



The Conscious Parent's Guide to Autism: A Mindful Approach for Helping Your Child Focus and Succeed (The Conscious Parent's Guides)

Marci Lebowitz OT

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Help your child feel confident and capable!

If your child has a diagnosis of "on the autism spectrum," you may be feeling overwhelmed and most likely intimidated. Often the focus is on "disabilities" rather than "abilities," and you may be left wondering what you should expect as your child journeys through life. With *The Conscious Parent's Guide to Autism*, you will learn how to take a relationship-centered approach to engage your child. Conscious parenting means being present with your children and taking the time to understand their point of view. Using this mindful method, you can help your child improve language skills, motor skills, and social skills.

You'll also learn how to:

- Honor your child's unique perspective and cognitive strengths
- Adapt a conscious parenting philosophy that works for everyone
- Identify triggers that can lead to sensory overload
- Help your child feel in control with calming routines
- Lower stress levels for the entire family, including other siblings
- Educate your family and friends about autism
- Advocate for your child
- Find ways to improve communication

With *The Conscious Parent's Guide to Autism*, you'll learn to create a calm and mindful atmosphere for the whole family, while helping your child succeed and thrive.

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William Vong:

Are you kind of busy person, only have 10 or maybe 15 minute in your day to upgrading your mind talent or thinking skill perhaps analytical thinking? Then you have problem with the book compared to can satisfy your limited time to read it because all this time you only find publication that need more time to be read. The Conscious Parent's Guide to Autism: A Mindful Approach for Helping Your Child Focus and Succeed (The Conscious Parent's Guides) can be your answer mainly because it can be read by anyone who have those short time problems.

Stephen Morgan:

What is your hobby? Have you heard in which question when you got college students? We believe that that problem was given by teacher on their students. Many kinds of hobby, Every individual has different hobby. Therefore you know that little person just like reading or as reading through become their hobby. You should know that reading is very important as well as book as to be the point. Book is important thing to incorporate you knowledge, except your own teacher or lecturer. You discover good news or update regarding something by book. Different categories of books that can you decide to try be your object. One of them is niagra The Conscious Parent's Guide to Autism: A Mindful Approach for Helping Your Child Focus and Succeed (The Conscious Parent's Guides).

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