

Creating a Healthy Environment for Kids....

All physicians, teachers and therapists are strongly urged implement these suggestions if they are working with children with autism, ADHD, Lyme disease, OCD, Tourette's, etc.

Truth: Children with an autism spectrum disorder and chronic illness have a better chance of improving and learning when harmful chemicals are removed from their environment. These things are "triggers of regression"

Truth: Some suggestions may infringe upon your personal rights. It's your choice whether to implement them.

Truth: Your extra time, effort and care will enable the child to have the best environment possible to be able to focus on cooperating, resulting in a less stressful interaction. Your choices can make a positive difference in a child!

Produced by: LIA Foundation
www.liafoundation.org



What is a “Trigger of Regression”?

Trigger of Regression: Any exterior entity which may cause a worsening of symptoms.

Examples of Regressive Symptoms

- ❖ **Hyperactivity**
- ❖ **Non-Compliance**
- ❖ **Slurred Speech**
- ❖ **Screaming**
- ❖ **Head Banging**
- ❖ **Grabbing of Stomach Area**
- ❖ **Lack of Attention**
- ❖ **Headaches**
- ❖ **Fatigue**
- ❖ **Worsening of eye contact**
- ❖ **Covering ears**
- ❖ **Other symptoms, depending upon the child**

What can cause or trigger a regression?

- ❖ **Environmental Exposure**
- ❖ **Infections**
- ❖ **Food Allergies**
- ❖ **Treatment Stress**
- ❖ **Negative Emotions**

How can you help?

- ❖ **Follow the Do’s and Don’ts and make solid changes in the environment.**
- ❖ **Educate your staff and the community.**
- ❖ **Learn more online at: www.liafoundation.org**

Do's and Don'ts For Preventing “Triggers of Regression” in Your Environment

DON'T

- ❖ Spray air freshener; plug-ins, incense or candles.
- ❖ Use chemical-filled cleaning supplies including bleach, other cleaners with chemicals and strong smells.
- ❖ Use harsh chemicals or air freshening powders when doing the carpet cleaning.
- ❖ Wear perfumes, strong hair sprays, scented deodorants or colognes.
- ❖ Put a child in a therapy room or office which has new carpet or paint. Find an outdoor area to work in the meantime.
- ❖ Use food as rewards. Many children have severe food allergies and intolerances.
- ❖ Use cell phones, text or wireless internet during session. Many children have a sensitivity to these frequencies, causing seizures in those who are highly sensitive.
- ❖ Punish a child unless you have examined all of the triggers which may have caused the behavior.
- ❖ **Fail to take action our children's lives depend upon it!**

DO

- ✓ Purchase a good quality air purifier for your office. This will clean the air of environmental toxins and reduce the chance of spreading infection. LIA Foundation offers a discounted unit from Austin Air.
- ✓ Purchase “green” cleaners like Seventh Generation, use steam cleaning or natural products like baking soda, borax or vinegar mixed with water, or products labeled organic.
- ✓ Hire a “chemical-free” carpet cleaner to do the deep carpet cleaning.
- ✓ Be aware of the children you work with when getting ready in the morning, remembering that perfumes can cause an instant regression.
- ✓ Use natural construction materials in your office. Paint should be low odor and have time to off-gas before exposing the child to the area.
- ✓ Use toys as a reward system to encourage compliance.
- ✓ Have a yearly mold inspection in your location.
- ✓ Post a sign in your waiting room requesting visitors to refrain from perfumes and colognes.
- ✓ **Realize that by making these solid efforts, you are doing everything in your power to help the children in your environment thrive!**