A Closer Look at Autism: 30 Days, 30 Topics

*May Institute and National Autism Center Experts Share Practical Information about Autism Across the Lifespan*

**Randolph, Mass.**—Anyone can search the Internet for “autism treatment” or “autism cure” and get hundreds of thousands of hits. Faced with a barrage of often-conflicting information, how do you know where to begin?

During this Autism Awareness Month, it is important not only to raise awareness, but also to offer scientifically sound information that families and others can use to make life better now for people on the autism spectrum. Knowledge is power.

“The numbers – at least one million U.S. children have autism, not to mention the rapidly growing population of adults with autism – are staggering,” says Lauren C. Solotar, Ph.D., ABPP, May Institute President and CEO. “It has never been more critical to get credible information, resources, and treatment into the hands of families, enabling them to make time-sensitive, well informed decisions today.”

Drawing from the vast range of expertise and knowledge of the dozens of clinical experts at May Institute and its National Autism Center, we offer the following 30 articles about autism and related special needs from our [library of resources](#), written in accessible and practical language. They provide important information on a range of topics including diagnosis, early intervention, effective treatment, and everyday living strategies for families with loved ones with autism spectrum disorder, from early childhood throughout adulthood.

**A CLOSER LOOK AT AUTISM: 30 DAYS, 30 TOPICS**

1. Get the Facts About Autism Spectrum Disorder (ASD)
2. How is ASD Diagnosed?
3. Functions of Behaviors
4. How to Address Problematic Behaviors Associated with Autism
5. Evidence-based Practices
7. Early Intervention
8. Helping a Child with ASD Develop Good Hygiene Habits
9. Helping Children with Special Needs – and Their Parents – Get a Good Night’s Sleep
10. Making Mealtimes More Manageable When You Have a Child with Special Needs
11. Self-care for Adults Who Care for Children with Autism
12. Individualized Education Program
13. Inclusion: A Difficult Decision
14. How to Help Students with Special Needs Avoid Being Bullied or Becoming Bullies
15. Sibling Jealousy
16. Helping Children With Special Needs Express Preferences and Make Choices
17. Children with ASD Can Help Out Around the House
18. Tips for Going on Vacation with a Child with Special Needs
19. Preparing a Child with Autism for Doctor or Dentist Appointments
20. Strategies for Dealing with Public Disapproval
21. Keeping a Marriage Together While Raising a Child with Special Needs
22. More Kids with Autism Today Means More Adults with Autism Tomorrow
23. Tips for Talking to Adults on the Autism Spectrum
25. Identifying and Treating Anxiety Disorders in People with Intellectual Disabilities
26. Psychiatric Care Can Benefit Some Individuals with Intellectual Disabilities
27. Positive Behavioral Interventions and Support (PBIS) Can Help Adults With Special Needs
28. Self-management Skills for Individuals with Intellectual Disabilities
29. Helping Adults with Intellectual Disabilities Get Physically Fit
30. Finding the Balance Between Providing Support and Promoting Independence for Individuals with Intellectual Disabilities

About May Institute
May Institute is an award-winning nonprofit organization that provides educational, rehabilitative, and behavioral healthcare services to individuals of all ages with autism spectrum disorder and other developmental disabilities, brain injury, and behavioral health needs. Since its founding more than 60 years ago, May Institute has evolved into a national network that serves thousands of individuals and their families annually. With corporate headquarters in Randolph, Mass., the Institute operates more than 140 service locations in more than a dozen states. For more information, call 800.778.7601 or visit www.mayinstitute.org.

About the National Autism Center at May Institute
The National Autism Center is May Institute’s Center for the Promotion of Evidence-based Practice. It is a nonprofit organization dedicated to serving children and adolescents with autism spectrum disorders (ASD) by providing reliable information, promoting best practices, and offering comprehensive resources for families, practitioners, and communities. Visit www.nationalautismcenter.org.