



**WEST VIRGINIA PARENT
TRAINING & INFORMATION**



Upcoming Events

Training and Support for Families affected by Autism Spectrum Disorder

- ◆ www.marshall.edu/atc or call 304-696-2332 **November 30** 4-5 pm in Huntington
- ◆ Children’s Home Society at 205 Center Street, Princeton, WV **December 1** from 10:30 to 12:30 Call 304-696-2332

- ◆ **New WVPTI Support Group Parent Strong**
Hazel Manns, Leader Region 4
First Thursday of Every Month-December 1st 6:00 pm—9:00 pm Harts Headstart Lincoln County
Email: Hazelmanswvpti@gmail.com

Enjoying the Holidays with Your Family!



Traveling, crowds, noise, hugs for everyone, changes in your daily routine, and family coming in for the holidays. It is usually a time when traditionally people catch up with their family and friends over the Thanksgiving holidays as the picture shows above the article. As our parents celebrated this time in years past, these rituals may not work with special needs families. Today’s parents are becoming flexible by creating their own definition of what Thanksgiving holiday should look like in their own home. Any child with Autism, Asperger’s, or Sensory Processing issues, self-regulating is a way of life for the family and child.

One idea for your family is to set up a Safe Brain Break Space. If your child needs to enjoy some downtime when they feel over-stimulated by all the guests and friends, a space needs to be arranged which is off-limits. You could empower your special needs child to recognize when they need to go to the brain break space. Practice is the key to success. It helps your child to recognize ahead of time when they might need to go to the brain break space. Practice to recognize when the emotions are escalating. Practice is the key to making this option a viable resource for your child.

If you are traveling to visit other family members, you can empower your child to pack a “relaxation bag” and have things when your child is feeling anxious. Some things that might be in the relaxation bag are ear-phones, special relaxation music or stories, play dough, stress ball, video games, or even a camera to help your child to focus during their social anxiety. Preparing your child for the gatherings will help eliminate unnecessary stress related to big, social events. The one simple tip which is hard to follow is to don’t rush. It raises the stress of the event and some children with special needs need enough time to prepare and then, you can enjoy the journey without meltdowns. These tips might help you and your family to enjoy the holidays.

Source: Lori Lile's Stress Free Kids

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Welcome to our Thanksgiving newsletter from WVPTI! As you and your family are preparing for the Thanksgiving season, WV PTI, is wishing you and your family a good time. Remember, we are here to help to find support and answers to your problems. Please check out of Facebook page for other resources: <https://www.facebook.com/Wvpti/>

Brenda Lamkin,
Executive Director of WVPTI



Holiday Question: What available Assistive Technology will be on your shopping list?



Image source: Google

This Thanksgiving holiday season is the beginning of the holiday shopping if you haven't already started. Many of us will shop online or brave crowded malls and push through scores of determined shoppers in hopes to find the latest toys which will hold the attention of a child. Parents realized play has an important role in the growth of our children. It is particularly valuable for children with special needs. However, shopping for the toys and items to facilitate appropriate play and addresses physical or communication disabilities can be a hassle. Professionals from the APTA (American

Physical Therapy Association) in an article from Kia Boriboon suggests the ideas:

- 1) For children of communication difficulty as a result of autism, select toys with encourage repetition of movements, have purpose, and promote activities on both sides of the body. The toys should not be battery operated or include lights or electronic sounds.
- 2) For children with motor delay with crawling capability, select toys that encourage fine motor



practice, sitting, and require repetition of motion.

Some toy examples are: toy mics which do not have batteries such as the simple plastic for autistic child, or encourage gross-motor skills the Inchworm by Radio Flyer. There are millions of toys out there. Select the one that fits your child's needs.

Source: <http://www.lovethatmax.com/2012/11/best-toys-for-kids-with-special-needs-for-holidays-2012.html>



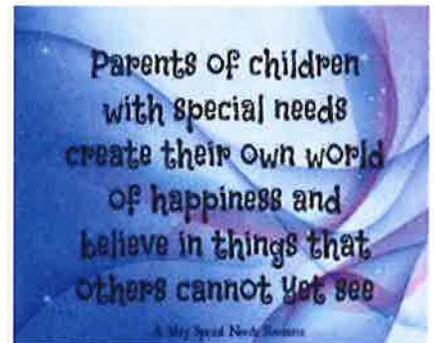
Cited Source: Google

Letters and Giving Joy of the Season

"From home to home, heart to heart, from one place to another. The warmth and joy of the holidays brings us closer to each other." Emily Matthews

These months of holidays and festivities awaken us to recall and connect with people who have touched or helped us in some way. It brings comfort. It gives comfort to those we reach. As parents, we are being watched by our children. If your family sends holiday cards, messages, or thoughtful notes, you are demonstrating the interest in reaching others. It, also, sends a message of pride in the family.

There is a sense of inner warmth when we receive cards/notes. Someone cared to share thoughts from their family to our family. We want to raise caring, and feeling people. When the children see us express care and good feelings for people who have played a special part in our lives, they are learning that people and connections matter. Relationships support our well-being and during the holidays what better way to share with others about our gratitude and good wishes.



Cited Source: Google

This holiday season share the gift of a message or card with others. The gift of words will make the connection between your family/children to another family a special memory and nourish the special relationships. Enjoy making good memories during the holidays!



Traveling during the Holidays with Family!



Macy Parade Source: Google

Are you thinking about traveling over the holidays? There are many challenges for the parent or guardian when traveling but the holiday rush can make it an even bigger challenge. With preparation and organization those families with disable children can travel just as well as anyone else. Here are some tips to make your holiday travel easier and less stressful:

1) Pack everything your child will need or want in a carry on bag that will clear security. You might have a favorite toy or simple electronic gadgets to make your child to feel secure.

2) Prepare your child to understand the process of boarding a plane or the long car ride. You might want to visit the airport and preview the process of what to expect when arriving, getting your tickets at the ticket counter, proceeding through security, and then, the wait before boarding the plane.

3) Parents or guardians of children with disabilities should inform the Security Officer if the child has special needs (if you feel this is necessary- optional). This way the Security Officer might assist you in making the process non-threatening. You could offer suggestions on how to best accomplish the screening to minimize any confusion or outburst for the child.

4) Plan and know that at no time during the screening process will you be separated from your child.

5) Role play with your child as to what will happen and what to expect during the boarding and exiting process of the airlines.

With organization and planning, you can have a happy and pleasant traveling experience. Planning the trip is everything. Road trips take extra details such as selecting your destinations and rest stops to accommodate your child's needs.

Another suggestions is to consult with your child's physician for recommendations and tips. You might consider a special travel pack for your child. In this travel pack, you need to include:

- ◆ List of any prescription drugs your child is taking and a copy of each prescription.

- ◆ A physician's description letter of your child's condition and needs in case of an emergency.
- ◆ Phone numbers, e-mail addresses, and/ or pager numbers of your home physicians/specialists.
- ◆ Pack extras of special items.
- ◆ Keep track of personal essentials.
- ◆ Find transportation to meet specific needs.

You will find that your goal of lowering your stress will be much easier when you use these tips. Enjoy your planning!

Source: My Family Travels by Lisa Simmons



Cited Pinterest

Training and Information @ WVPTI

If your organization or know of parents who need training or advice, please contact the WV PTI at 1-800-281-1436 for more information. There are trainings and personal assistance available if you have questions or problems where you need advice. The regional trainers are avail-

able around the state to assist families and others with questions or trainings. The training is not at any cost to the participants . Please RSVP by calling 1 -800-281-1436 or email: www.wvpti@aol.com. We hope to hear from you.



**WV Parent Training
Information, Inc.**
99 Edmiston Way
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Buckhannon, WV
26201

West Virginia Parent Training and Information, Inc. (WVPTI) is a non-profit agency that operates the statewide federally funded Parent Training and Information Center, [Family to Family \(F2F\) Health Information Center](#) and is the [Family Voices](#) State Affiliate Organization for West Virginia.

The programs and services of WVPTI, Inc. are based on the concept of parents helping parents. Our mission is to empower parents of children and youth with disabilities in their roles as parents, decision makers, and advocates for their children and to promote partnerships among parents and professionals.



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Self— Advocacy is our strength!

- Speaking up for yourself,
- Asking for what you need,
- Negotiating for yourself (working with others to reach an agreement that will meet your needs),
- Knowing your rights and responsibilities,
- Using the resources that are available to you,
- Being able to explain your disability either by the use of written words, pictures.
- Being able to explain your disability either by the use of written words, pic-

tures or gestures.

For the full article; <http://>

[www.autismspeaks.org/family-services/tool-kits/
transition-tool-kit/self-advocacy](http://www.autismspeaks.org/family-services/tool-kits/transition-tool-kit/self-advocacy)



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