Step 3: Choose a daily multivitamin and mineral supplement
- 1:30pm – 2:00pm**      Step 4: Increase child’s intake of omega-3 fatty acids
- 2:00pm – 2:30pm**      BREAK
- 2:30pm – 3:30pm**      Step 5: Resolve the child’s feeding problem

### **Day 2 (8:30am – 2:30pm)**

- 8:30am – 9:00am**      Step 6: Heal the child’s gut
- 9:00am – 9:30am**      Step 7: Identify and treat food allergies
- 9:30am – 10:00am**    BREAK
- 10:00am -11:00am**    Step 8: Consider Special Elimination Diets
- 11:00am – 11:30am**    Step 9: High dose Vitamin B6 and Magnesium
- 11:30am – 12:30pm**    LUNCH
- 12:30pm – 1:15pm**    Step 10: Explore additional supplements
- 1:15:pm – 1:30pm**    BREAK
- 1:30pm – 2:30pm**      IFSP Nutrition Outcomes & Objectives  
IEP Nutrition Goals & Objectives