

A photograph of a man with a beard, wearing a dark blue long-sleeved shirt and grey pants, sitting on the floor and smiling warmly at a baby. The baby is wearing a light-colored, ribbed, long-sleeved outfit and is sitting up, looking towards the man. The background is a plain, light-colored wall. The entire image has a semi-transparent blue overlay.

*How*  
**Family-Centered  
Brain Games**  
*Outperform*  
**Traditional  
Therapies**  
*to Help Autistic  
Children Grow*  
**Up to Be Happy  
Independent  
Adults**



## Feeling Stuck? You're Not Alone

You've likely tried different therapies—speech, occupational, behavioral, medication—and while they may have helped in some ways, you're still left wondering why your child struggles in everyday life.

The progress is slow, frustrating, and often feels like it falls apart when things get tough. Maybe you've found yourself questioning, Is this the best I can hope for?

It's overwhelming to manage your child's needs while balancing the rest of your family's well-being.

Deep down, you're worried about the future—***Who will take care of my child when I'm not around?***

These concerns are real, and you're not alone in feeling them. But there is a way to shift this reality, one that focuses on lasting, real-life progress, not just temporary fixes.



# Why Traditional Ways Fall Short

If you have been frustrated with the lack of progress with traditional therapies, here are a few reasons why this could be:

- **Once a week, at best:** Most therapies are limited by access and funding. One session a week just isn't enough to create lasting change.
- **Clinical setting:** The structured environment where therapy sessions happen doesn't resemble real life, making it hard for your child to apply what they learn when they're at home or under stress.
- **Outside-in approach:** These therapies focus on teaching tasks and behaviors, putting pressure on your child to perform, which can lead to frustration and burnout.
- **Symptom-focused, not holistic:** When you isolate symptoms like speech, sensory processing or anxiety as co-morbidities, you miss the interconnected nature of the brain.
- **Minimal family involvement:** Parents and siblings often feel disconnected and powerless, watching from the sidelines.





## The Gentle, Family-Centered Whole-Brain Development Way

What if the best way to help your child grow up to be a happy independent adult was building stronger, adaptable brain connections with games that your family can do together?

Let's see if we can address each of traditional therapies' common pitfalls head-on...

Let's design a program that...

- **Integrates into normal life, all day, every day**, with simple ways that enrich your existing everyday routines, providing consistent stimulation and making your home a brain development sanctuary.





### The Ideal Program...

- **Takes place naturally and at home** 🏠, in your child's most comfortable environment, making it easier to generalize skills to real-life situations, even when things get chaotic.
- **Creates growth** 🌱 **from the inside-out.** By engaging the whole brain through fun, rewarding, enriching activities we can make the brain want to change its structure. This way, your child doesn't just learn a task—they *want* to do it, they *want* to speak, they *want* to finish, they fall asleep *naturally*, they *feel* in control, etc.
- **Connects everything together** 🧠. By always stimulating multiple brain areas simultaneously, we anchor the brain functions together (self-awareness, cognitive processing, emotional regulation, sleep, etc.), to make the brain more resilient and adaptable.
- **Empowers the family** 👨👩👧👦, so that everyone gets to participate as key players, everyone gets to benefit from a stronger, healthier brain, and no-one feels singled out or left out.





# Doing It Together Works Better

Doing "programs" as a family isn't just a nice idea—it's essential for success. Here's why:

- **Feels like a bonding moment, not a work session:** Participating together turns therapy into play, strengthening relationships and making it a fun family activity rather than a chore.
- **They become curious to join:** As the child watches other family members participate, they become curious. A simple invitation is often enough for them to join in, without the need for coaxing.
- **Just watching is a good start:** Even if the child is too anxious to participate fully, simply observing the activities engages similar brain functions, ensuring they still benefit from the therapy.
- **Builds a sense of control:** Allowing children to lead activities enhances their self-confidence and motivation. It also helps develop social skills.
- **Reduces feelings of isolation:** When the whole family is involved, the child no longer feels singled out or "different." It's good for everyone.





### Together Is Better, Continued...

- **Spouses and siblings benefit too:** All participants experience the brain-building benefits of the activities. Maybe a sibling struggles to stay still, or a spouse has minor sleep issues?
- **Increased motivation for consistency:** Family participation creates accountability, making it easier to keep the activities consistent as part of everyday life.
- **Encourages better communication:** Engaging in shared activities helps foster natural communication, especially benefiting children with speech or social delays.
- **Siblings and spouses don't feel left behind:** The shared experience of doing therapy together strengthens emotional bonds, helping the family feel more connected and united in their growth.
- **Shared responsibility:** Family members share the responsibility of ensuring the therapy happens, reducing the burden on any one individual (mom?) and making it more manageable for everyone.





# A Money-Back Guarantee

At Mendability, we've taken this family-centered approach and created a program called Sensory Enrichment Therapy. It's built on decades of neuroscience research and has been proven to work for over 3,000 families worldwide and in randomized controlled trials.

What if you did not have to pay if it did not work? That's our promise to you.

What you have to commit to is 1) **sending a video doing the program with your family every week** so we can coach you and 2) **doing the program at least 5 days per week.**

You may need other programs to "*round things off*", but you can count on our program being the last program you will need.







By Claudie Gordon-Pomares  
Chief Science Officer at Mendability

# Ready to start your family- centered journey with Sensory Enrichment?

We would like to get to know you, your goals for your family, and the current challenges your child faces that are keeping him from being able to live fully.

In about 30 minutes, we can usually give you a sense of how far along you could go in the first 6 months. We can also discuss what the full coaching and therapy program would look like, etc.

**FREE CONSULTATION**

Attract<sup>®</sup>

Created with Growth Tools in Partnership with Leadpages