

12 FOODS TO SUPPORT A HEALTHY GUT LINING



bone broth



collagen / gelatin



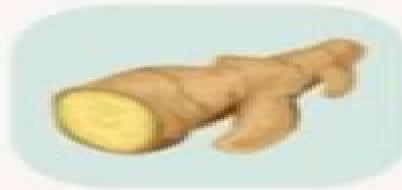
grass-fed butter /
ghee



aloe vera



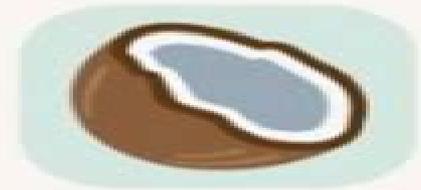
raw honey



ginger



turmeric



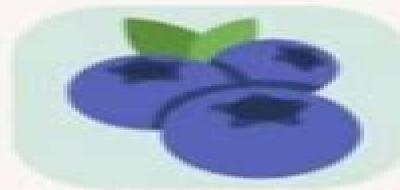
coconut



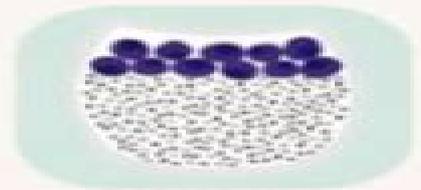
vitamin c-rich foods
*see caption for examples



omega 3 fats
*see caption for examples



polyphenol-rich foods
*see caption for examples



soaked chia seeds
(see chia seed purchasing)

Beginner Friendly Gut Health Foods Usa For Workers

G Psacharopoulos



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web provide simple steps when providing direction break the skill or situation down into simple steps your child can follow remember that kids on the autism spectrum are very literal so don t skip the steps your feel are implied as your child may not pick up on these nuances include social scripts

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web focus on one thing or event at a time only write about one topic per social story you do not want to overwhelm your child so pick one topic such as visiting the dentist for your social story and write only about that particular topic 3 use pictures to support the text

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web walking away telling an adult doing a calming activity finding a friend to talk to writing down what made us angry it is never ok to hit someone in school when we get angry with someone we can try to stay calm and follow school rules if i hit hitting is when i use my hands and arms to hurt someone

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