

**Building connections with
Somali families:
Culturally competent
approaches to child
development and disability**

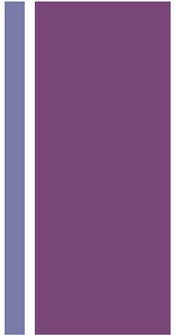


LEND | Leadership Education in
Neurodevelopmental Disabilities

UNIVERSITY OF MINNESOTA

Driven to DiscoverSM





You will be able to find a recording of today's event along with additional resources at www.lend.umn.edu (webinars tab)

www.ltsae.umn.edu (coming soon)



Fatima Molas



and Noah...

Noah





Noah's autism like behaviors

Noah's primary physician

“A very healthy boy”



Routine Hearing Test

“Your son has autism”

What is this? A Drive by diagnosis?



I was given a few phone numbers and a pamphlet

I sat in the parking lot stunned.

What just happened?

Lifestyle & Family changes

Crash Course in autism!

2 parents + 3 teenagers + grandma
books / articles / documentaries / support groups

New responsibilities & awareness for all

*Bolting * meltdown * no pain?*

How to communicate with Noah?

Home must be made safe

Home safety consultant & contractor

Stress on Family Relationships

Other children's feelings

Time for the other children

The marriage

Importance of spouse time (respite)

Navigating Social Services & Therapy Options

Great resources are available!

but...

Steep learning curve

Requires a curious & investigative mind-set

Have an understanding of the different therapies

*(OT, speech, ABA, Social Skills, Hippo,
biomedical)*



Get an official diagnosis!

Get the ball rolling!

Your case worker cannot do
everything.

Parent still has to be their own
advocate.



Somali language & culture

Somali translators are available; however
language is not the only barrier

No Somali word for “autism”

The whole idea of autism is abstract

Somali culture does not label and treat subtle
disorders like ADHD, OCD, ODD



Somali language & culture

Downplay of autism

Can be viewed as a “western diagnosis”

“Your child is fine! He’s not doqon!”

“So-and-so’s kid was weird and turned out ok

My proposal: Autism Identification Videos

Production of autism videos that do not require translation.

- Shown to all Somali parents at their regularly scheduled wellness checks.
- Different videos are produced for ages 1 to 5.
- Each film is less than five minutes, but is tightly edited to show, in rapid succession, a montage of actual autistic Somali children displaying a wide range of pronounced, classic autism behaviors.

Autism Identification Videos



- Children in the videos are close to the age of the current wellness check.
- Real sounds: no music, no narrator, no text on screen.
- Stemming, spinning, repetitive gestures, meltdowns, toe-walking, humming, etc...
- The healthcare team has the Somali parents watch the video, then asks (possibly with a translator), if they have ever seen their child behave like any of the children on this video?

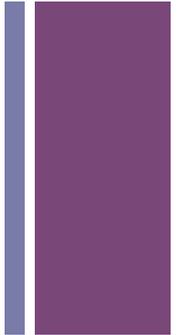
Autism Identification Videos



- This is a more powerful a tool then trying to explain, via translator, what autism is, and what it looks like.
- Many autism awareness videos, including “how-to” therapy videos, could be created that are free of language or text, thereby being universal.

Thank You

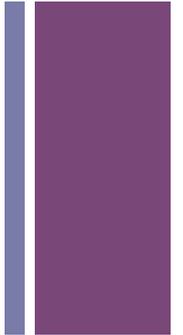




Learn the Signs. Act Early.



What is “Learn the Signs. Act Early.”



- CDC’s “**Learn the Signs. Act Early.**” program aims to improve early identification of children with autism and other developmental disabilities so children and families can get the services and support they need.
- The program is made up of three components:
 - Health education campaign
 - Act Early Initiative
 - Research and evaluation

It's time to change how we view a child's growth.

4 feet

5 years

4 years

3 years

2 years

18 months

1 year

2 feet

3 feet

1 foot

Learn the Signs. Act Early.

It's time to change how we view a child's growth.

3 years

- Shakes affection for playmates
- uses four- to five-word sentences
- points to object like named
- imitates adults (kisses other adult claps)
- points to interesting objects
- plays pretend (talks on toy phone)
- uses simple gestures (waves, bye-bye)
- nurses, snacks, drinks, and "no" ("no")

2 years

- plays pretend (talks on toy phone)
- uses simple gestures (waves, bye-bye)
- nurses, snacks, drinks, and "no" ("no")

18 months

- plays pretend (talks on toy phone)
- uses simple gestures (waves, bye-bye)
- nurses, snacks, drinks, and "no" ("no")

1 year

- plays pretend (talks on toy phone)
- uses simple gestures (waves, bye-bye)
- nurses, snacks, drinks, and "no" ("no")

6 months

- plays pretend (talks on toy phone)
- uses simple gestures (waves, bye-bye)
- nurses, snacks, drinks, and "no" ("no")

3 months

- plays pretend (talks on toy phone)
- uses simple gestures (waves, bye-bye)
- nurses, snacks, drinks, and "no" ("no")

1 month

- plays pretend (talks on toy phone)
- uses simple gestures (waves, bye-bye)
- nurses, snacks, drinks, and "no" ("no")

By 18 months to 2 years, there are indicators your child should reach in terms of how they play, learn, speak and walk. A delay in any of these areas could be a sign of a developmental problem, even autism. The good news is the earlier you talk with a doctor or specialist about your child's development...

www.cdc.gov/actearly

Learn the Signs. Act Early.

Learn your baby's milestones.

Learn the Signs. Act Early.

Your Child's Early Development is a Journey

Check off the milestones your child has reached and share your child's progress with the doctor at every visit.

6 MONTHS

- Turns to look when you call his name
- Reaches to touch or grasp an object
- Plays social play games like peek-a-boo
- Uses simple gestures like waving
- Pushes up on hands

12 MONTHS (1 YEAR)

- Reaches for objects
- Uses simple gestures like waving
- Pushes up on hands

18 MONTHS (1 1/2 YEARS)

- Plays simple games like peek-a-boo
- Uses simple gestures like waving
- Pushes up on hands

2 YEARS

- Plays simple games like peek-a-boo
- Uses simple gestures like waving
- Pushes up on hands

3 YEARS

- Plays simple games like peek-a-boo
- Uses simple gestures like waving
- Pushes up on hands

4 YEARS

- Plays simple games like peek-a-boo
- Uses simple gestures like waving
- Pushes up on hands

Learn the Signs. Act Early.

NATIONAL CENTER ON BIRTH DEFECTS AND DEVELOPMENTAL DISABILITIES

Learn the Signs. Act Early.

Developmental Screening FACT SHEET

Important Milestones By the End Of 2 Years (24 Months)

Autism Spectrum Disorders FACT SHEET

Learn the Signs. Act Early.

CDC has free information to help educate parents about childhood development.

Learn the Signs. Act Early.

Every day you see them reach milestones. There are free resources to help you spot a few more.

Learn the Signs. Act Early.

Milestone Moments

One Week

Newborns begin to turn to the sound of a parent's voice during the very first week!

Talk to your baby to help her learn your voice.

www.cdc.gov/actearly

Milestone Moments

Learn the Signs. Act Early.

One Week

Newborns begin to turn to the sound of a parent's voice during the very first week!

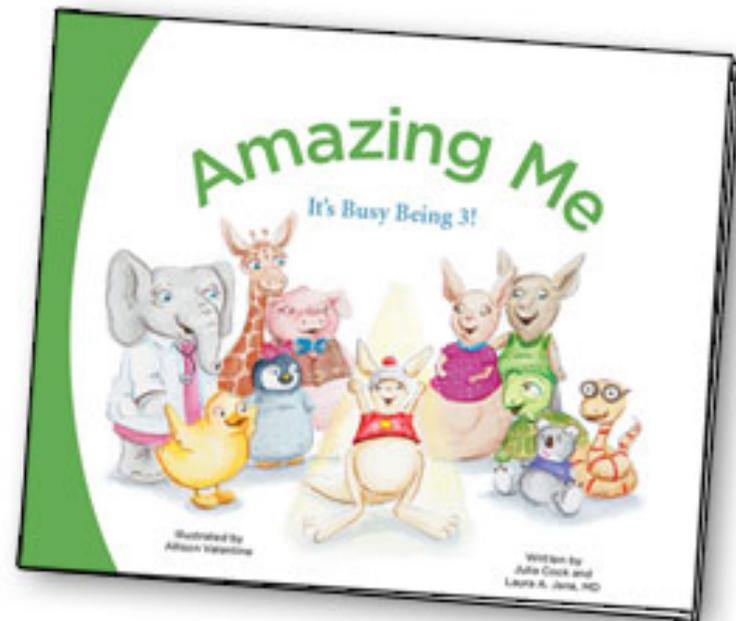
Talk to your baby to help her learn your voice.

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+ Free materials

- Fact sheets
- Grow charts
- Milestone guides and checklists
- Books
- Other multimedia



+ Customized materials

- Reach targeted populations in your community
- Share a common message about early screening and development
- In Minnesota, directs families to MN Help Me Grow (MN's child find system)

Raws koj tus menyuam
cov theem ntawm nws
txoj kev loj hlob



Koj tus menyuam txoj kev loj hlob thaum
nws tseem yau no muaj ntau qib. Siv
daim ntawv no taw koj kev txog tej qib
no thiab yuav soj ntsuam yam twg thiaj
yuav pab tau koj.

Rau cov niambxiv muaj menyuam yug tshlab
mus rau 4 xyoo.



Centers for Disease
Control and Prevention
www.cdc.gov/ActEarly
1-800-CDC-INFO

+ Somali materials

- Milestone moments booklet
- Milestone moments brochure
- Videos and podcasts from Somali parents
- Minneapolis Somali Autism Spectrum Disorder Prevalence Project report



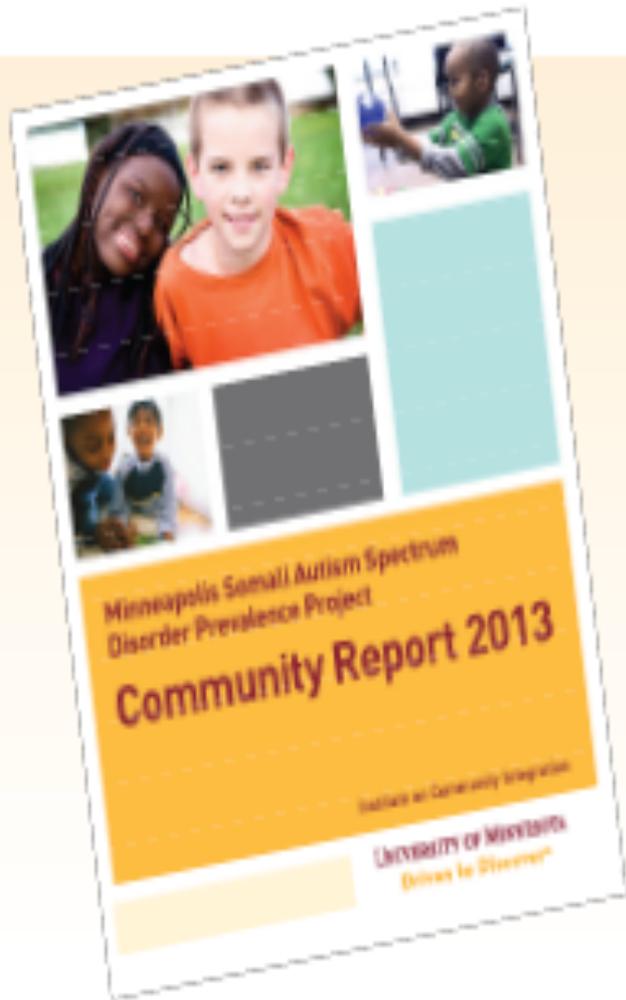
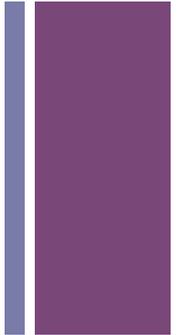
Macluumaad dheeraad ah ee waxyaabaha aad samayn karto haddaad wax tabanayso, la xiriir cunuggaagga takhtarkiisa ama mid ka mida hay'adahan

www.cdc.gov/ActEarly
1800-CDC-INFO

www.mnparentsknow.info
1-866-693-4769



Hadii aad rabto macluumsadkan wa lacag la'san "Baro calsama-daha si aad hadiiba fiici ugu dhaqaaqdi" qalabka waalidinta sidii ad ugana heli laheyd degmadaada



Learn more

For more information about the project and links to helpful community resources that can be found online at

rtc.umn.edu/autism

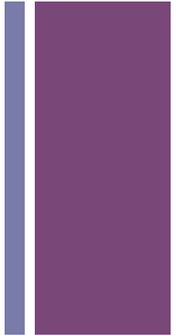
+ Coming soon!

MN Act Early website

www.ltsae.umn.edu



+ Contact information



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+ Webinar information

This webinar has been recorded and can be found
at:

www.lend.umn.edu (webinar tab)

Additional information can also be found at:

<http://rtc.umn.edu/autism/>