

Sensory Bottle Activity

Materials: water bottle with a top, glue gun, and water

Optional items: pom pom, food coloring, paper clips, glitter, Legos, beads, buttons, little animals, seashells

Step 1: Remove all labels and clean bottle.

Step 2: Fill bottle with small items you have around the home.

Step 3: Fill bottle with water and add food coloring if desired,

Step 4: Hot glue or tape bottle closed while putting on cap.

Step 5: Enjoy!



Mission Statement

The Herkimer County Public Health team is dedicated to protection and promotion of our resident's health through the provision of high quality, comprehensive, individualized services, in all phases of the life cycle.

Herkimer County Public Health Programs

Herkimer County Public Health offers Immunization Clinics, Lead Poisoning Prevention, Dental Health Education services, Early Intervention Program, Child Find Program, More information about all these programs can be found on the Herkimer County Website at:

www.herkimercounty.org



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Autism Spectrum Disorder

Resource Guide for Parents



Herkimer County Early Intervention

Autism Spectrum Disorder (ASD) Information

Autism spectrum disorder is a spectrum of brain-based disorders that affects the child's behavior, communication, and social skills. Because most children with ASD will master early motor skills such as sitting, crawling, and walking on time, parents may not initially notice delays in social and communication. ASD is a developmental disorder whose symptoms may change with maturation and intervention. While infrequent, some children improve so much that they no longer can be considered to have an ASD. Most of these children will have other developmental, learning, language, or behavioral diagnoses. The sooner the ASD is identified, the sooner an intervention program directed at the core symptoms of autism can start. Each child with autism had different needs. Research shows that starting an Early Intervention program as soon as possible can improve outcomes for many children with ASD.

The following are excerpts from the *American Academy of Pediatrics' (AAP) booklet Understanding Autism Spectrum Disorders (ASD).*

ASD Evaluation Locations

ADHD and Autism Psychological Services and Advocacy

122 Business Park Drive, Suite 1
Utica, New York 13502
(315) 732-3431

Capital Care Developmental Pediatrics

7B Johnson Road
Latham, New York 12110
(518) 782-7733

Kelberman Center
2608 Genesee St.
Utica, New York 13502
(315) 732-6241

Margaret Williams Developmental Center

215 Bassett St.
Syracuse, New York 13210
(315) 472-4404



Website Resources

Autism Speaks
www.autismspeaks.org

Autism Support Network
www.autismsupportnetwork.com

Parent to Parent of New York State
www.parenttoparentnys.org

Bridging Apps
www.bridgingapps.org

Useful Apps

Autism iHelp by John Talavera

Autism Emotion by Model Me Kids, LLC

Otsimo: Special Education ABA

Books

The Autism Sourcebook: Everything You Need to Know About Diagnosis, Treatment, Coping, and Healing
By Karen Siff Exkorn

The Autism Spectrum: A Parent's Guide to Understanding and Helping Your Child
By Lorna Wing

*Helping Children with Autism Learn: Treatment
Approaches for Parents and Professionals*
By Byrna Siegel

Ten Things Every Child with Autism Wishes You Knew
By Ellen Notbohm