

Emira's Story

Emira is two and a half years old. She is an incredibly smart girl and knows all the letters of the alphabet and numbers one to 10. Emira has started to recognize colours and shapes too. She loves animals, whether it's pets, farm animals or safari animals, she loves them all. Emira is always wanting to learn something new and loves to show off when she does.

By Emira's first birthday we noticed she wasn't crawling or walking, and she had just learned to scoot on her bum. We started coming to Five Counties Children's Centre, shortly after that and started with physiotherapy. I remember after our first appointment with AJ asking if it was my fault my daughter was behind with her movement. She reassured me it wasn't my fault. AJ and rest of the staff at Five Counties in Cobourg have been fantastic, they are always positive and helpful.

Before Emira's second birthday, she was diagnosed with autism. Since coming to Five Counties, Emira has benefited from physiotherapy, occupational, speech and recreational therapy. We also will be starting to work with a social worker as well.

Currently Emira's main goal is working on food aversions. There are only a handful of different foods she will eat; we try our best to provide her with everything she needs while working around her many restrictions. Emira is also working on her walking skills. She didn't start walking until she was around 24 months old, so she is still unsure of her footing.

One of the biggest challenges for our family, is finding ways for Emira to learn in a way that she will enjoy. With Emira's autism, she has a different way of viewing things and has sensory issues. So, we are always coming up with new ideas to work with her, while keeping her comfortable and engaged. I worry about taking her to new places because I'm unsure of how she will react. We are always thinking about what she can tolerate and what will stress her out.

One of my favourite memories of Five Counties is attending the first ever All-oween (an accessible Halloween event). I was so nervous about taking Emira trick or treating with her food aversions and she has a hard time with people she doesn't know. All-oween gave me the opportunity to relax about trick or treating and just let her be herself without the fear of anyone judging her. It made me so happy to see her comfortable in a space she knew with people she knew, while still experiencing something new.

Five Counties has given me the confidence in my daughter and myself to take everything that comes at us and adjust in our own way. We have been given resources I never thought I would be able to get, and it has helped tremendously in my navigation in the early stages of her autism journey.

Having Five Counties located near me has been a huge blessing. In my family, my husband is the only person who drives, so I rely a lot on the town bus to get around to places and appointments. I don't have added stress of worrying about taking time off work and driving into the city. I couldn't be more thankful to have such a valuable resource available to us so close to home.

Haidyn, Proud Five Counties Mom

Interested in sharing your story? Email us!
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