

Updates from your friends at



## October Newsletter

### Notice Anything **NEW**?

Why is our executive director, Barbara Lamsens, looking so excited in this picture? Because we have introduced **The Parenting Center's new look!**

Last year, The Parenting Center completed a strategic plan that included an agency re-brand. With help from The Amon G. Carter Foundation and Global Prairie Integrated Marketing Communications, we are excited to unveil our fun, fresh and fabulous image.



*"The re-brand is more than just a new logo. What we are doing in this process is infusing the agency with new energy about who we are and what we do-- **create strong families which creates a stronger community.**"*

Barbara Lamsens  
Executive Director

## Congratulations, Tracey!

The Parenting Center is very proud of its therapist, Tracey Williams, MA, LPC, for being named a 2013 **Mom-Approved Therapist** by [FortWorthChild](#) magazine. Tracey is known for her compassion and commitment to her clients, and we are honored to have her as a part of our team. Tracey's demonstrated success with her clients has helped many adults and children make positive, lifelong changes. **Look for Tracey in the November issue of FortWorthChild!**





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## Rain Check for Golf Tournament

Unfortunately, the M-Pak, Inc. Tee It Up Fore Kids Golf Tournament was canceled due to the weather on Monday, October 14. The tournament is rescheduled for **MONDAY, NOVEMBER 18, 2013**. We appreciate your patience and thank all who have supported and helped with the tournament in any way!

M-PAK, INC. TEE IT UP FORE

**Kids**

GOLF TOURNAMENT

M-PAK, INC.

The Parenting Center

at Shady Oaks  
country club

**MONDAY**  
NOVEMBER 18, 2013

THE PARENTING CENTER'S  
**20TH ANNUAL**

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## Autism Spectrum Disorder

Debra Atkisson, M.D., DFAPA  
*The Parenting Center's Guest Writer*

Autism spectrum disorder refers to children who have been diagnosed as having Autism, Pervasive Developmental Disorder, or Asperger's Syndrome. In the new Diagnostic and Statistical Manual published by the American Psychiatric Association, these diagnoses have been combined under one diagnosis, Autism spectrum disorder.

What are the symptoms of this disorder? Developmental delays or atypical functioning before age three in communication, social interaction, and restricted, repetitive patterns of interaction or behavior characterize the child with this disorder. A child with this mental health issue may not make eye contact, speak in a robot-like voice, not grasp the nonverbal elements of communication such as tone of voice or facial expressions, and may show unusual movements such as flapping his hands.

How common is this disorder? One in 88 children qualifies to have a disorder on the spectrum. The former diagnosis of Asperger's Syndrome is considered the mildest variant of this illness. An Asperger's patient has normal or above level intelligence and communicates in a more functional way; these patients may seem odd in some ways, but they are able to function and work. This illness is five times more common in boys than in girls.

What should parents do if they suspect their child has Autism spectrum disorder? Have your child evaluated. Your pediatrician is your first resource for evaluation and should be consulted. Early Childhood Intervention (ECI) provides services for children ages 0 to 3 and their staff is very experienced with recognizing and diagnosing children on the spectrum.

Parents may have a lot of anxiety about this diagnosis. Please remember that help is available and the sooner you intervene with your child the better his chances of improving.

A resource for getting more information about this illness is the Centers for Disease Control, and their website about autism spectrum disorders is [www.cdc.gov/ncbddd/autism/data.html](http://www.cdc.gov/ncbddd/autism/data.html)

### **A few takeaways about Autism spectrum disorder:**

- 1. Some symptoms include: lack of eye contact, speaking in a robot-like voice, inability to grasp tone of voice or facial expressions, and unusual movements such as flapping his hands.**
- 2. One in 88 children qualifies to have a disorder on the spectrum.**
- 3. If you suspect your child may have a disorder on the spectrum, have your child evaluated.**

# PARENTING 101

chills and thrills to make your holiday special



## No-Carve Pumpkin Decorating

You can even make a classic Jack-o-Lantern, but with a lot less mess *and* worry!

[Learn more.](#)



## Last-Minute Halloween Costumes

This site has great last-minute costume ideas for your little one (and the how-to's for making it!). [Learn more.](#)



## A Spooky Treat

Have some fun in the kitchen with a season-themed meal of miny mummies.

[Learn more.](#)

## Halloween Safety Tips

- Decorate costumes and bags with reflective tape or stickers
- **Have kids use glow sticks or flashlights to help them see and be seen by drivers.**
- Popular trick-or-treating hours are 5:30 p.m. to 9:30 p.m. so be especially alert for kids during those hours.
- **When selecting a costume make sure it is the right size to prevent trips and falls.**

Like what you see or want to be a part of making  
Tarrant County a stronger community?

BECOME A VOLUNTEER

Stay Connected



2928 West 5th Street  
Fort Worth, TX 76107  
817-332-6348  
[theparentingcenter.org](http://theparentingcenter.org)