



6-Month Holistic Autism Support Program

Thank you for your interest in the 6-Month Holistic Autism Support Program. This journey has been thoughtfully designed to support parents in developing a deeper understanding of autism while equipping them with practical, sustainable strategies to support their child's growth, well-being, and overall family resilience.

Each month focuses on a key area of development, combining education, coaching principles, and real-life application to ensure meaningful and lasting impact.

Month 1 – Parent Mindset

- Develop a positive and informed understanding of autism
 - Shift from fear-based to strengths-based parenting
 - Manage stress, overwhelm, and parental guilt
 - Build confidence in advocating for their child
 - Foster emotional resilience within the family
 - Create realistic and sustainable parenting goals
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Month 2 – Nutrition and Gut Support

- Understand the relationship between autism and eating behaviours
 - Recognize sensory factors that influence food choices
 - Support gradual dietary changes using coaching techniques
 - Address common nutritional challenges without forcing compliance
 - Develop individualized nutrition support plans
 - Promote positive relationships with food and mealtimes
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Month 3 – Supporting Natural Detoxification and Wellness

- Understand how the body naturally processes and eliminates waste
- Recognize common environmental and lifestyle factors that may affect well-being
- Support healthy eating, hydration, sleep, and movement habits
- Create individualized wellness plans that accommodate autistic needs

- Distinguish evidence-based practices from unsupported detox claims
 - Know when referral to a healthcare professional is appropriate
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Month 4 – Supplementation

- Understand the role of nutrition and supplementation in overall health
 - Recognize common nutrient deficiencies that may occur due to restricted diets
 - Evaluate supplement claims critically and responsibly
 - Support informed discussions about supplementation
 - Identify potential risks, interactions, and safety considerations
 - Develop individualized wellness plans within a coaching scope of practice
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Month 5 – Lifestyle

- Understand the key components of a balanced lifestyle
 - Develop routines that support well-being and reduce overwhelm
 - Improve self-awareness and self-management skills
 - Create healthy habits around sleep, nutrition, movement, and stress management
 - Build confidence, independence, and life skills
 - Develop a personalized lifestyle plan aligned with individual strengths and needs
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Month 6 – Parenting

- Understand autism from a strengths-based and neurodiversity-affirming perspective
 - Develop effective parenting strategies tailored to their child's unique needs
 - Improve communication and connection with their child
 - Support emotional regulation and behavioural challenges constructively
 - Build family resilience and reduce parenting stress
 - Advocate confidently for their child's needs across home, school, and community settings
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We appreciate your commitment to this journey and look forward to supporting you every step of the way.