



# PARENT TO PARENT OF LEWIS COUNTY

Parent to Parent of Lewis County  
A Reliable Enterprises Program

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## Sponsored by The David and Minnie Meyerson Foundation

### Summer Safety Tips

#### Fun in the Sun

- Protect your child from too much sun. The sun's rays are strongest between 10 a.m. and 4 p.m., so be extra careful during that time.
- Whenever your child is outside, use sunscreen with a sun protection factor (SPF) of 15 to 30. Choose one that protects against UVA and UVB rays.
- Apply sunscreen 30 minutes before going outside. Reapply every two hours and after being in the water or sweating.
- Keep children under 1 out of the sun as much as you can. Dress your baby in lightweight, light-colored clothing with long sleeves and long pants. Always cover their head. Children under 6 months of age can have small amounts of sunscreen put on their faces and the backs of their hands, but be careful not to get it in their eyes or mouth.
- Most of the sun's burning rays go right through clouds, so use sunscreen even on cloudy days.
- Select sunglasses for babies and children that provide 100% UV protection.
- When it is 90° or above and humid, children should not play outside or exercise for more than 30 minutes at a time.
- Make sure your child drinks plenty of fluids even if they are not thirsty. Water is best.
- Take breaks to cool off in the shade.

#### Lawn Care

- When you mow the lawn, keep children under 5 inside or away.
- Never let children ride on mowers or in carts towed by mowers.
- Store mowers away from children. Toddlers can cut or burn themselves on mower parts.
- Avoid using insect or weed killers on your lawn or garden. If you do, keep children out of the yard for at least 48 hours.

#### Window Falls

- Move furniture away from windows.
- Install window guards or stops on windows. Kids can fall from windows open as little as five inches.
- Don't rely on window screens - screens keep bugs out, but they don't keep kids in.
- If you don't have window guards or stops, keep windows latched.
- Watch young children closely.

#### Water Safety

- Never leave children alone in or near the water, even for a minute. Watch children with care in and around water. Have adults take turns being "child watchers" at family events.
- Ponds, five-gallon buckets and wading pools are drowning hazards for very young children. Empty water from buckets and wading pools, and make sure children are supervised around water.

<http://www.seattlechildrens.org/safety-wellness/safety/summer-safety-tips/>

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**InTot (360) 736-4359**

[intot@reliableenterprises.org](mailto:intot@reliableenterprises.org)

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Parent to Parent Co-Coordinator**

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**Family Support Network, Parent  
to Parent Co-Coordinator**

**Sara Palm-Sons**

[spalm@reliableenterprises.org](mailto:spalm@reliableenterprises.org)

We are on Facebook. Look for us  
and keep up to date on upcoming  
events and resources:

InTot

Lewis Count Parent to Parent  
Lewis County Family Support  
Network



## Finding Friends

### Provided by One Place for Special Needs, Written by Dawn Villarreal

Kids want to have friends. But it's not so easy for special needs children to find meaningful friendships with others. Some children are shunned because of physical differences. Others have social and communication deficits that make it difficult to start and keep friendships. While it is impossible to address the nuances of every disability, here are some general tips toward finding friends for your child.

It takes time, a little bit of detective work and being able to handle some rejection, but you can find friends for your child too!

### Ask Your Child's Teacher

Your child's teacher sees which children in the classroom go out of their way to talk to your child. They see the classmates who take the time to assist your son or daughter without asking. Ask who these children are and contact their parent. You can start your conversation like this:

"Mrs. Smith told me that your son and my son really get along in class. I'd love the chance for them to get together."

Depending on the disability, it is up to you if you wish to disclose the disability at this point, at the start of the play date or after the play date. You can help spread disability awareness by creating a one-page info sheet on your son that explains the disability and how to interact in kid terms.

Or purchase a kid friendly book on your child's disability to loan or give as a gift.

### Ensure a Successful Play Date

When a new friend comes to play, control the environment to make sure this new friend has a positive experience. Don't set up a three hour play date if your child can only handle one hour. Set up a schedule of preferred play activities if your child is unable to verbalize these on her own.

Intervene arguments before they escalate. If your child has difficulty socializing, start out with an activity (e.g. going to a movie) that allows shared enjoyment with minimal social interaction.

Emphasize with the friend's mom how much fun both children had during their get together. Remember, the success of the first play date will dictate whether or not future play dates take place. Gradually build up to less structured get togethers.

Source: <http://www.bravekids.org/families-caregivers/parent-support-organizations/>

## OUR MISSION

Parent to Parent offers emotional support and provides information about disabilities and community resources to parents who are just learning about or seeking new information on their child's disability, illness or special health care needs. The program utilizes veteran families of loved ones with disabilities or special health care needs called "Helping Parents" who understand the emotions behind the diagnosis.

## ALWAYS ONLINE!

You don't want to miss the valuable resources in the Parent to Parent newsletter. You can access the current and past copies 24/7. We encourage you to make copies and pass them on. <http://reliableenterprises.org/parent-to-parent-newsletter/>

Child Health Notes are online!! There are great topics that can help your family. You may view past and current issues on our website.

**NEW: Adverse Childhood Experiences ACES**

## SUBMISSIONS

We welcome your joys, success stories, challenges, questions, wisdom, recipes, comments, etc. Please email or send your submissions to us by the 10th of the month to the mailing or email address on the front page.

## JOIN US!

To subscribe to our emailing list, email your name, telephone number and email address to:

[anailon@reliableenterprises.org](mailto:anailon@reliableenterprises.org)  
or call (360) 269-4828



## Family Support Network (FSN)

**Family Support Network:** If you are a parent of a child with special needs and have questions regarding services available to you and your child, please contact Sara Palm-Sons. Resources are available to help families understand and get help with services needed. Contact Sara at 360-500-2422 or email [spalm@reliableenterprises.org](mailto:spalm@reliableenterprises.org).

WE are on Facebook!!!

## Transition Planning

Visit [mylifeplan.guide](http://mylifeplan.guide)

### ELEMENTARY & MIDDLE SCHOOL

Age: 6 - 13

"I am ready to take on responsibilities that will help me later in life, and that includes having choices and making decisions, even if it means I will make mistakes. Let's work together to plan a future that builds on my abilities and interests at school, in the community and at home. As I get older, please include me in answering the questions."

### HIGH SCHOOL TRANSITION

Age: 14 - 21

"It's important for me to have a say in where I live and work and what my life looks like. I need goals and people to help me get there. Please fill this plan out together with me."

### WHAT IS THE PERSON-CENTERED PLANNING GUIDE?

It's a tool to help you create a vision that's based on strengths, skills and interests, and to set goals and identify supports to make that vision a reality. You can share your plan with anyone who is a helpful person in your life, such as: your parents, IEP team, case resource manager, or support staff.

If you need help with Transition Planning, please contact Sara Palm-Sons 360-500-2422 or email [spalm@reliableenterprises.org](mailto:spalm@reliableenterprises.org).

### SAVE THE DATE!!!

**5th Annual Autism Conference**

**October 16, 2015**

**9:00 am to 4:00 pm**

**Location: Bethel Church in Chehalis**

**Visit the website for more information: <http://www.lcautism.org/>**





## 2015 Conference Calendar

### May, 2015

5/7 - 8 (Pre-conference 5/6): Infant & Early Childhood Conference - Tacoma. Visit: [www.ieccwa.org](http://www.ieccwa.org) for more information and to register. For more information contact: Tracy Ulrich email [tracyulrich@frontier.com](mailto:tracyulrich@frontier.com) (**Need to apply by March 31**)

### June, 2015

6/16 - 18: 2015 Community Summit in Wenatchee! Click [here](#) for more information and to register. To Register [summitsupport@gowise.org](mailto:summitsupport@gowise.org) or call Shaun at (206) 388 6307

6/27: 2015 Conference on Down Syndrome and Aging - Hilton Seattle Airport and Conference Center. Click [here](#) for more information. ore information to follow! For questions, please contact Anne Mullis, DSC Conference Coordinator at (206) 842-9027 or [anne@oldmillmicro.com](mailto:anne@oldmillmicro.com).

6/29 - 30: Emergency Planning Conference for People with All Abilities - Yakima. This is a free, two-day event. For more info or questions, call (800) 724-8172, ext. 4.

### October, 2015

10/10: Autism Conference for Primary Care Providers who See Children. Materials, handouts & resources are currently being developed. Click [here](#) with questions or for more information. You can email [orville@uw.edu](mailto:orville@uw.edu)

10/23: Eastside Family Support Conference - Spokane. Click [here](#) to contact Jessie Smith at P2P Spokane for more information. You can email [jsmith@arc-spokane.org](mailto:jsmith@arc-spokane.org)

10/29 - 31: Save the Date: 2015 WAEYC Conference - Seattle Airport & Conference Center. Invitations to submit proposals to present at the conference as well as to participate as a planning committee member have been given. Click [here](#) for more information. You can email, [waeycreg@ce.uoregon.edu](mailto:waeycreg@ce.uoregon.edu)

### Early Learner Parent Support-Play Group

Meet other Moms & Dads who understand the joys and challenges of raising a young child with Autism while playing with your little one in the playroom of our Early Learner Clinic. A fun time for little friends to play while parents offer and receive support from each other.

\*\*Intended for early learners 2-5yrs (0-8yrs are welcome to attend w/ sibling)

#### WHEN:

2<sup>nd</sup> Saturday of the month ~ 10 – 11:30am

#### LOCATION:

BASICS NW Early Learner Clinic  
8284 28<sup>th</sup> Court NE, Lacey

Light refreshments available ~ \$5 per family  
BASICS NW staff on-site for additional support

#### RSVP~

Laura Campbell, BCBA ~ [lcampbell@basicsnw.com](mailto:lcampbell@basicsnw.com)  
Madison Mendoza, BCBA ~ [mmendoza@basicsnw.com](mailto:mmendoza@basicsnw.com)



**Parents: Here is Your Opportunity to Make a Difference!!!**

<p>4th Monday 4:00 156 Chehalis Avenue Chehalis</p>	<p><b><u>Lewis County Developmental Disabilities Advisory Board Meeting</u></b> Topics include what is happening at a state level, service providers reports and how to better serve clients in all communities. There are open seats to interested people. Open Invitation to all community members to visit. For more information contact Meja Handlen 360-748-1418</p>
<p>3rd Thursday 3:30-5:00 Health Center Rm 106 Centralia College Campus **Lewis County Interagency Coordinating Council</p>	<p><b><u>Lewis County Early Learning Coalition</u></b> The future of Lewis county is fueled by the success of its children. Current projects include Learn to go, Early Learning Calendar. Call Dallas Smith at 360-736-1696. Please join us! ** <b><u>Lewis County Interagency Coordinating Council</u></b> is now combined with <b><u>Lewis County Early Learning Coalition</u></b>. This part of the meeting is focused on services provided for families of children under the age of five. There are seats open for parents to attend, listen and participate in how to better serve families. Contact Rayna Austin at 360-736-4359</p>
<p>2nd Tuesdays 3:00  Centralia College</p>	<p><b><u>Healthy Families Coalition</u></b> - Helping kids and families learn healthy food choices. Current projects include community gardens, outreach fairs and monthly cooking classes. Please join us! For meeting place or more information call Kari Winsor at 360.269.2843</p>
<p>1st Thursdays 8:00 am 156 N.W. Chehalis Ave Chehalis</p>	<p><b><u>Lewis County Mental Health Coalition</u></b> Find out what the Mental Health Coalition is doing for Lewis County. A variety of topics are discussed during meetings and parents of children with mental health diagnosis are especially welcomed to join. Contact Carolyn Price, MSW at 740-1430 for more information.</p>
<p>3rd Saturday 1:30-3:30 pm Harrison Square 1227 Harrison</p>	<p><b><u>People First Chapter Meeting</u></b> The purpose/mission of People First of WA is 'to assist people of disability to realize and appreciate that we are PEOPLE FIRST and our disabilities are secondary and that we are equal citizens in our communities. <b>NEW MEMBERS WELCOME.</b> A great group for self-advocates interested in educating the community about disabilities.</p>
<p>Fourth Friday of Month 2nd Floor of the Health Department 7:30-9:30 am</p>	<p><b><u>Autism Coalition Meeting</u></b> Community members, doctors, and parents are getting together to discuss needs for our community. Trainings, classes, and road maps to help those affected and helping. Contact: Cristi Heitschmidt 736-9391 x654 or Megan Zigler 736-9391 x 642</p>

**Support Group**

We want to create a P2P support group that works for you. Now is the time to give your input on what time of day might work better, how often should they be scheduled (monthly, every other month, quarterly), ideas for speakers, let us know!! With collaboration and input, we can create a schedule parents will attend, along with subjects they are interested in, for example families with delayed speech, autism, medically fragile children, sensory issues, undiagnosed, food allergies, cerebral palsy and/or seizures, and other diagnoses you wish to share.

Email [anailon@reliableenterprises.org](mailto:anailon@reliableenterprises.org). Thank you!!!

**NEW!! The LINK**— Located at Centralia College— A new central location for connecting people with resources.

Phone: 360-736-9391 ext. 749

Email: [TheLink@centralia.edu](mailto:TheLink@centralia.edu)

WEBSITE: [www.lcautism.org](http://www.lcautism.org)



# Free Community Education Class

**SUBJECT:** Applied Behavior Analysis (ABA)

**DATE:** May 13

**PRESENTER:** Matt Woodard, M.Ed., BCBA, Executive Director, BASICS NW LLC, and staff

**Natural Environment Teaching:** This training will include methods for teaching a variety of skills (social, behavioral, adaptive, and cognitive, etc.) within the natural environment. –BASICS NW STAFF

**SUBJECT:** Applied Behavior Analysis (ABA)

**DATE:** June 10

**PRESENTER:** Matt Woodard, M.Ed., BCBA, Executive Director, BASICS NW LLC, and staff

**Environmental Supports:** This training will include instruction in how to design and use a variety of visual supports to reduce stress, anxiety, and problem behaviors, and increase overall independence. – BASICS NW STAFF

**NEW Location: Walton Science Center, room 111** first floor, wheelchair access  
Please call to sign up, we want to make sure we have enough room

**Time: 6:30-8:30 PM Q&A at closing**

**The building is on the corner of Centralia College Blvd. and Washington**

**\*\*Stars credit available, please bring registry number. Community Members welcome and will receive a certificate!!!!**

Special needs presentations are co-sponsored by Lewis County Parent to Parent, Family

Support Network and Centralia College. If you have an idea or request for a presentation, please call Angela Naillon 269-4828 or Centralia College at 736-9391, Joan x385, or Nancy x465

## Learning With Infants and Toddlers

**May 6, 13, 20, 27**

**June 3, 10, 17, 24**

**10:00 AM - 12:00 PM**

**Weekly on Wednesday at In-Tot**

**New Location: New Sports Complex, 701 Pioneer Way, Centralia**  
(It is located past Centralia Safeway.)

**Centralia College class at In-Tot! Come learn and play with your child!**

**Visit the website: <http://www.in-tot.com/>**

Questions you can call InTot 360-736-4359

## Baby Bank at InTot

InTot has been gathering gently used infant and toddler clothes. The Baby Bank is now available to community members. For more information please contact InTot at 360-736-4359.

## Kids Crafts



### Materials

A4 or US Letter size card stock  
Crayons, paint, or any coloring material  
Scissors  
Hole punch  
Elastic string  
Scotch tape  
Craft stick (optional)

There are more printable craft ideas online visit: [http://www.firstpalette.com/Craft\\_themes/Animals/animalmasks/animalmask.html](http://www.firstpalette.com/Craft_themes/Animals/animalmasks/animalmask.html)



### Small Talk Learning

By Dawn Prochovnic

Recent [media reports](#) and [scientific studies](#) emphasize the benefits of using Sign Language to communicate with babies before they can talk. In addition, other [scientific studies](#) have shown that there are benefits beyond pre-verbal communication associated with early introduction to Sign Language .

Based on our own experiences, and on feedback from our workshop participants, we have compiled a listing of our favorite resource materials. Browse this section of our site to learn more about helpful books.

Dawn has written 16 picture books in the Story Time with Signs & Rhymes series that incorporate American Sign Language

You can visit this website for a list of books:

[http://www.smalltalklearning.com/dawnprochovnic/books/Books\\_%26\\_Events.html](http://www.smalltalklearning.com/dawnprochovnic/books/Books_%26_Events.html)

Visit the website for more information, to get set up on a newsletter:

<http://www.smalltalklearning.com/index.html>

“Bring a new, dynamic finger-play experience to your story time! Story Time with Signs & Rhymes offers a variety of rhythmic, playful stories for read-aloud fun. American Sign Language (ASL) signs are incorporated into the book design, inviting children to sign along with the story. The result is a literacy-based, finger-play experience sure to engage students and teach signing!”

~Magic Wagon, a division of [ABDO Publishing Group](#)



A program of Reliable Enterprises

PO Box 870  
Centralia, Washington 98531

Sara Cell: (360) 500-2422  
Angela Cell: (360) 269-4828  
InTot: (360) 736-4359



**JUMP!**

Chehalis Thorbecke's  
Monday's 11 - 12 and Thursdays 4-5 PM  
At the Thorbecke's FitLife in Chehalis  
For more information call Sue 748-3744

## Parent Support Meetings

It's important to share experiences with other parents. All parents are welcome, but parents - Dads too - of young children with disabilities are urged to attend these supportive and informative meetings quarterly

**Would you be interested in meeting at a playground? Once a month throughout the summer? Please contact us!!**

Angela Naillon 360-269-4828 or  
email [anaillon@reliableenterprises.org](mailto:anaillon@reliableenterprises.org)

### Lewis County Special Olympics

For more **Contact Barbara at 740-0955** or like them on Facebook: Lewis County Special Olympics. All of our contact information along with lots of pictures are there.



# 2015 Kids Calendar

## May

**10—Mother's Day**

## June

**21—Father's Day**

Join the Libraries summer reading program!! Keep your children/ teenagers engaged in reading through the summer. Did you know?

**Pick up a coupon for Northwest Trek or Point Defiance Zoo (Ongoing Event)**

**Event Type:** Children's Ongoing

**Date:** Monday, July 13, 2015 - Saturday, July 18, 2015

**Library:** Centralia

### Description:

This week at the library pick up a prize coupon for Northwest Trek or Point Defiance Zoo while supplies last. This event is part of Summer Reading, a Timberland Regional Library district wide program.

**Age(s):** Children, Teens middle & high school

Check their website for other events/activities, and coupons available.

Source: <http://events.trlib.org/evanced/lib/eventcalendar.asp>

**SPARC** strives to treat people with respect and dignity. They know the benefits of community awareness and the increased self-esteem a person experiences when involved in community service. This program will welcome ages 16 and older with special needs/ developmental disabilities to participate. Look at the calendar to see the fun activities like themed dances, bingo night, dine-outs, bowling and an out & about trip. <http://reliableenterprises.org/sparc/>

### SPARC and People First Advisor

**Paula Zamudio, Coordinator**

360-880-0672

[cascadeguardianship@gmail.com](mailto:cascadeguardianship@gmail.com)

### Pope's Kids Place

**Day Respite-** Serving children up to 10 hours daily.

**Short Stay Respite-** Serving children up to 4 weeks.

**Residential-** Serving children up to 1 year.

**Step Down-** Serving children in need of transitional care after leaving the hospital before returning home.

Preschool and extended medical services available **For details and scholarship availability contact** Shannon Baumel, RN at (360) 736-9178 ext. 40 or [www.sbaumel@popeskidsplace.org](http://www.sbaumel@popeskidsplace.org)