

LIGHTHOUSE FREE PARENT GUIDE

Preparing for a Holistic or Integrative Visit

Whole-child support alongside therapy — what to bring,
what to ask, and how to keep it all coordinated.

Guiding families from diagnosis to thriving

Why Families Explore Integrative Care

Many families choose to add a naturopathic or integrative practitioner to their child's care team — looking at nutrition, gut health, and possible deficiencies that can affect energy, focus, and sleep. Done well, this work complements behavioral and speech therapy. It never replaces them.

The right practitioner takes a root-cause approach: testing before recommending, explaining the evidence honestly, and coordinating with the rest of your child's team.

Bring With You to the First Visit:

- Your child's diagnosis paperwork and any recent evaluations
- A list of everything your child currently eats in a typical week
- Current supplements and medications with exact doses
- Notes from therapists (ABA / speech / OT) if available
- Your top three concerns, written down — appointments go fast

1

Nutrition & Lab Testing

Finding what may be affecting development

- **What nutritional labs do you recommend for a child this age — vitamin D, B12, iron, zinc, magnesium?**

Deficiencies in these nutrients are common and can directly affect focus, energy, and development.

- **Do you recommend an Organic Acids Test (OAT) or a comprehensive stool test for gut health?**

The gut-brain connection is a major area of autism research — ask what the results would change.

- **Are there foods you commonly see worsen symptoms that we should consider reducing?**

Some families see improvement with gluten-free or casein-free approaches. Ask for their honest read of the evidence.

- **If any test comes back abnormal, what would treatment look like — and what is the evidence for it?**

A trustworthy practitioner explains both the plan and its limits.

2

Supplements: Evidence vs. Hype

Protecting your child and your wallet

- **Based on my child's profile, what supplements would you recommend — and what does the research actually say?**

You want science-backed recommendations, not what's trending on social media.

- **Are there supplements I should absolutely avoid giving my child?**

Some interact with development or medications — safety first, always.

- **Should we introduce any changes before or after starting new therapy — to avoid confusing the variables?**

Changing too many things at once makes it impossible to know what's helping.

- **What is your experience treating autistic children specifically?**

Their track record with children like yours matters for how much weight to give their advice.

3

Gut Health & the Brain

A promising and practical area to explore

- **Do you recommend probiotics — and if so, which strains and how do we choose quality ones?**

Strain and quality matter enormously. “Any probiotic” is not a real answer.

- **What signs might suggest my child has gut issues affecting behavior or development?**

In children with limited language, gut discomfort often shows up as behavior changes.

- **What dietary changes have you seen make the most noticeable difference in focus, sleep, and communication?**

You're after practical, implementable changes — not an overwhelming overhaul.

4

Coordination & Follow-Up

Keeping the whole team on the same page

- **Are you willing to coordinate or communicate with my child's therapy team if needed?**

An integrated care team that talks to each other produces the best outcomes.

- **How often do you recommend follow-up visits, and what will we track to measure progress?**

You need a clear plan with measurable outcomes — not open-ended visits.

- **What is the total expected cost of testing and follow-ups, and what does insurance typically cover?**

Integrative care is often out-of-pocket. Know the numbers before you commit.

Red Flags to Walk Away From:

- Anyone who promises to “cure” or “recover” your child
- Pressure to buy their own expensive product line at every visit
- Advice to stop evidence-based therapies (ABA, speech, OT)
- Expensive tests with no clear explanation of what results would change
- Dismissing your questions instead of welcoming them

“Whole-child care means every helper on your child's team — therapist, doctor, and practitioner — rowing in the same direction. You are the captain of that boat.”

— With love, from parents who've been there

This guide is free. Share it with any family who needs it.