



# REFLECTIONS

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A MONTHLY NEWSLETTER | JAN 2022 ISSUE

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## A CONVERSATION WITH DR. SOHL

ECHO Autism wishes you and yours a happy and healthy New Year!

As we kick off a new year of programs, webinars, resources, and so much more, we wanted to share with you a spotlight on our very own Executive Director, Dr. Kristin Sohl.

She sat down with Spectrum to discuss being a pediatrician, her feelings on mentors vs. sponsors, how autism is being taught in the medical field, and her love of *Pokemon Go*.

From having her first child at 19 years old to becoming a pediatrician who primarily sees autistic children, Dr. Sohl has stayed on her toes to make everything happen. Get acquainted with her story today!

Read the full article by [\*\*clicking here.\*\*](#)





## GET HEALTHIER THIS YEAR

For many of us, starting a new year means healthier choices. No matter what that looks like for you and your family, we've got great resources to help!

Encouraging your family to try new (greener) foods? Check out the guides on our [Feeding Resources page](#)! Resources such as "Exploring Feeding," or "Kids Eat Right," may provide some inspiration and helpful tricks to changing diets.

Trying to improve your family's sleep routine? We have [resources](#) to help improve sleep strategies for individuals of all ages.

Find guides like these, and so many more, on our resources page today by [\*\*clicking here.\*\*](#)

## SPOTLIGHT ON: PROTECTING KIDS FROM COVID

Globally, we are once again heading into a surge of COVID-19 cases. This month alone, the CDC shared data citing the Omicron variant was making up 95% of cases in the United States, up from 32% at the end of December.

As the disease continues to evolve into new variants, doctors are experiencing a new target demographic. This time, children seem to be occupying more hospital space.

"Our pediatric floors in mid-Missouri are full," Dr. Kristin Sohl told Kansas City News.

Experts say Omicron not only shows the ability to spread fast, but is presenting more serious symptoms in kids. Pediatricians say Omicron and the flu should both be on parents' radars this winter.

So what can parents do?

Keep up to date on vaccinations, wear masks, and continue practicing safe social distancing.

Read the full article by [\*\*clicking here.\*\*](#)

## GET CONNECTED IN THE NEW YEAR

This year, we want to see you involved in more ways than ever.

For starters, have you registered for the 2022 ECHO Autism Communities Symposium yet? Last year, experts and participants learned together about specific topics to enhance services, access, care, and advocacy within the autism community.

This year, we're bringing new speakers, topics, and advocates to the table for a whole new learning experience!

Registration is now officially open! Sign up today to gain access to updates, speaker information links to attend our live event and even special attendee prizes.

***“The ECHO Autism Communities Symposium unites professionals globally around key concepts to ignite important conversations and take action together. Learn from leading experts as we engage in empowering ourselves and each other through knowledge, practice, and advocacy.” -Dr. Kristin Sohl***

Save your spot for April 7, 2022 today! **Click here** to register.

# 2022 ECHO AUTISM COMMUNITIES SYMPOSIUM

Bringing together healthcare professionals, family advocates, and members of the autism community so everyone can live their best lives.

**Join us April 7, 2022**

