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SUMMER SCHEDULE STARTS JUNE 11th: MARK YOUR CALENDARS

REMEMBER.....

WE NOW HAVE A TERRIFIC PSYCHOLOGIST ON STAFF ONCE A MONTH TO MEET WITH FAMILIES OR INDIVIDUAL CAREGIVERS.

WE ARE ALSO ABLE TO PROVIDE COMPREHENSIVE DEVELOPMENTAL EVALUATIONS SO PASS IT ON.

WE APPRECIATE YOUR CONTINUED REFERRALS!~!!!!



**"In the spring, at the end of the day, you should smell like dirt." --
Margaret Atwood**

The **Spring Equinox**, what an awakening, a wonderful time to try something new. This is a time of birth and regeneration.

Celebrate the new in life, celebrate life!

With the days getting longer, it's time to get the whole family moving outside. Check out some of these fun family activities!!

- Pick-up kickball game – throw out some makeshift bases and get to kicking!
- Spring scavenger hunt – make a simple list of spring items and see if your kids can find them!
- Jump rope competition – every player grabs a jump rope and hops as many times as possible in 2 minutes!
- Build a fort – use old sheets over tree limbs and pretend it's a tent. Eat dinner there, stay and tell "ghost" stories and listen to "night" sounds – try to identify them!
- Grow an edible garden – help your kids plant some containers with tomatoes, herbs, basil. After they grow, have a picnic and invite the whole family!
- Car wash – park your car in the driveway, and let the kids at it with sponges and hoses.
- Relays – set up a "neighborhood relay". All the kids in the neighborhood can participate!
- Go for a family hike, take a bike ride, throw a Frisbee, fly a kite!
- Fantastic Bubble Solution – 1 part corn syrup or glycerin/4 parts liquid dish soap/4 cups water: Add the soap after the water, stir well and enjoy lots of bubbles. Try different bubble wands – pipe cleaners, old hangers work well!



From *How To Talk So Children Will Listen and Listen So Children Will Talk*

How To Encourage Independent Thinking?

- Let your children make choices
 - “Are you in the mood for your grey pants today, or your red pants?”
- Show respect for a child’s struggle
 - “A jar can be hard to open. Sometimes it helps if you tap the side of the lid with a spoon.”
- Don’t ask too many questions
 - “Welcome home. I’m glad to see you.”
- Don’t rush to answer questions for them
 - “That’s an interesting question. What do you think?”
- Encourage children to use resources outside the home
 - “That’s a good question. Maybe the pet shop owner would have a suggestion.”
- Don’t take away hope
 - “So, you’re thinking of trying out for the play!” That should be a great experience.”

Four Tips for Parents Making School-Related Decisions

School-related decisions seem to be an ever-present issue for all families, but especially for families with a child with special learning needs. Here are some tips to help you navigate your child’s education:

- No setting is perfect and there will be flaws and problems wherever you go. What is important is finding the right people who are willing to customize things to work for the best interest of each child – people who will bring you as parents into the team and work with you to ensure progress.
- Stay focused on one year at a time – don’t get stuck in what might be ramifications of a current decision in your child’s life 10 years down the road. What is important is making the right decision for your child at this point in time, and re-evaluating as you go along.
- Don’t be afraid to go against the grain or make a different choice in the best interest of your child and family. If you feel a service at school is not helping your child, stop the service. If you feel your child needs to be home with you rather than at school for some or all of the day, then do it. Try not to let other people or professionals over-ride your own good judgment about what your child needs.
- Keep your child’s developmental level in your mind when making educational decisions. There is tremendous pressure to put children, especially those with autism, into formal educational settings earlier and earlier. There is also huge pressure to continue to move forward a child, especially one with autism, to the next grade level, regardless of essential social-emotional-communication-and play abilities. The biggest gift you can give your child is the gift of time!



Announcements!

Ida Adams, MS CCC-SLP is celebrating 40 years of practicing as a speech therapist!
Congratulations!!

SUMMER SCHEDULE BEGINS JUNE 11th!!! MARK YOUR CALENDARS!!