

AUTISM UNCOVERED



Unlock Your Child's Progress

With Clarity, Confidence & Peace

Your FREE Starter Guide to Simple, Real
Autism-Family-Life Strategies





AUTISM UNCOVERED

Copyright

**COPYRIGHT © 2024–2026
AUTISM UNCOVERED
ALL RIGHTS RESERVED.**

This guide, including all text, worksheets, tables, graphics, layouts, and downloadable materials, is the intellectual property of Autism Uncovered and Alexandra Blume, unless otherwise stated.

No part of this publication may be copied, forwarded, printed, reproduced, shared, uploaded, distributed, resold, or used commercially without prior written permission from the author. This download is for personal use only.

If you know a friend, family member, parent, caregiver, teacher, or professional who may benefit from this resource, please kindly direct them to the Autism Uncovered website, where they can access available resources directly.

Thank you for respecting the time, work, research, and personal experience that went into creating this guide.

Autism Uncovered

Educational & Guided Autism Support for Families



Disclaimer

THIS IS NOT MEDICAL ADVICE

This guide is for educational and informational purposes only. It is not medical advice and should not replace professional medical care, diagnosis, or treatment.

I am not a medical doctor. The information shared in this guide is based on personal experience, research, education, and practical work supporting families.

Autism Uncovered does not diagnose, treat, cure, or prevent autism or any medical condition. Please consult a qualified healthcare professional before starting, stopping, or changing any diet, supplement, medication, therapy, test, or intervention — especially if your child has allergies, seizures, chronic illness, digestive disorders, restrictive eating, ARFID, growth concerns, medical complexity, or takes medication.

Every child is unique. Responses to nutrition, supplements, lifestyle strategies, and holistic approaches can vary. Autism Uncovered and Alexandra Blume are not responsible for decisions, outcomes, reactions, or consequences resulting from the use of this guide. This guide is here to educate, empower, and support — not to replace medical care.





Affiliate Disclosure

Product Recommendations & Affiliate Links

Some links in this guide may be affiliate links, including links to platforms such as Amazon or iHerb. This means Autism Uncovered may receive a small commission if you purchase through these links, at no extra cost to you.

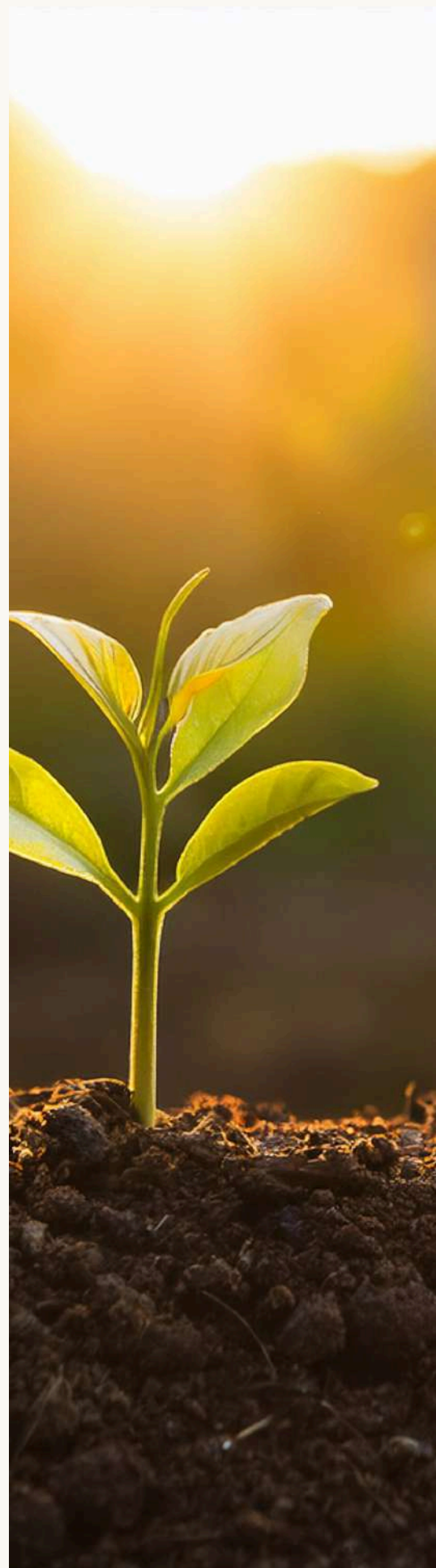
Product links are shared for practical support and convenience. They are not medical recommendations or guarantees of safety, suitability, or effectiveness.

Please always check product labels, ingredients, age suitability, dosage information, and possible interactions, and consult a qualified healthcare professional before using supplements or health-related products for your child.



TABLE OF CONTENTS

OUR FAMILY STORY	6 - 8
FOR PARENTS	9
THE FIRST FOUR STEPS I WISH I HAD KNOWN FROM THE START	10 - 14
WHY ONE APPROACH WAS NEVER ENOUGH	15
THE AUTISM SUPPORT ROADMAP	16
PARENT VOICES & REAL-LIFE PROGRESS	17
GOOD MORNING WAFFLES	18 - 19
YOUR JOURNEY CONTINUES HERE	20
THE ALL-IN-ONE AUTISM HANDBOOK	21 - 22





Our Family Story

I have barely met a parent of an autistic child who isn't struggling in some way — exhausted, overwhelmed, often traumatised by what they've lived through. I understand that, because I've been there too.

What changed everything for our family was recognising that autism has real biological drivers — and that when those are understood and addressed, meaningful change becomes possible. That discovery is why I do this work now.

I'm Alex, mother to Tom and Robin, an autism coach, the founder of Autism Uncovered — and an autistic woman with ADHD myself. For eight years, autism has shaped how our family communicates, regulates, and lives. I've spent that time learning, testing, adjusting, and building a lifestyle that actually works inside a real autism household, not just on paper.

In 2019, I began sharing what I'd learned with other families, and since then I've walked alongside parents searching for the same clarity and hope I once needed myself.

THIS IS MY STORY.

It started with my oldest, Tom — developmental and speech delays, unable to sit still, almost no sense of danger. Reading a book together or finishing a puzzle was often out of reach. His ADHD diagnosis, when it came, was a relief. Finally, an explanation.

Then Robin was born. His first year was full and easy. **Then everything shifted.** He got sick constantly — seizures, severe constipation, hospital staff who knew our names. At two and a half, he regressed: lost his language, withdrew, sometimes walked past me as though he didn't know I was his mother. Ordinary transitions — breakfast, brushing teeth, getting dressed — could set off severe meltdowns. He hurt others and himself, banging his head against the floor, the wall, the washbasin, with little apparent awareness of pain. He also eloped, vanishing in an instant while we shopped, leaving me searching in a full-body panic for a child who couldn't tell anyone who he was.





When **Robin's diagnosis** came, I was told what to expect: therapies to manage his symptoms, and a future defined by limitation. I sat across from the therapist with a polite smile fixed on my face, unable to take in anything else she said. I walked out and nearly collapsed before reaching the car.

That fear became determination. I began asking questions, searching everywhere for answers. I met Annalise, founder of the SNAP Centre in South Africa, who introduced me to nutrition, dietary intervention, and the biology behind an autistic child's regulation. That opened a door I could never close again. I researched relentlessly, tested everything in the reality of our own home, and slowly learned what actually helped.

The change wasn't gradual improvement that plateaued — it went all the way. Robin's digestion isn't "better," it's normal. He isn't "less aggressive" — the self-harm, the head-banging, the meltdowns from transitions are gone. When something is genuinely hard for him, I support him through it, the way any parent would. But that isn't the same as what we lived through before. We haven't set foot in a hospital in years. I honestly can't remember my last doctor's visit for either of my boys — six years in Germany, barely a sniffle between us. My sons are fit, well, and thriving.

Slowly, he became more connected, more present — and today, that connection isn't occasional or fragile. It's simply who he is now.

Today, Robin is almost eleven — funny, curious, deeply engaged with the world, building complex Lego sets, managing much of his own morning, taking on real responsibility at home. Tom attends mainstream school and continues to blossom whenever his environment gives him what he needs. Things I once couldn't have imagined for either of them are just ordinary life now.





But I won't pretend it wasn't costly. My marriage didn't survive this. My family broke apart — and I know I'm not alone in that; a lot of autism families do. I wouldn't wish what we went through on anyone: watching your child self-harm, watching a regression that feels like a free fall. The trauma isn't only in those moments — it's the chronic stress, the isolation, being told by doctors that what you're seeing is "just autism" and left without help, the stigma and quiet judgment, even family who step back instead of in. All of it while running on empty, physically and emotionally, carrying a guilt that whispers you're not doing enough, not good enough, that you caused this.

What came out of that season, though, was something I didn't expect: I understood myself. In the process of getting Robin and Tom's diagnoses, I got my own — autistic, with ADHD. My whole life I'd felt like I didn't fit, like I was fumbling through social situations, unable to hold onto friendships, and I'd always believed that was some flaw in me. It wasn't. It was a need I'd never been allowed to name. I built a sensory corner in our home. I learned to notice when I was reaching capacity and stop before I hit it. I stopped the self-blame.

And I realised something important: the changes that helped my boys weren't a temporary fix to get us back to some "normal" life. Autism doesn't go away, and it was never something to eliminate. What we built instead was a neurodivergent lifestyle — permanently. Not a detour back to how things were, but a new baseline, the version of this life where all of us can actually flourish.

That's part of what makes my approach different. I'm not only speaking as a parent who researched autism from the outside — I'm speaking as someone who lives it from the inside, too. I can translate what my children's bodies and behaviour are communicating, because I recognise it in my own nervous system. And I can help you build a home environment that works for a mind like theirs, because I've had to build one for mine.

That is why I created Autism Uncovered — not to "fix" autistic children, because different was never broken, but because autism can coexist with very real, very treatable health struggles that deserve to be seen and supported. I want you to have the clarity I didn't have at the start. There is hope here — not the empty kind, but hope with understanding and a real path forward.





For Parents

Motivation, Mindset and Realistic Expectations

If you're reading this, I want to say something before anything else: your child is not broken, and there is very likely a reason — a real, identifiable one — behind what looks unexplainable on the surface.

Many parents I've met have already tried something. A diet change here, a supplement there, a new therapy, a different routine. Some of it helped a little. Some of it didn't last. And if that's been your experience too, I want you to know it isn't because you did it wrong — it's usually because one piece alone, however well-chosen, was only ever addressing part of a much bigger picture.

Every autistic child's body carries its own combination of health bottlenecks — places where digestion, nervous-system regulation, sensory processing, nutrition or medical needs are quietly making everything else harder than it needs to be. Find those, support them together, and something shifts: the body becomes stable enough, regulated enough, nourished enough to actually take in everything else you're offering — the therapy, the learning, the connection you're working so hard to build.

That's the difference between chasing one intervention and building a foundation. One approach might help a little. A coordinated one — identifying what your specific child needs, then layering the right supports together — is what actually creates the conditions for lasting progress.

This isn't a quick fix, and I won't pretend to know exactly how your child will respond or how fast. But I can tell you this: when the right pieces come together in the right order, real and lasting change becomes possible — not despite the complexity of your child's needs, but because you finally addressed all of them, together.

You also don't need to do all of this at once. Start with whatever feels most urgent right now — sleep, digestion, a chaotic mealtime — and let one sustainable change lead to the next, in a way your real family life can actually carry. Protect your own energy as carefully as you protect your child's; you can't pour from empty, and needing support is not failure. And try not to measure your child's whole future by their hardest week. A calmer morning, a new word, one more minute at the table — these are not small. They are the path.

You don't need to have every answer today. You only need to know that a comprehensive path exists, and that you don't have to build it alone.





The First Four Steps I Wish I Had Known From the Start

Four gentle, practical changes you can begin in real autism family life

After everything I lived through with Robin and Tom, these are the four places I'd start again. At the beginning of our autism journey, I believed I needed to understand and change everything at once. I searched for answers while trying to manage appointments, difficult nights, digestive problems, meltdowns, sensory needs and the ordinary responsibilities of family life.

Looking back, I wish someone had shown me a few simple places to begin.

The following steps are not a treatment plan, and they are not intended to "fix" an autistic child. They are practical ways to create more supportive conditions around your child—through movement, nourishment, steadier energy and greater predictability.

You do not have to introduce all four at once. Begin with the step that feels easiest or most relevant to your family. A small change that can be sustained is more valuable than an ambitious plan that leaves everyone overwhelmed.

Begin with One Meaningful Change

1. Spend more time outdoors.
2. Improve the quality of familiar foods.
3. Build a more balanced breakfast.
4. Make the day easier to understand visually.

You may already be doing some of them. Others may take time. What matters is not perfection, but beginning to notice what helps your child feel safer, more comfortable, more nourished and better able to take part in everyday life.

Please also remember that supportive lifestyle changes do not replace appropriate healthcare. Persistent pain, severe constipation or diarrhoea, significant sleep disturbance, seizures, regression, poor growth, sudden behavioural changes or other concerning symptoms deserve proper medical assessment. Autism should never be used as a reason to overlook a child's physical health.

Start with one step. Keep it manageable. Observe your child carefully and build from there. Small, meaningful changes can become the beginning of a very different family rhythm.

Get Outdoors Every Day

Nature's Free Sensory and Movement Support

One of the simplest things we can offer our children is regular time outside.

The outdoors naturally invites movement. A child can walk, run, climb, swing, dig, carry, push, pull, balance and explore without the experience needing to feel like an exercise or therapy session.

Nature also provides varied but meaningful sensory experiences: wind on the skin, leaves moving, birds calling, sand under the feet, water, stones, grass and changing natural light.

Outdoor time does not need to become another task you have to perform perfectly. It does not require an organised activity, an expensive playground or a long family excursion. Ten quiet minutes in the garden, a short walk, collecting leaves, jumping in puddles or sitting together beneath a tree all count.

Some autistic children find transitions or unfamiliar environments difficult. If that is true for your child, begin with a familiar and predictable outdoor space. Visit at a quieter time, take a preferred object with you or show your child a picture of where you are going. The aim is not to force participation. It is to gently create opportunities for movement, regulation, connection and real-life experience.

Outdoor time can also replace one period of passive screen use. Rather than beginning with a battle about taking a device away, offer something concrete in its place: a walk, the swing, a ball, water play or simply time to explore.

A simple first action: Choose one realistic outdoor moment that can become part of your family's rhythm—even if it is only ten minutes after breakfast or before dinner.

Safety comes first: Use the level of supervision your child needs, particularly if your child elopes, has limited awareness of danger, experiences seizures or is vulnerable around roads or water.

*...a Sensory Swing can
help with regulation
([Amazon link](#))*



Switch to a Wholesome, Minimally Processed Diet

Begin With Real Food and Better Ingredients

A wholesome diet focuses on recognisable, nutrient-rich foods while easing back on ultra-processed products packed with artificial colours, flavours, flavour enhancers, preservatives and excess added sugar.

Do:

- Build meals around vegetables, fruit, quality protein, healthy fats and well-tolerated carbohydrates.
- Read ingredient labels and choose products with shorter, simpler ingredient lists.
- Begin with foods your child already accepts, and improve one item at a time.
- Preserve familiar tastes and textures — for example, blend a small amount of softly cooked carrot or zucchini into a familiar Bolognese sauce.
- Introduce changes slowly, so mealtimes stay safe and your child keeps eating enough.

Don't:

- Empty the kitchen or overhaul the whole diet overnight.
- Remove every familiar food at once.
- Assume all processed food is unhealthy — frozen vegetables, plain yoghurt and simple nut or seed butters can still be valuable.
- Force unfamiliar foods, or push changes that create distress around eating.



A 2023 caregiver survey comparing 13 therapeutic diets found that the Healthy and Feingold diets received the highest overall-benefit ratings, with the Healthy Diet described as rich in vegetables, fruit and protein and low in junk food. The findings are encouraging, though they don't mean any single diet will work equally well for every child.

Your first action: Choose one food your child eats regularly, and find a familiar alternative without artificial additives — or simply one with simpler, healthier ingredients.

Consider a Gluten- and Casein-Free Trial

The same survey also found meaningful benefits from a gluten- and casein-free diet for some children. Families may want to consider a carefully planned four- to six-week trial, watching for changes in digestion, sleep, skin, comfort, regulation and behaviour along the way. Replace any removed foods with nutritionally suitable alternatives — this matters especially if your child already eats a restricted diet or shows signs of poor growth. And if coeliac disease is suspected, speak with your doctor before removing gluten, since testing is most reliable while gluten is still part of the diet.

Source: Matthews, J. S., & Adams, J. B. (2023). "Ratings of the Effectiveness of 13 Therapeutic Diets for Autism Spectrum Disorder: Results of a National Survey." *Journal of Personalized Medicine*, 13(10), 1448.

Stabilise Blood Sugar—Beginning with Breakfast

Support Steadier Energy, Mood and Regulation

Many familiar breakfasts are built mainly from rapidly digested carbohydrates — sweet cereals, white bread, pastries, sweetened drinks or pancakes with syrup. These foods can cause blood glucose to rise quickly and then fall again, and that fluctuation can affect far more than hunger. It can shift energy, concentration, mood and emotional regulation over the course of the morning. For autistic children, whose nervous systems may already be working hard to stay balanced, blood-sugar swings can become one more avoidable source of dysregulation.

The goal isn't to eliminate carbohydrates or sugar overnight — simply to pair them with protein, healthy fat and, where tolerated, fibre.

A simple breakfast formula: Protein + healthy fat + fibre-rich carbohydrate

Three Easy Breakfast Ideas

- Good Morning Waffles: Protein-rich, versatile and easy to prepare ahead. You'll find our complete family-tested recipe later in this guide.
- Cowboy Breakfast: Scrambled eggs with baked beans — a simple, filling combination that also feels fun for children.
- Nut-Butter Buckwheat Toast: Gluten-free buckwheat bread with natural nut or seed butter, optionally topped with (or at the side) banana or thinly sliced apple.

I know how discouraging it feels to offer something healthier only to have your child refuse it. Adjust these ideas to your child's accepted foods, preferences and dietary needs — eggs, plain yoghurt, nut or seed butter, fruit, avocado, ground seeds or a protein-rich homemade waffle can all work as a starting point. Don't try to change everything at once; take it in small, gradual steps.

That's why, later in this guide, I share our family-tested Good Morning Waffles — a simple, adaptable, protein-rich starting point made for real autism family life.

Your first action: Look at tomorrow's breakfast and ask, "Where is the protein?" If it's missing, add one tolerated source without changing everything else.



4

Create a Visual Daily Routine

More Predictability, Less Everyday Stress

We often explain the day with spoken words: "First get dressed, then eat breakfast, find your shoes, brush your teeth and get ready because we are leaving soon."

For a child who is processing language, managing sensory input or struggling to shift attention, those instructions can disappear almost as quickly as they are spoken. A visual routine makes the information remain available. The child can look again without needing to remember a long chain of verbal instructions.

Visual support is not about controlling your child or making every minute rigid. It is about making expectations easier to understand and helping the day feel more predictable.

Two particularly useful tools are:

A Visual Daily Schedule ([Amazon Link](#))

A visual schedule uses pictures, symbols or written words to show what will happen during the day. Begin with only a few important activities rather than displaying an overwhelming timetable. For example:

Breakfast → Get dressed → School → Home → Outdoor time → Dinner → Bedtime

A Visual Timer ([Amazon link](#))

A visual timer shows the passing of time in a way that can be seen. It can help a child understand that an activity is approaching its end without relying on repeated verbal warnings.

Timers can also support clearer screen boundaries. The routine can show when a device is available, the timer can show how much time remains and the schedule can show what meaningful activity follows.

Use visual tools as support, not as punishment. Allow time for your child to understand them, and keep the first routine simple. A few pictures used consistently are often more effective than an elaborate system nobody can maintain.

A simple first action: Choose one difficult transition—such as getting dressed, leaving the house or beginning bedtime—and create a two-picture First-Then Board for that moment.



Why One Approach Was Never Enough

Our approach brings together medical care, biomedical and functional support, nervous-system regulation, and occupational and developmental strategies.

Each supports a different part of the whole child.

These approaches are not alternatives. Together, they form one coordinated Autism Support Roadmap—designed around the whole child, their wellbeing and their progress.

CONVENTIONAL MEDICAL CARE



Identify and treat medical findings such as infections, gastrointestinal conditions and immune-related disorders.

Autism should never prevent physical symptoms, pain or sudden behavioural changes from receiving appropriate medical investigation and treatment.

BIOMEDICAL & FUNCTIONAL SUPPORT



Use dietary interventions and individualised supplementation to support biological balance and strengthen vulnerable pathways.

Targeted nutrition can support gut health, nutrient status, metabolism, cellular energy and pathways influenced by individual genetic vulnerabilities.

NERVOUS-SYSTEM & STRESS REGULATION



Reduce sensory overload and create greater safety through co-regulation, deep pressure, sensory corners, movement and predictable routines.

A safer, more regulated nervous system creates greater availability for connection, communication, learning and development.

OCCUPATIONAL & DEVELOPMENTAL STRATEGIES



Combine professional therapies with a playful home environment that naturally invites communication, movement, learning and independence.

Development continues beyond the therapy room through connection, play, daily routines and meaningful real-life experiences.



Together, They Create the Conditions for Progress

Greater comfort • Regulation • Connection • Communication • Learning • Independence

The Autism Support Roadmap

Clear Steps Toward Progress for Your Child

You do not need to do everything at once. Understand where you are, identify what matters most and choose your child's next meaningful step.

01

Learn and Understand

See beyond behaviour. Learn how biological health, sensory processing, the nervous system, communication and development may shape your child's experience.

02

Explore with Testing

Use careful observation, medical assessment and appropriate testing to build your child's individual health profile, identify priorities and reduce guesswork.

03

Build a Targeted Support Plan

Use your child's history, observations, medical findings and priorities to select the support that is most relevant now:

- Conventional medical care and practitioner-guided treatment
- Foundational support for sleep, digestion and blood-sugar balance
- Gut-health and digestive support
- Autism-friendly dietary interventions
- Individualised nutritional and supplementation support
- Environmental support and reducing unnecessary exposures
- Nervous-system, sensory and stress-regulation strategies
- Occupational and developmental support

04

Create a Supportive Environment and Promote Development

Bring support into everyday life through connection, predictable routines, sensory safety, play, communication, movement, learning and meaningful practice.

The Roadmap is not a rigid protocol.

It helps you reduce barriers, support the body and create better conditions for wellbeing, connection, learning and growing independence.

Clearer direction • Individual support • Meaningful next steps





Parent Voices & Real-Life^s Progress

"For the first time, my son drew something and named it himself: 'Tiger!' For our family, this is a huge step forward."

— **Kenan's mom, age 7**

"Alex, you are amazing. My son is improving in so many ways, and we have seen real change since I started working with you. Our family is doing so well compared with four years ago. I am incredibly grateful."

— **Moeritha A., mom of CJ, age 12**

"Since meeting Alex, I have become stronger every day—and my boy is getting better day by day. Thank you, Alex."

— **Waltrud G., autism mom**

"Alex changed our lives. She has been a wonderful advocate and source of support for autistic children and their parents. Since meeting her, she has helped my family and my son tremendously, and I am deeply grateful."

— **Lowenda D., autism mom**

"You create a safe space for parents to share their journey, expectations, doubts and fears. You turn doubt and fear into hope. I trust your knowledge and experience completely and know that I am always in good hands when I receive your support or advice."

— **Cecilia B., mom of two autistic children**

"Thank you for helping me. It is only week three, but my boy is already playing, eating and resting better. I can see a big change in him."

— **Theresa, mom of an autistic child**

"Thank you for all your support, effort, love and care—not only for me, but for so many others. You help parents stay strong for their children."

— **Sonja, mom of an autistic boy**





Good Morning Waffles

Protein-rich, blood-sugar-friendly breakfast for real autism family life

I know how discouraging it feels to make something healthier, place it in front of your child with hope — and have them refuse it outright. So many parents I've spoken with know that exact moment.

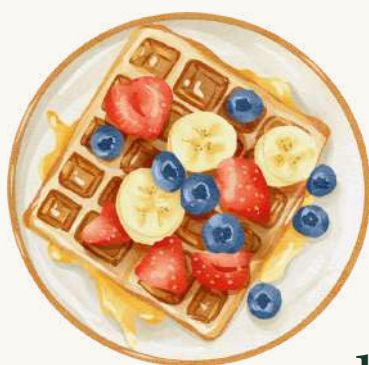
I developed this recipe because I needed something that worked in real life: quick to prepare, gentle on selective palates, and adaptable enough for the whole family. You blend the batter, pour it into the waffle maker, and your hands are free while it cooks — no standing over a pan, unable to look away.

My son Tom has always had a very discerning palate — we joke he's our own Gordon Ramsay at the table. His honest feedback (too dry, not sweet enough, simply unacceptable!) is what helped me refine this recipe into something both my kids genuinely enjoy.

A first refusal is not failure — it's useful information. Adjust, taste, and try again.

Ingredients (one family batch)

- 3 large eggs
- 6 tbsp unsweetened apple sauce, or 1 large ripe banana (blend completely smooth — no pieces or strands)
- 2 tbsp buckwheat flour
- 2 tbsp plain gluten-free flour blend
- 2 tbsp rice protein powder
- 1 tsp baking powder
- ½ tsp cinnamon
- 1 pinch salt
- 1 tbsp maple syrup, honey, or coconut sugar. You can also use a tiny amount of stevia for more sweetness.
- 4–8 tbsp unsweetened soy or almond milk, added gradually until smooth and pourable
- A little rapeseed or coconut oil, for brushing the waffle maker





Method

1. Preheat waffle maker to medium.
2. Blend eggs, apple sauce or banana, 4 tbsp milk, and sweetener until completely smooth.
3. Add flours, rice protein, baking powder, cinnamon, and salt. Blend again until no lumps remain.
4. Add more milk, a tablespoon at a time, until batter is thick but pourable.
5. Rest the batter 5 minutes.
6. Brush the waffle maker with oil, add a modest amount of batter, and cook until lightly golden. Avoid overbaking — dryness is often what causes rejection.

Getting it right for your child

Make the first batch on a relaxed weekend, not a rushed morning. Taste-test one waffle yourself first. Serve without pressure, and notice: too dry? Not sweet enough? Prefer banana or apple? Once you find what works, write it down — that becomes your family's recipe. Many autistic children prefer the same breakfast daily; that's not a problem to fix, it's a safe food to keep.

Storage: Batter keeps refrigerated up to 24 hours (stir before reuse; never taste raw batter). Cooked waffles keep 2–3 days refrigerated, or freeze individually between sheets of baking paper and reheat in a toaster or air fryer.

Toppings: Honey or maple syrup (in a small amount), banana, warm apple with cinnamon, almond or sunflower-seed butter, or plain yoghurt with berries. Start with something already familiar. The waffles can also be made savoury: simply omit the sweetener, then serve them with avocado, egg, hummus or thin slices of roasted turkey or chicken.

This recipe is for general educational purposes. Adapt it to your child's allergies, intolerances, and nutritional needs, and seek individual guidance from a healthcare professional or dietitian for coeliac disease, diabetes, significant digestive symptoms, or complex nutritional needs.



Your Journey Continues Here

The Complete Autism Support Roadmap

One clear guide. Real autism-family-life strategies. Step-by-step.

More Than Information

A practical guide and workbook that helps you understand what matters, choose meaningful priorities and move forward without getting lost.

eBOOK - US\$ 187

1

Understand

See how health, regulation, sensory needs and development fit together.

2

Prioritise

Identify what needs attention first—and what can safely wait.

3

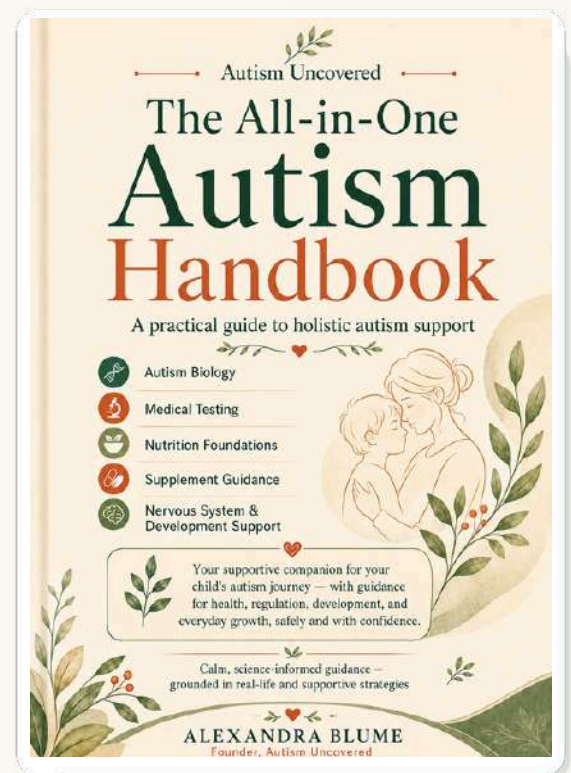
Create Your Plan

Use 100+ worksheets and reflection tools to tailor the Roadmap to your child.

4

Take Action

Bring supportive strategies into real family life, one manageable step at a time.



730+ PAGES • 100+ WORKSHEETS • EVIDENCE-INFORMED • DIGITAL DOWNLOAD

You Do Not Need to Do Everything at Once.

Guidance that supports the parent, too.

Created with empathy for the exhaustion, uncertainty and love carried through this journey.

Unlock Your Child's Progress

WITH CLARITY, CONFIDENCE & PEACE

GET THE HANDBOOK • WWW.AUTISM-UNCOVERED.COM

ALEXANDRA BLUME • FOUNDER, AUTISM UNCOVERED



The All-in-One Autism Handbook

You've taken an important first step.

You've seen how outdoor movement, a more wholesome diet, a balanced breakfast, and visual predictability can start creating a more supportive rhythm at home. You've also glimpsed the wider roadmap: learn and understand, explore with testing, build a targeted support plan, create a supportive environment for development.

But new questions always follow:

What's happening beneath the symptoms?

What should be tested, and what do the results actually mean?

What comes first, and what can wait?

That's exactly what the All-in-One Autism Handbook is built to answer.

One Roadmap, Not a Hundred Fragments

Autism support usually comes in pieces — one therapist focused on behaviour, another on speech, a doctor looking at one symptom, and an internet full of diets and supplements with no clear order to any of it. The problem was never a lack of information. It's knowing how to organise it into something you can actually use.

This handbook brings the whole picture together — helping you understand what your child may be communicating, where to look first, and how to build a plan around your child, not a generic checklist.



👉 **Begin Your Child's New Chapter**





What's Inside — 700+ Pages, Built Around Your Child

- Health & biological drivers — how digestion, immunity, metabolism, sleep, inflammation, and nervous-system regulation shape a child's daily experience
- Testing & medical assessment — what's worth investigating, and how to read results alongside your child's actual symptoms
- The Intervention Roadmap — seven coordinated areas of support, organised around four priorities: address medical findings, stabilise the basics, reduce burdens, replenish what's missing
- Development & everyday growth — how play, connection, and daily routines build skills at home, alongside professional therapy
- Tools you'll actually use — checklists, reflection questions, and planning worksheets

Why I Built This

I remember searching for answers while my own children were struggling — the exhaustion, the fear, the isolation, the sense that every answer only led to ten more questions. The chronic stress that doesn't let up even once your child is asleep, because your mind keeps running through everything you still haven't figured out.

This handbook isn't only about your child. It's about you

— the weight you carry, the load nobody else quite sees, while also holding down a job, a marriage, other children, and whatever is left of yourself by the end of the day. I didn't want other parents to spend years assembling this roadmap alone, the way I did.

Yes, it's more than 700 pages — and I know that can sound like one more task on an impossible list. But this isn't a task. It's a companion. It's structured so you always know what matters most right now, and what can wait, at your own pace.

There is no single "autism doctor" out there to hand you this roadmap, because our understanding of autism itself is still shifting — moving past the idea that it's purely genetic, toward a picture of complex biological drivers shaped by environment, lifestyle, and underlying triggers like Lyme disease, PANS, or gut dysbiosis. That shift matters: it means we can choose to reduce these triggers, and test for what's truly relevant to our own child.

You are not alone in this. And you are not powerless.

→ **Get the All-in-One Autism Handbook**

→ **www.autism-uncovered.com**

