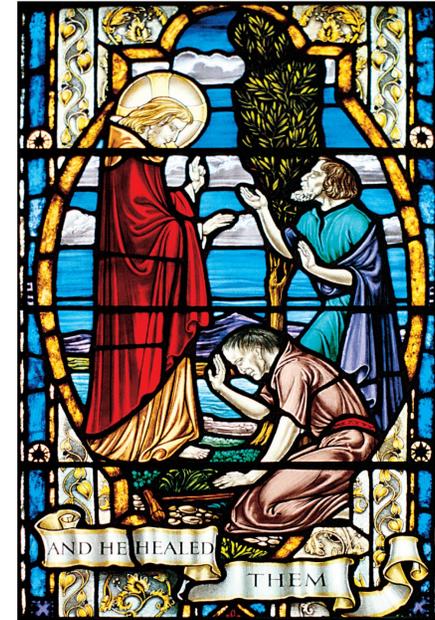


Fun Facts About Toddlers

<http://abclearningcenterfl.com>

1. Not only are 2-year olds quick moving but also they are fast learning. The average 2-year old will add 5 new words to their vocabulary every day.
2. Before age 2 or 3, your child is ambidextrous; it isn't until around 2 or 3 that they start to favor their left or right hand.
3. Toddlers can hear everything with their shiny new ears; in fact toddlers have far better hearing than adults.
4. Babies can count before they learn to talk. One study found 1-year olds are able to identify larger and smaller quantities as well as conduct simple subtraction, all without any math lessons or terminology.
5. The moment your child is born their basic brain functions are all ready to go. It's the cerebral cortex that still needs to develop; this part of the brain is responsible for stories, memories, thoughts, and voluntary muscle movement.
6. Between 12 and 24 months your toddler will start to develop memories, as well as understand symbols, imitate, and play imaginatively.
7. The average toddler takes around 176 steps each minute.
8. Toddlers sometimes behave better than usual for perfect strangers, such as a new babysitter. This is because toddlers are smart enough not to test limits of people they don't fully trust yet.
9. A child stops growing when they develop a common cold.
10. Little babies are already able to distinguish beauty traits; research from the University of Texas found babies prefer pretty faces to plain faces.
11. Let your little one teach you a thing or two about comedy. Kids laugh on average 300 times each day while adults only laugh 60 times a day on average.
12. Toddlers have absolutely no care about what you think of their outfit. They don't care if they match or if they have a full wedge in plain sight. Which is why if you try and fix up their appearance you may likely be met with screams of protest.
13. The average 4-year old will ask a total of 437 questions each day. Many of which are simply, "why?"
14. It's not just genetics that determine how your child turns out as an adult; environmental variables also play a large role. For instance, a child's genes can put them at a predisposition to be very tall, but if they do not get the proper nutrients as a small child they will not reach their full height potential.
15. 40% of McDonald's overall profits come from the sale of Happy Meals, so be aware of what you feed your growing toddler. Little ones need plenty of nutrients to reach their full potential, mentally and physically. Happy Meals are okay, but only occasionally.

Abundant
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Wellness Words

April 2018

Autism Awareness Month

“I have come that you may have life and have it more abundantly.”

John 10:10b

Autism Awareness Month

www.autism-society.org

What Is Autism?

Autism spectrum disorder (ASD) is a complex developmental disability; signs typically appear during early childhood and affect a person's ability to communicate, and interact with others. ASD is defined by a certain set of behaviors and is a "spectrum condition" that affects individuals differently and to varying degrees. There is no known single cause of autism, but increased awareness and early diagnosis/intervention and access to appropriate services/supports lead to significantly improved outcomes. Some of the behaviors associated with autism include delayed learning of language; difficulty making eye contact or holding a conversation; difficulty with executive functioning, which relates to reasoning and planning; narrow, intense interests; poor motor skills' and sensory sensitivities. Again, a person on the spectrum might follow many of these behaviors or just a few, or many others besides. The diagnosis of autism spectrum disorder is applied based on analysis of all behaviors and their severity.

Know the Signs

Autism is treatable. Children do not "outgrow" autism, but studies show that early diagnosis and intervention lead to significantly improved outcomes. Here are some things to look for:

- Lack of or delay in spoken language
- Repetitive use of language and/or motor mannerisms (e.g., hand-flapping, twirling objects)
- Little or no eye contact
- Lack of interest in peer relationships
- Lack of spontaneous or make-believe play
- Persistent fixation on parts of objects
- Does not babble or coo by 12 months
- Does not gesture (point, wave, grasp) by 12 months
- Does not say single words by 16 months
- Does not say two-word phrases on his or her own by 24 months
- Has any loss of any language or social skill at any age

Any of these "red flags" does not mean your child has autism. But **because the disorder's symptoms vary so widely, a child showing these behaviors should be evaluated by a multidisciplinary team.** This team might include a neurologist, psychologist, developmental pediatrician, speech/language therapist, learning consultant or other professionals who are knowledgeable about autism.



Asperger's Syndrome

Asperger's syndrome (also known as Asperger's Disorder) was first described in the 1940s by Viennese pediatrician Hans Asperger, who observed autism-like behaviors and difficulties with social and communication skills in boys who had normal intelligence and language development. Many professionals felt Asperger's syndrome was simply a milder form of autism and used the term "high-functioning autism" to describe these individuals.

Characteristics

What distinguishes Asperger's Disorder from classic autism are its less severe symptoms and the absence of language delays. Children with Asperger's Disorder may be only mildly affected, and they frequently have good language and cognitive skills. While children with autism may be viewed as aloof and uninterested in others, individuals with Asperger's Disorder usually want to fit in and have interaction with others, but often they don't know how to do it. They may be socially awkward, not understand conventional social rules or show a lack of empathy. They may have limited eye contact, seem unengaged in a conversation and not understand the use of gestures or sarcasm. Additionally, they may not understand other subtleties of language, such as irony and humor, and they may not understand the give-and-take nature of a conversation.

Their interests in a particular subject may border on the obsessive. Children with Asperger's Disorder often like to collect categories of things, such as rocks or bottle caps. They may be proficient in knowledge categories of information, such as baseball statistics or Latin names of flowers.

Another distinction between Asperger's Disorder and autism concerns cognitive ability. While some individuals with autism have intellectual disabilities, by definition, a person with Asperger's Disorder cannot have a "clinically significant" cognitive delay, and most possess average to above-average intelligence.

Early Detection and Intervention

The Autism Society promotes early identification and access to effective treatments before age 3. Autism behaviors can become apparent as early as 18 months, and parents should investigate as soon as they suspect autism or another developmental issue. Early diagnosis of autism can reduce lifetime care costs by two-thirds, as it allows parents, therapists and others to begin treatments sooner. Learning as much as possible about autism and its community is important at this stage.

Contact us! The Autism Source™ contact center is available to take calls, emails and letters Monday to Friday from 9 am to 9 pm. Connect to our comprehensive service via our toll-free number, 800-3AUTISM (800-328-8476) or info@autism-society.org, and through the largest online referral database of autism services, Autism Source.