

Congratulations to Jane Lynn Britton on the Launch of her Television Show!

Jane Lynn has taken her years of experience as a parent of an autistic child and is now collaborating with parents and caregivers of children with autism.

In 2003 at the age of two her son was diagnosed with autism. After spending over \$100,000 on the best doctors, therapists, and schools, she was shattered because nothing worked. He was not developing as hoped, in fact their situation only got worse! She quit the career she loved and left Dow Jones in 2009 to home-school her son.

Jane Lynn spent 8 years and over 18,000 hours working with her son and teaching him simple things like to look, listen and to engage with her in activities. During that journey, she has successfully trained over 30 people to use her techniques while also learning holistic healing techniques to calm and strengthen the whole family.

Her son is her success story, he is back in school, and he is THRIVING. Her whole family is joyful and vibrant.

To continue her efforts to share her story and her hard-learned lessons on how best to help her special needs son, she created the TV show, *Navigate Autism with Jane Lynn*. Her goal is to help other parents along their journey, and to bring community together to talk, learn and share resources around autism.

Join her on Wednesdays and Fridays for the only Autism TV show of this genre! She shares tips that she learned that helped her son go from completely exclusive to being interactive, social, and very connected with others. She also features different guests and services who share ways that parents can help their children TODAY.

Although the show is through Princeton TV in NJ, anyone can watch online. *Navigate Autism with Jane Lynn* airs each Wednesday at 6:30pm and Friday at 10am on www.princeton.tv.org. As a new show, it airs 4 times until the next episode. You are able to see 2 new shows each month.

For more information: Tel 609-448-0123 • Email: janelynn@navigateautism.com

Now on the
WBTV at
www.bit.ly/navigateautism

Why Milk Is a Great Protein Food for Kids

Looking for a natural, high-quality protein food for kids? With 9 essential nutrients, including protein, in each 8-ounce glass, milk is a delicious, simple and wholesome option. And, consuming milk and milk products is especially important during childhood and adolescence, when bone mass is being built, according to ChooseMyPlate.gov.



But it's important to know, not all protein foods are created equal. You'll find two types of protein in milk: whey (20 percent) and casein (80 percent). Both are considered high-quality proteins because they contain all essential amino acids in sufficient amounts to qualify milk as a good source of protein. Milk is a complete protein, which means that every glass contains a full mix of the essential amino acids your body needs. While plant-based proteins like beans and peas can be great economical choices, most plant proteins are not considered complete.



5-Step Process for Creating Connections

Former HR leader, trainer and coach for 20 years and mom of two, I home schooled my son for 8 years, spending over 18,000 hours working with him. I trained over 30 people in my process. Now I partner with parents and caregivers teaching the same strategies and techniques to connect deeply with their child, helping both parent and child to thrive, and creating a calmer, more harmonious life.

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Join me:

- Each Tuesday at 12:30pm on Facebook Live
- At local workshops
- 1:1 during a free strategy session (by phone)
- On TV channel 30 (Comcast) or 45 (Verizon) for *Navigate Autism with Jane Lynn*