



NewAutismPath: First Steps in Supporting Your Child's Health

Many children on the autism spectrum also experience underlying medical or nutritional challenges. Addressing these can ease day-to-day symptoms, improve overall well-being, and set the stage for greater independence.

Connect With the Right Doctor

- Seek out a pediatrician or integrative clinician who understands both conventional labs and functional approaches. A tailored care plan should target your child's unique needs.
- Read: **How to Find the Right Doctor for Autism Care**
- Prepare: **Making the Most of Your Appointment**

Establish a Baseline

- Knowing where you're starting helps you measure growth.
- Try tools like the Autism Treatment Evaluation Checklist (ATEC) to track progress over time.
- Keep a parent log: sleep, diet, therapies, and behavior changes.

Nutrition as the Foundation

- Diet is often the most impactful early change. Many families see improvements when removing gluten and dairy, and focusing on nutrient-dense foods.
- Read: **Getting Started With the GFCF Diet**
- Learn: **Why Diet Can Affect Behavior and Learning**
- Use: **Step-by-Step Guide to Going Gluten- and Casein-Free**
- Tackle picky eating with practical strategies.
- If there are no improvements after consistent effort, explore other therapeutic nutrition plans.

Essential Labwork

- Ask your pediatrician to run basic labs early—this can reveal treatable issues like anemia, thyroid imbalance, or nutrient deficiencies.
- An integrative clinician may order deeper testing.

Address Common Physical Concerns

- Constipation: Even children who go daily may be constipated. It can trigger irritability, poor sleep, picky eating, and regression.
- Magnesium support: Epsom salt baths can calm the nervous system and support detox.
- Detoxification: Gentle detox strategies, guided by your clinician, may support resilience.

Quick Reminders

- Track everything: write it down or use our NewAutismPath tracking sheets.
- Give changes time (at least 3–6 months).
- Always consult your child's health provider before starting new treatments.

This is not a cure or a promise—it's a roadmap to help your child feel better, learn better, and live better.