



YOUR SOURCE Balancing Work, Family & Life

Your Autism Connection

What are the signs of autism? How can I help my child get the most out of life? Being informed can help put the puzzle pieces together and help you better understand the disorder.

Click It! to get connected and learn more through *Your Autism Connection* on the *Spotlight* section.

- Read articles about autism treatment and research, and parenting a child with special needs.
- Access Community Resources and Advocacy Groups.
- Link to State and other Online Resources.
- Connect to Autism Speaks and explore services in your area, resources, tools and strategies, and ways to get involved.

Autism Webinar on April 15

Join the interactive Webinar titled, *Life with Autism: Positive Parenting Tips*, on Wednesday, April 15th from 1:00 – 2:00 p.m. CT at no cost. Simply [click here](#) to register and create your own password. Can't join the live Webinar? Don't worry. A replay will be available online in the upcoming months under *Tools, On Demand Learning*.

Autism Isn't Just a Childhood Disorder Podcast

Discover common behaviors and challenges for children on the autism spectrum as they learn how to fit in with peers and grow into adulthood. Available online mid-April, simply **Click It!** and download the Podcast titled, *Teenagers and Adults on the Spectrum*, under *Tools, On Demand Learning*.

Click It!

Log on to www.MagellanHealth.com/member and register with your program's toll-free number to access *Your Autism Connection*, other helpful resources in the *Spotlight* section. For example, it's not too late to take advantage of discounts on the H&R Block TaxCut® Online tax preparation programs or to print a coupon to use at a local H&R Block office.

1-800-937-2112

Correct Answer: According to the Centers for Disease Control (CDC), autism now affects 1 out of 150 children.

In 1970, autism affected approx. 1 out of every 10,000 children. Today, how many children are affected?

- 1 out of 10,000 1 out of 1,000
 1 out of 5,000 1 out of 150

Check your answer on the bottom.

Now That's An Idea!

Taking time out for creative play and laughter is important for everyone. Try these fun activities at home and most of all, enjoy each other's company.

- Create an imaginative zoo or forest and use brightly colored stuffed animals.
- Dance, sing and hum to a sing-a-long CD.
- While humming or singing to the CD, create your own instruments like a tennis racket guitar.
- Make your own puzzle. Buy a blank puzzle, finger paint a design and have fun putting it together.
- Play a guessing game with funny noises from animals or objects.

Convenient. Practical. Powerful.

Magellan's Webinars and Podcasts

Living your healthiest, most productive and fulfilling life is within your control. Our Webinars and Podcasts provide you with practical solutions that will help you live life—better! Join an interactive Webinar, view a replay or download a Podcast on a variety of subjects that include helpful information, practical tools and resources.

LIVE WEBINARS

Protect Yourself from Identity Theft

Thursday, January 22, 1:00 – 2:00 p.m. CT

Beat Job Stress at Its Own Game

Wednesday, February 18, 1:00 – 2:00 p.m. CT

Life with an Autistic Child

Wednesday, April 15, 1:00 – 2:00 p.m. CT

Parenting: Moving the Cleavers into the 21st Century

Wednesday, June 17, 1:00 – 2:00 p.m. CT

The Melting Pot at the Workplace

Wednesday, July 15, 1:00 – 2:00 p.m. CT

Raise Peaceful Children in a Violent World

Wednesday, August 19, 1:00 – 2:00 p.m. CT

Protect Your “Techy” Teenagers: The Internet & Beyond!

Wednesday, December 16, 1:00 – 2:00 p.m. CT

DOWNLOADABLE PODCASTS

Log on to www.MagellanHealth.com/member to access Podcasts. Go to *Tools, On Demand Learning*.

Better Sleep: It's Not Only About the Mattress

Available mid-March

Life with Autism: Teenagers and Adults on the Spectrum

Available mid-April

Achieve Professional Success through Emotional Intelligence

Available mid-May

Talk with Friends and Family about Depression

Available mid-September

Prepare a Safety Plan and Put an End to the Violence

Available mid-October

Curing the ‘Disease to Please’ through Boundary Setting

Available mid-November

How to Join a Live Webinar

You can participate in any Webinar online and by phone through a toll-free number. Refer to the front page for registering information.

Can't Join a Live Webinar?

Don't worry. You can access a replay of the Webinar and handouts as well as details on upcoming Webinars on www.MagellanHealth.com/member. Log in and go to *Tools, On Demand Learning*.