



**ROUTINE AND  
REPETITION  
IS NOT  
HELPING**

The Story of  
**AUTISM**

**PART 29:**

# THE STORY OF AUTISM: Routine Is Not Helping

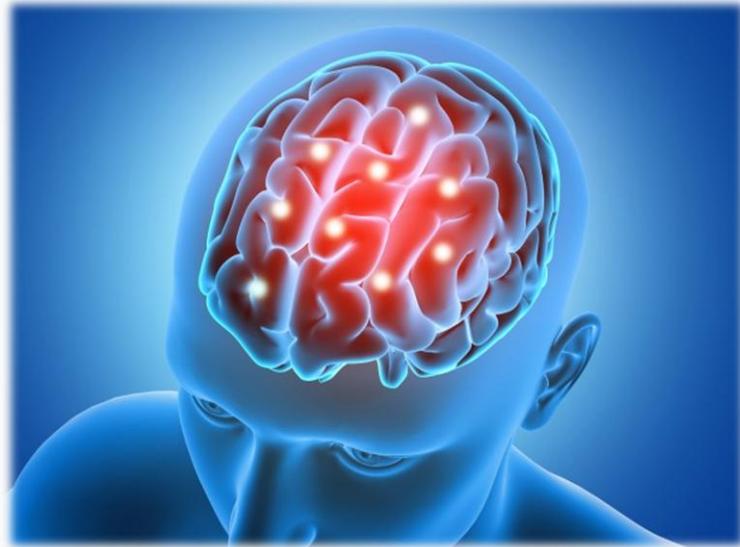
## The brain wants to be streamlined.

The most efficient brains actually have the fewest connections BECAUSE they are regularly pruned of excess wiring. Once a skill is mastered, the wiring for it is wiped away.



# THE STORY OF AUTISM: Routine Is Not Helping

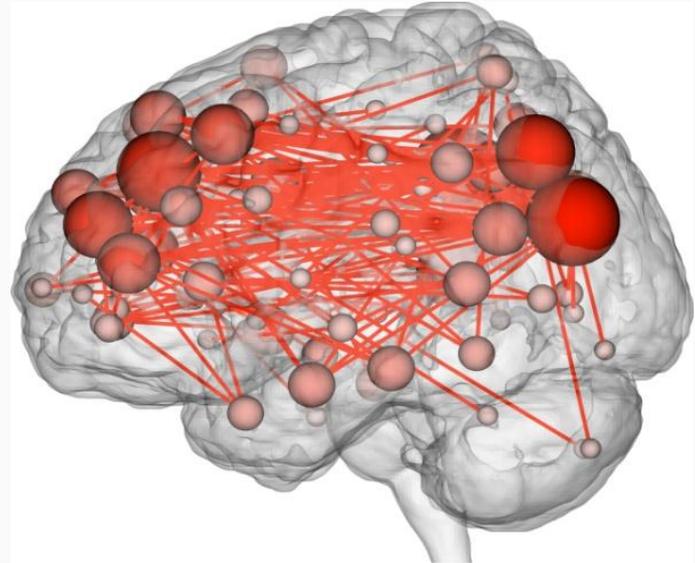
Since firing, wiring and pruning makes a brain more efficient, it stands to reason that – if this process is screwed up – a brain would become less efficient.



# THE STORY OF AUTISM: Routine Is Not Helping

If a brain just fired and wired, for example, this would lead to an excess of wires and synapses that could get in the way of smooth, efficient processing.

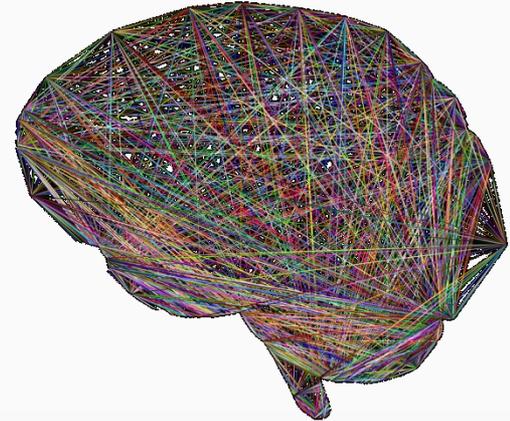
This excess connectivity would be exacerbated if no pruning was taking place.

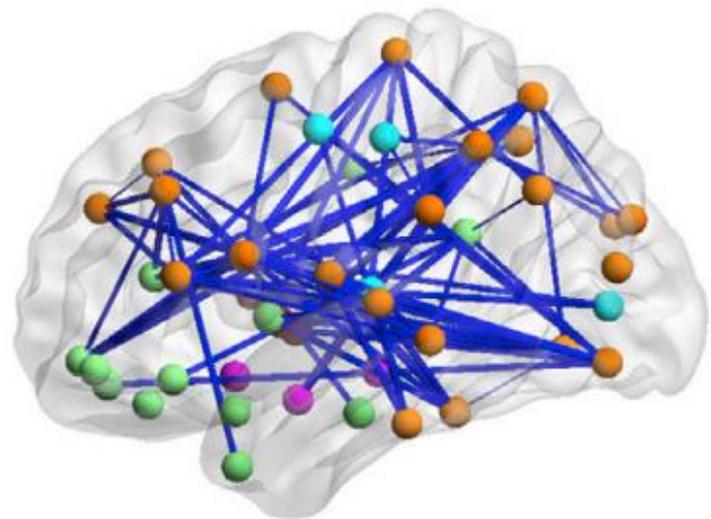


# THE STORY OF AUTISM: Routine Is Not Helping

The only thing that could make it worse would be if the same neurons were firing over and over again, so that the connections that were being made in the brain were not new, but were simply the same old, same old, being reinforced over and over again.

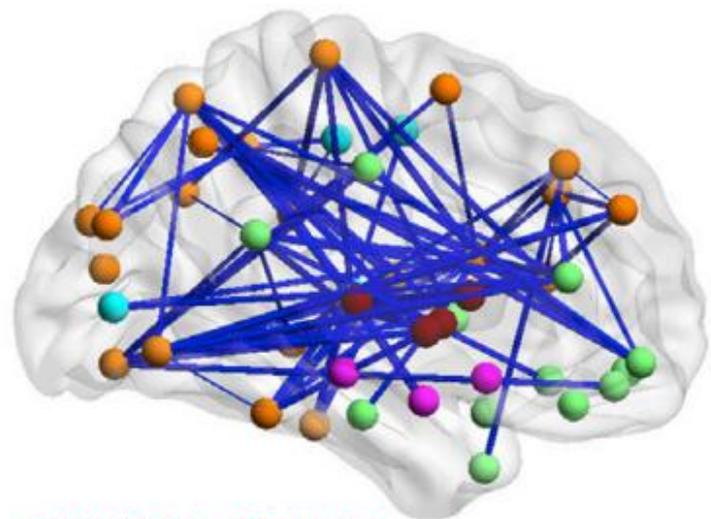
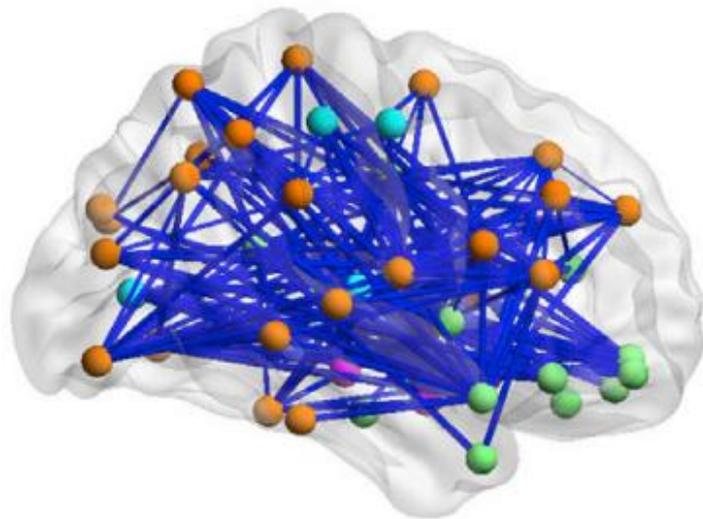
This is what happens in autism.



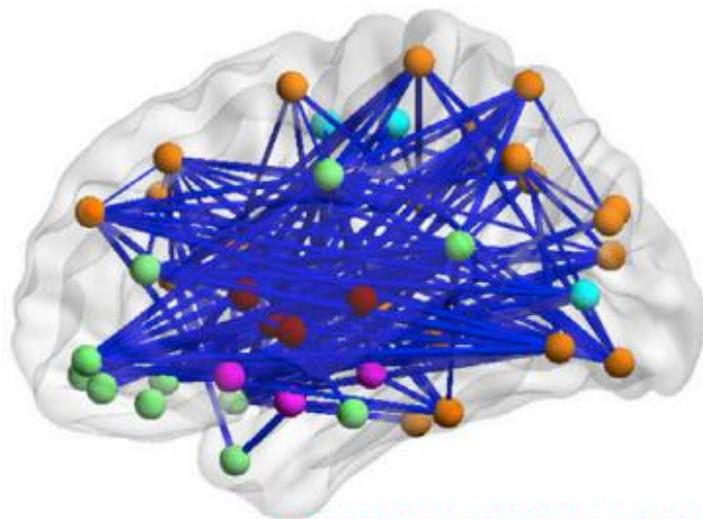


L

R



**TYPICAL CHILD**

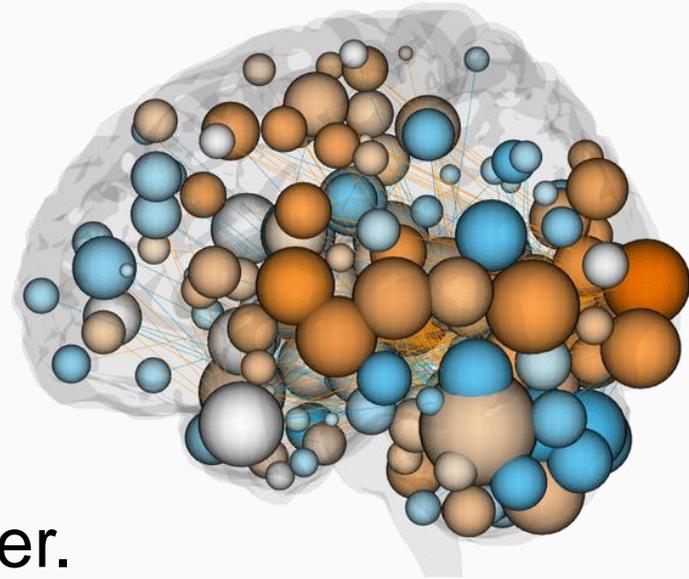


**CHILD WITH AUTISM**

# THE STORY OF AUTISM: Routine Is Not Helping

The autistic brains on the right in the previous slide wires which is indicative of a pruning problem that may begin with the retention of the earliest reflex arcs.

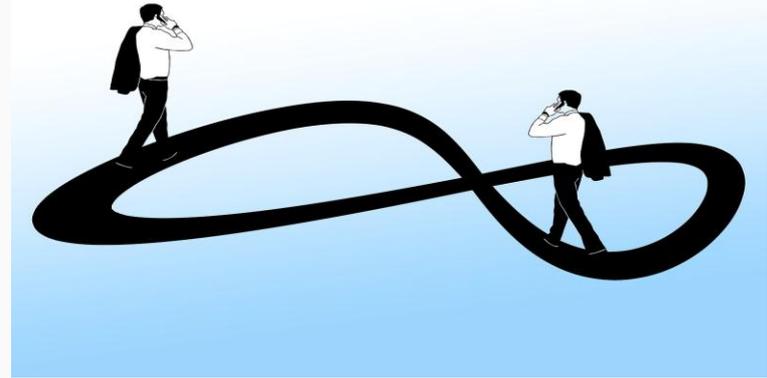
But more telling is the overlapping of the wiring; indicating that the same circuits are firing over and over.



# THE STORY OF AUTISM: Routine Is Not Helping

The same circuits are firing over and over, because autistic kids are doing the same things over and over.

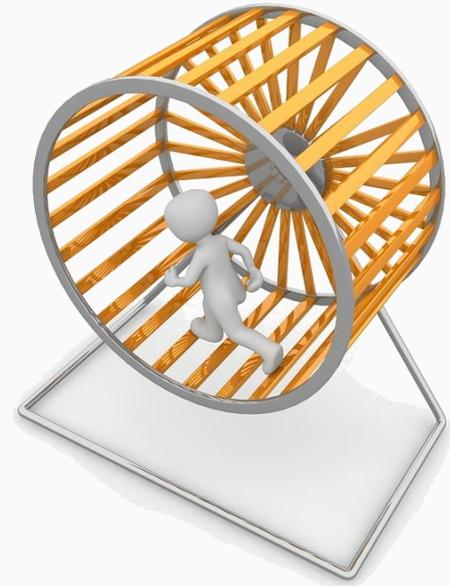
While we go out of our way to encourage our neurotypical kids to broaden their horizons, have new experiences, the mantra with our autistic kids has been the exact opposite.



# THE STORY OF AUTISM: Routine Is Not Helping

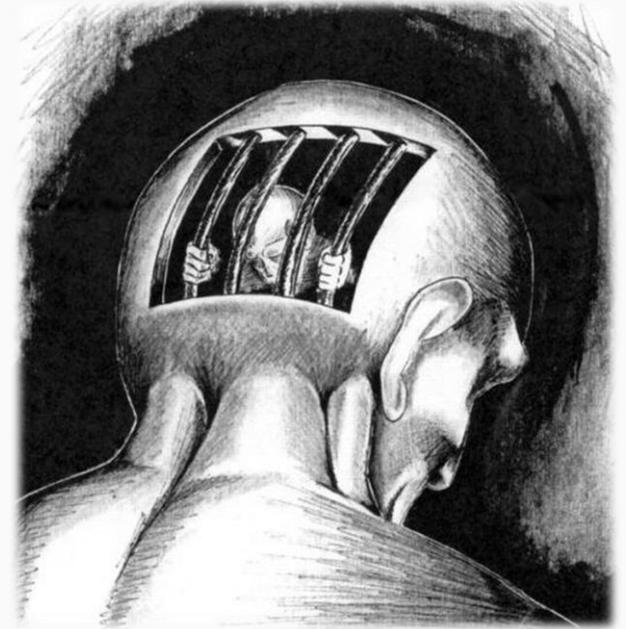
*Don't upset the applecart – cater to their narrow range of interests and stick to a regular schedule.*

We think that routine is calming for them and it is, because they know exactly what to expect every day. But it is also boring for them.



# THE STORY OF AUTISM: Routine Is Not Helping

And worse yet, the endless repetition and focus on doing the same thing over and over, is reinforcing the same old, same old connections that are making them autistic in the first place.



# THE STORY OF AUTISM: Routine Is Not Helping

How would you like to do the exact same thing every day – day in and day out. It would drive you crazy, right?

But you know what else would happen? Your brain would stop learning and growing. You would probably become more and more “autistic.”



# THE STORY OF AUTISM: Routine Is Not Helping

Because in order for our brains to grow, you have to learn new things. You have to have new experiences. Your senses have to take in new information and your body has to move in different ways.



# THE STORY OF AUTISM: Routine Is Not Helping

People with autism are no different. They may resist change initially, but once they are introduced to something new, they almost invariably end up liking it.

The problem is that we have catered to their “need” for sameness for so long that their brains are truly unaccustomed to taking in new experiences.



# THE STORY OF AUTISM: Routine Is Not Helping

So, the very first order of business should be to clear away as much of the superfluous circuitry as we can. This can be done by making sure all primitive reflexes are fully integrated.

Once this is done, their brain's will be opened up to accept new functional connections.



# THE STORY OF AUTISM: Routine Is Not Helping

Then we have to **STOP** reinforcing the same old, same old. **Predictability is NOT a good thing.** It stifles learning and, if you stifle learning, brain growth stagnates.



# THE STORY OF AUTISM: Routine Is Not Helping

**Autism will continue as long as we let it. Or we can stop the cycle today.**

There are simple things that we can all do to change the upward trajectory of this syndrome and make it not only spiral downward, but possibly disappear altogether.



# THE STORY OF AUTISM: Routine Is Not Helping

One thing is crystal clear, **we simply cannot keep doing what we have been doing.**

We can stop coddling our infants in baby pouches, walkers and what-not and set them free on the floor to move about as their bodies will.



# THE STORY OF AUTISM: Routine Is Not Helping

We can limit TV, laptop and electronic gadgetry time. There will be plenty of time for that when your baby's brain is fully formed and functional enough to withstand the digital monotony.



# THE STORY OF AUTISM: Routine Is Not Helping

We can make sure that our babies are meeting all their milestones and, if not, we can help to make sure that each primitive reflex is not only is experienced but then fully integrated.



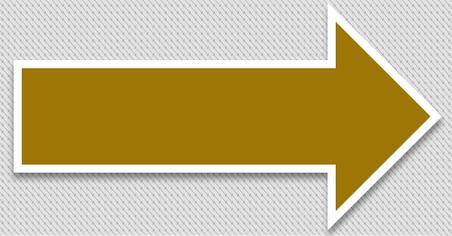
# THE STORY OF AUTISM: Routine Is Not Helping

We cannot keep burying our heads in the sand. If you know anyone who has any connection to autism – please get this information out to him or her.

**The END of autism is possible.  
But ONLY if we all are willing to  
learn and take action.**



GO ON TO THE NEXT PRESENTATION



## The Story of AUTISM

### **PART 30: PRIMITIVE REFLEXES AND WHAT THEY DO**



©Stef\_Lenk/MEDinARTplatform, www.MEDinART.eu, Vasia\_Hatzi©2013