

Rock Star Speaks Out About Journey with Autistic Son

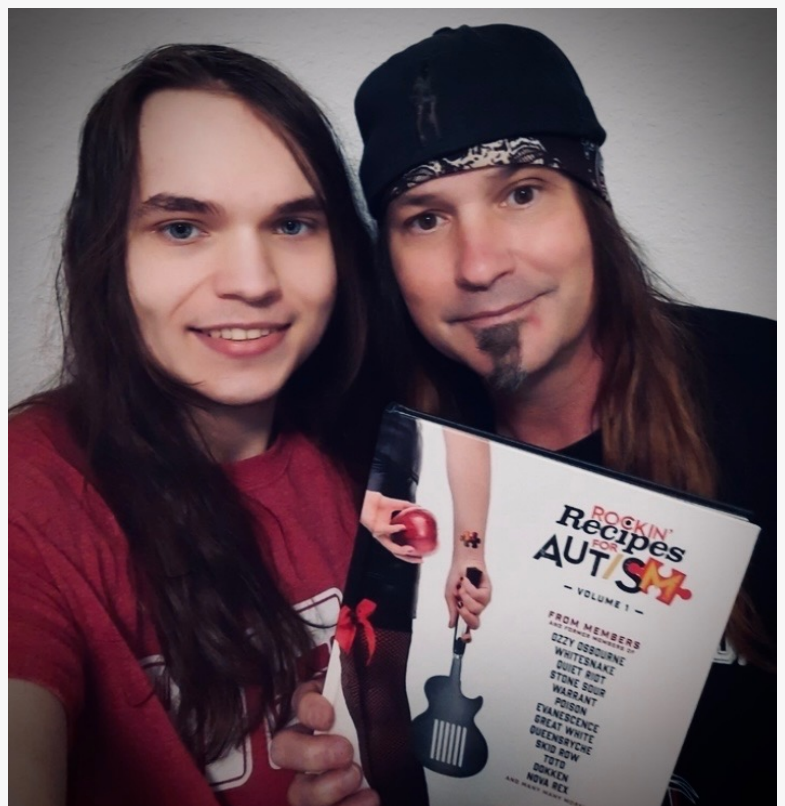
*New Cookbook, "Rockin' Recipes for Autism"
Support Autism Research & Music Therapy*

NEW YORK CITY, NEW YORK, UNITED STATES, March 27, 2024

/EINPresswire.com/ -- Rock Star Shares His Journey With Autistic Son for [Autism](#) Awareness Month

Kenny Wilkerson Releases New [cookbook](#), "Rockin' Recipes for Autism" To Raise Dollars for Research & Music Therapy

Rock stars come and go, but some rock stars are still playing after forty years in what is considered a very competitive arena. Kenny Wilkerson has been playing with heavy metal bands since 1985, most notably the heavy metal hair band, NovaRex. His clothes are considered so classic that they are now on display at the Hard Rock Cafe, Smithsonian, and Indiana State Museum.



Rock Star Kenny Wilkerson & son Gunner team up to Raise Awareness for Autism

However, Wilkerson's greatest passion is raising awareness for autism. His journey began when his son Gunner was born. Gunner is autistic.

“

I encourage all parents to learn about the power of music therapy in their autism journey.”

*Kenny Wilkerson, Nova Rex
Bassist*

As April is Autistic Awareness Month, Wilkerson is speaking out to raise awareness about autism spectrum disorders, the discrimination that autistic kids often face, how to support research, and especially how music therapy can help children.

“The numbers of autistic children are rising at such an

alarming rate," says Wilkerson. "In the United States, 1 in 36 kids has autism according to the CDC. And for boys, like my Gunner, the numbers are even more crazy. Boys are 4x more likely to be diagnosed as girls. But why?"

The "why" is the question that is being heavily researched every day.

According to the CDC, there are some answers including genetic factors, possible environmental factors, and a growing awareness with a focus on getting more children into treatment.

Autism Spectrum Disorder (ASD) |
Autism | NCBDDD | CDC

In the meantime, Wilkerson is doing what he can to raise awareness. In 2024, he released a cookbook, "Rockin' Recipes for Autism." 100% of the proceeds is donated to nonprofits, like Autism Speaks and We Rock for Autism. Inside the cookbook are recipes from friends in the rock world in support of Kenny's son.

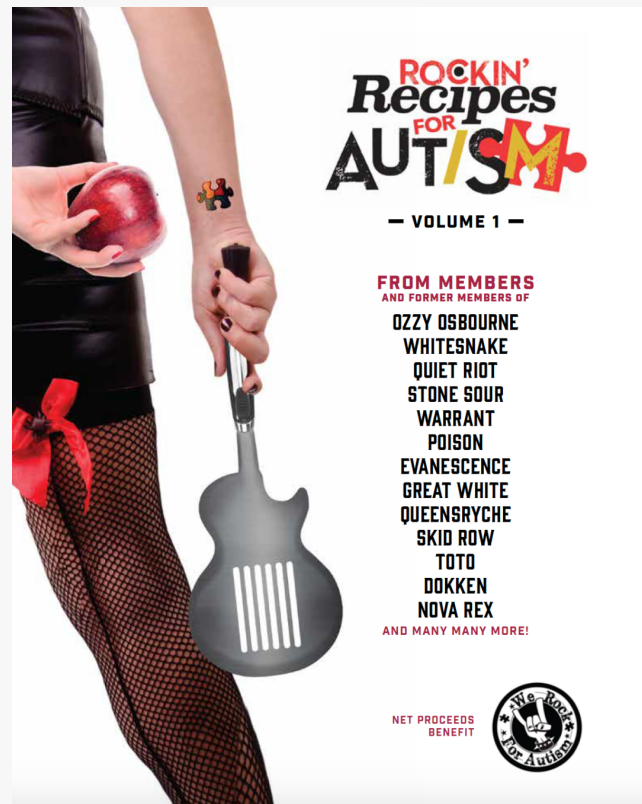
www.rockinrecipesforautism.com

"My son is my hero. He struggles every day yet he's also the smartest person I have ever met," says Wilkerson. "I wish I could take every autistic child and build a university where they could use their amazing minds to find a cure for autism or cancer or whatever."

Wilkerson says he also wants parents to know they are not alone. He calls the day he received his son's diagnosis "devastating" because he felt like a failure. He encourages parents to take one day at a time and find the unique gifts in your child. In the meantime, when he isn't playing gigs, Wilkerson can be found jamming with his son, Gunner.



Author of new cookbook, "Rockin' Recipes for Autism"



“The best two things that can heal and unite people are music and food. I encourage all parents to learn about the power of music therapy in their autism journey. And rock out with some new recipes from the cookbook and help support Autism Awareness Month.”

Autism Awareness Day is April 2 and the entire month of April is dedicated to Autism Awareness.
World Autism Month | Autism Speaks

Cecilia Toschi

MVT Media

+1 203-524-2422

miamediamix@gmail.com

Visit us on social media:

[Facebook](#)

[LinkedIn](#)

This press release can be viewed online at: <https://www.einpresswire.com/article/698990712>

EIN Presswire's priority is source transparency. We do not allow opaque clients, and our editors try to be careful about weeding out false and misleading content. As a user, if you see something we have missed, please do bring it to our attention. Your help is welcome. EIN Presswire, Everyone's Internet News Presswire™, tries to define some of the boundaries that are reasonable in today's world. Please see our Editorial Guidelines for more information.

© 1995-2024 Newsmatics Inc. All Right Reserved.