



# 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

### Playground Safety for Your Child with Special Needs

Help your child have fun and be safely included at the playground. Talk with your therapists, teachers, doctors and other care providers about your child's unique needs. Ask other parents for inclusive play ideas. Here are a few things to keep in mind:

#### Supervision at all times

- Actively supervise your child.
- Remove strings on clothing that could be a choking hazard.
- Match your child with a playmate. Check with your Boys and Girls Club, ARC chapter, United Way, church, school, YMCA, Campfire or other community groups. Find out about buddy programs, Special Sitters, or find interested young adults.

#### Play on appropriate equipment that matches your child's stage of development

Playground equipment is designed for different abilities and developmental levels. Look for playgrounds with separate equipment for younger children (ages 2 -5) and school-age children (ages 5-12).

- Talk with your child's caregivers about how to safely challenge your child to play to their potential.
- Talk with your child about safety and teach your child how to safely use playground equipment.
- Look for areas where your child can slide, scoot or crawl on their own.
- Bring sand toys, trucks and other playthings that your child enjoys.

#### Check surfaces

Over 70% of all playground injuries are related to falls. Avoid playgrounds with surfaces of concrete, asphalt, and grass, blacktop, packed dirt or rocks. Good surfaces should have wood chips, mulch, sand, pea gravel or rubber mats.

- Be sure loose-fill surfacing is 12 inches deep.
- Be prepared for emergencies and carry a first aid kit.

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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



## Resources for You and Your Teenagers

**Around the Autism Spectrum blogspot, written by a therapist and coach for people with ASD, Asperger's, or ADHD, their parents or partners.**

Author: Patricia Robinson MFT

Although the book *Asperger's and Girls* (2006, Future Horizons) sounds like it's aimed at children on the autistic spectrum, adult women with autism and Asperger's will also find this book useful. The book is compiled of chapters on different topics, each written by different authors, such as Tony Attwood and Temple Grandin, as well as lesser known individuals.

As always, Tony Attwood presents interesting information, such as the fact that, although girls are less likely than boys to actually have Asperger's (male to female about 4:1) they are even less likely to be assessed for it (10:1). Couple that fact with the general under-diagnosis of adults on the spectrum, and it's clear that there are many women with Asperger's who may or may not have a diagnosis, and many who don't get the support they need.

The more adults themed chapters of this book present some interesting viewpoints on relationships, marriage, motherhood, and the different challenges women on the autistic spectrum face. These chapters question the conventional ideas that everyone "should" get married or have a relationship, and the idea that all people are happier in relationships. Temple Grandin makes a brief but eloquent argument that, for many individuals on the autism spectrum, the goal of life is not emotional relatedness. She explains that for her meaningful work is what gives her life meaning and that she's happiest when doing projects. She nicely differentiates social skills from emotional relatedness.

Source: <http://aroundtheautismspectrum.blogspot.com/2009/01/book-review-aspergers-and-girls-its-for.html>

### Summer Social Skills

Now that school is getting out for the summer, your family's schedule may be a lot more relaxed. If your child has special needs, such as an Autism Spectrum Disorder, Asperger's disorder, ADHD or ADD, organizational and executive functioning issues, or problems with social skills, the school year may have been extremely high stress. It's great to be able to enjoy this more unstructured time, spend more time together as a family and take it easy. Without the pressures of school and homework, now is also the perfect time to help your child improve social skills for the upcoming school year.

If your child has been struggling with friendships, the summer months can be a great time for unstructured play dates. Many outdoor activities, such as playing in the pool, riding bikes, playing with water balloons or kickballs, are less organized and subtle than more conversational, indoor games. These can be a great opportunity for your child to interact with peers and have fun too.

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### 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



## Lewis County Family Support Network (FSN)

Family Support Network works directly with families who are navigating education, medical and transition services. We offer assistance to families who need coordination of services and provide information about local, state, federal resources.

Who is eligible for FSN services?

- People with developmental disabilities of all ages.
- Families or caretakers of people with developmental disabilities who are seeking information and/or support.

If you are a parent of a child with special needs and have questions regarding services and resources available to you and your child, please contact Sara Palm-Sons at (360) 520-9299 or email [spalm@reliableenterprises.org](mailto:spalm@reliableenterprises.org)

### Summer Social Skills Continued

If your child struggles with basic athletic skills, such as swimming, bike riding, running or kicking, or even climbing on the monkey bars, the summer can be a time to work as a family to improve these abilities. Some kids really dislike sports, and have no interest in doing these types of activities, but school playgrounds do revolve around games. If your child can manage to participate, a new social avenue is opened. Kids who aren't skilled at sports often don't join in, and then their skills get even further behind. Playing as a family can remove the pressure that your child experiences in peer play.

For kids who have spent the school year struggling with organization, the summer is the chance to catch up and get ready for next September. Work together to remove all of last year's papers and books. Clear the desk and drawers so you have room to work in a more organized setting next year. This may seem far removed from social skills, but remember that the faster and more efficiently your child can finish homework, the more time there is left for other activities.

Be sure to keep all these activities light and fun. Kids with special needs have worked hard all year, and so have their parents. You all deserve some time to enjoy each other.

Source: <http://aroundtheautismspectrum.blogspot.com/search/label/Social%20and%20Emotional>

Visit her blogspot for more topics

- For Parents (98)
- Social and Emotional (55)
- Books (39)
- College and Career Issues (33)



## 2015 Conference Calendar

### July, 2015

7/7 - 7/10: Summer Spectrum Day Camp - for children on the spectrum age 9 to 15 years old in Centralia. Call Meja Handlen for more information at (360) 740-1418.

7/22 - 24: OSPI Combined Summer Institute: "Addressing State Standards From Cradle to Career" - Seattle University. Click [here](#) for more info and to register. You may register online at [www.ncesd.org/csi](http://www.ncesd.org/csi). Questions call Jackie Messer [jackiem@ncesd.org](mailto:jackiem@ncesd.org) 509.665.2630(office)

7/24: Webinar on results from the AMCHP Family Engagement Survey. Click [here](#) to register. If you have any questions, please contact Michelle Jarvis at [mjarvis@amchp.org](mailto:mjarvis@amchp.org) or (202) 775-1472.

7/28 - 29: 1st Responder/Mental Health Collaboration Training - Spokane. \$75 per participant includes two lunches, opportunities to network, and more than two dozen sessions by experts in the field! Click [here](#) for more info and to register.

### August, 2015

8/11 - 12: 11th Annual Southeastern Washington Autism Conference - Kennewick, WA. Scholarships available by written request. Click [here](#) for more information and to register. Email [KNRC@kadlecmed.org](mailto:KNRC@kadlecmed.org) or call 509-943-8455.

### 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)

10/16: Autism Conference "Transitions: Pathways From Infancy to Adulthood" (theme) held by the Lewis County Autism Coalition in Chehalis. Click [here](#) for more info.

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.

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

Phone: 360-736-9391 ext. 749

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

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



*5th Annual*

# Autism Conference

**SAVE THE DATE**

**October 16, 2015**  
 9 am—4 pm  
 Bethel Church  
 132 Kirkland Rd, Chehalis  
 (Exit 72 from Interstate 5)

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## Transitions

*Pathways from Infancy to Adulthood*

*Keynote Speaker:*  
**Dr. Gary Stobee,**  
*Neurologist, Seattle Children's Autism Center*

Informative Workshops  
 Effective Vendors  
 Beneficial Networking  
 Lunch Provided

Registration Open Soon  
 at [www.lcautism.org](http://www.lcautism.org)



Contact: April Kelley  
[April.Kelley@lewiscountywa.gov](mailto:April.Kelley@lewiscountywa.gov)  
 (360) 740-1284

**There are no presentations in July and August.**

**Presentations start back up in the fall.**

**We hope to see you there!**

**Learning With Infants and Toddlers**

**July & August**  
**Time: 10:00 to 11:50**  
**1:00-2:50**

*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.



### Lewis County Parent to Parent Movie in the Park

**New this year!! Light snacks and deserts. Don't forget to bring your blanket to watch a movie in the park. This is an opportunity for families to get together and connect.**

**When:** August 14, 2015

**Time:** 7:00, start the movie around 8:20 (when it starts to get dark)

**Movie:** Bolt

**Where:** FRED HESS KITCHEN (in Recreation Park next to the VR Lee Community Building)  
235 SW 13th Street  
Chehalis, WA 98532

**Be aware** that many children have food allergies, so keep your food with you.

Please RSVP call or text:

Angela 360-269-4828

Or Sara Palm-Sons 360-520-9299

Playground continued page 1

### Check playground equipment

Check to make sure the equipment is anchored safely in the ground and all equipment is in good working order.

- Check for sharp points or edges in equipment.
- Make sure elevated surfaces, like platforms or ramps, have guardrails.
- Look for broken or missing parts.

### Is a playground ready and safe for my child?

The Americans with Disabilities Act (ADA) requires that playgrounds be accessible. The guidelines below will help you figure out if a playground is accessible to your child and what to do if it isn't. ADA guidelines require that:

- Children in wheelchairs can move around on the playground surface or path to the play area.
- There are transfer ramps with wheel stops and guardrails for children to get on to higher equipment.
- There is separate equipment for all developmental levels.
- The playground equipment and surface are maintained.
- There is space for adults to help children play on the equipment.
- All openings on elevated play platforms are limited in width.
- There are hands-on areas for children sitting in wheelchairs.

Source: <http://cshcn.org/childcare-schools-community/playground-safety-your-child-special-needs>



A program of Reliable Enterprises

PO Box 870  
Centralia, Washington 98531

Sara Cell: (360) 520-9299  
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

## July

### 4-Independence Day

## August

### 14— Lewis County P2P Movie in the Park

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)