



SKAGIT COUNTY
PARENT TO PARENT

FAMILY LINKS

A newsletter for parents who have children with special needs

Volume 4, Issue 2

Spring 2007

1ST ANNUAL SKAGIT COUNTY “BUDDY WALK” COMING IN OCTOBER



Join us for the
1st Annual
Skagit County
Buddy Walk
Saturday,
October 13, 2007
11:00 AM
Bakerview Park, MV

- Fun
- Food
- Friends
- Community Awareness

This one-mile awareness walk is ideal for any participant and requires no special training. The purpose of the walk is to raise public awareness and enhance acceptance of individuals with Down syndrome. We anticipate over 500 participants. There will be music, a clown, food, t-shirts and goody bags.

Contact us if you would like to make a tax-deductible gift or volunteer your time.

*Thank you for your support!
P2P Buddy Walk Committee*

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PARENT to PARENT

DISABILITY ETIQUETTE

◇Ask Before You Help

Just because someone has a disability, don't assume she needs help.* If the setting is accessible, people with disabilities can usually get around fine. Adults with disabilities want to be treated as independent people. Offer assistance only if the person appears to need it. And if she does want help, ask how before you act.

◇Be Sensitive About Physical Contact

Some people with disabilities depend on their arms for balance. Grabbing him even if your intention is to assist—could throw him off balance. Avoid patting a person on the head or touching his wheelchair, scooter or cane. People with disabilities consider their equipment part of their personal space.

◇Think Before You Speak

Always speak directly to the person with a disability, not to his companion, aide or sign language interpreter. Making small talk with a person who has a disability is great; just talk to him as you would with anyone else. Respect his privacy. If you ask about his disability, he may feel like you are treating him as a disability, not as a human being.

◇Don't Make Assumptions

People with disabilities are the best judge of what they can or cannot do. Don't make decisions for them about participating in any activity. Depending on the situation, it could be a violation of the ADA to exclude people because of a presumption about their limitations.

◇Respond Graciously to Requests

When people who have a disability ask for an accommodation at your business, it is not a complaint. It shows they feel comfortable enough in your establishment to ask for what they need. And if they get a positive response, they will probably come back again and tell their friends about the good service they received.

**Note: Think of people who have a disability as individuals—your friends, co-workers, neighbors, etc. Rather than using the amorphous group term “they” for people with disabilities, the pronouns “he” or “she” are used throughout this article.*

Source: United Spinal Association

Parent to Parent Mission Statement:

- Parent to Parent programs offer emotional support and information about disabilities and community resources to parents who have a newborn or newly diagnosed child with a disability or special health care need.
- We utilize trained, veteran parents called “Helping Parents” who provide one-on-one support to new or referred parents who have a child with similar needs.



PARENT TO PARENT SERVICES

Learning that your child has special needs can be a life changing experience. Parents have many questions and concerns in coping with their child's needs and their own feelings.

Personal support from another parent, who has a child with similar needs can be helpful in coping with these challenging experiences and feelings.

Parent to Parent is a network of trained "Helping Parent" volunteers, all of whom have children with special needs. They are available to provide support and information. All services are available at no cost to special needs families.

Please call Heather Milliren, P2P Coordinator, for more resources or information on our services.



Skagit County Parent to Parent

*Heather Milliren,
Coordinator
360.416.7570 x401*

Parent to Parent offers:

- ◆ Emotional support for parents of children with special needs through our local, state or nationwide matching network.
- ◆ Current information and community resources on special needs for the child and family.
- ◆ Monthly parent support meetings, social events and/or educational workshops.
- ◆ Quarterly newsletters.
- ◆ Presentations to parent groups, professionals and other organizations.
- ◆ Lending library located in the SPARC conference room at 320 Pacific Place, Mt. Vernon.
- ◆ Training for parents who want to become a "Helping Parent" volunteer.

MOM'S NIGHT OUT—A HUGE SUCCESS!

On March 6th P2P hosted its first annual Mom's Night Out at the lovely Burlington Hampton Inn & Suites. The aroma of spa products and the gentle hum of a Belgian chocolate fountain were almost too good to be true! The sounds of

"ooohs" and "ahs" filtered throughout the room. Twenty-nine ladies attended and were pampered with facials, foot soaks, paraffin hand treatments, note card making, delicious munchies and lots of giveaways.

Be sure to watch for this relaxing event in 2008. You won't want to miss out on it!

∞*Heather & Cindy*

Skagit County Parent to Parent extends a warm thank you to the businesses who contributed to this great event.

Every mom felt truly pampered!

"Please sign me up for next year's Mom's Night Out! This is what every mom needs to recharge," shared one participant.

Our delicious dinner buffet:

*Burlington
Costco
Fred Meyer
Grand Prix Coffee Company*

*Mount Vernon
Haggen
Xtra Special Cakes*

Our giveaway donations:

*Burlington
Christine's Tea Cottage
Hampton Inn & Suites
Grand Prix Coffee Company
La Conner
Watergrass Day Spa
Mount Vernon
Adara Salon & Spa
Rain Bouquet Florist
Restore Massage Center
Cruisin' Coffee Company*

Our spa consultants:

*Sensaria ~ Cindy Wittman
www.mysensaria.com/cindy or 360.387.5312
Arbonne ~ Rachelle VonGrey
www.arbonne.com or 360.391.5988*



SKAGIT COUNTY PARENT TO PARENT 2007 CALENDAR

Down Syndrome Potlucks

◇ Saturday, May 5, 2007
6:00 to 8:00 PM

~Please bring a Mexican-style dish.~

◇ Whatcom DsO Spring Fling
Saturday, May 19, 2007
11 AM to 2 PM

Hovander Homestead Park
(Brick Pavilion) Ferndale, WA

Please bring an item to share according to last name:

A-H: Side Dish I-S: Main Dish T-Z: Desserts

Water and paper goods provided by DsO!

Activities for all!

Supersitters to entertain and assist young ones.

Door prizes!

◇ Tuesday, October 2, 2007
6:30 to 8:30 PM

~Please bring a dish to share.~

Autism Parent Luncheons

Saturday, May 5, 2007

Saturday, July 7, 2007

Saturday, September 1, 2007

Saturday, November 3, 2007

12:00 to 2:00 PM

Facilitated by Cynthia Hubert

Adults only! Bring your own lunch!

June

Tuesday, June 5, 2007

7:00 to 8:30 PM

▶ "Division of Vocational Rehabilitation"
Presented by Daren Carstens of DVR

What is DVR?

How can my child benefit from DVR?

Come and learn the in's and out's about DVR.

July

Saturday, July 14, 2007

10 AM to 3 PM—FREE!

▶ Children's Art Festival at Hillcrest Park,
South 13th Street, Mt. Vernon

August

Tuesday, August 7, 2007

6 to 8 PM

▶ Annual P2P Summer Picnic
Skagit Playfields (NE corner of SVCC)
Bring your own picnic!

Events Location:

Skagit Family Resource Center
320 Pacific Place, Mt. Vernon
(across from Riverside Health Club)
unless otherwise noted.

Limited childcare and
Spanish translation
provided with a minimum
48 hours prior notice to
360.416.7570 x401

SKAGIT COUNTY P2P & DD PRESENT “FAMILY EDUCATION WORKSHOP SERIES”

Topics you want to know about as your son or daughter with a developmental disability leaves school in transition to adulthood.

LOCATION: Skagit Family Resource Center
320 Pacific Place, Mt. Vernon (across from Riverside Health Club)



May 8, 2007
6:00 to 7:30 PM

“Self-Advocacy”

Knowing your rights and having the skills to stand up for them. Ideas to help you and your family member develop self determination skills.

Youth are encouraged to attend!

Andrea Abrahamson,
WPAS

May 15, 2007
6:00 to 7:30 PM

“Show Me the Money: Financial Planning for Families”

- Guardianships
- Trusts
- Letters of intent
- Special areas of financial interest to families

Larry Jones, Attorney



REGISTRATION is REQUIRED.

Please call Malinda Bjaaland at 360.336.9395 or e-mail at malindab@co.skagit.wa.us to register.

**We welcome your suggestions for next year’s “transition series.” Contact Malinda.*



- Dress professionally
- Prepare to interview
- Bring copies of your completed master application
(download at www-app5.wa.gov/esd/northwest/application1.pdf)

WorkSource Teen Job Fair

Thursday, May 10, 2007
11AM to 4 PM

WorkSource Skagit

2005 E. College Way, MV

For more information contact Barbara at 360.416.3521

Meet Employers who want to hire teens!

- Health Care
- Retail
- Maintenance
- Food Service
- And more!

Interviews on-site!

Earn your food handler’s permit for \$10.00

Free resources to help you find a job

KINDERING CENTER 2007 SPEAKER SERIES



LOCATED AT:
16120 NE 8TH ST.
BELLEVUE WA 98008

Tuesday, May 22, 2007
6:30 to 8:30 PM

"Moving Forward: Diagnosis & Therapy for Children with CP"

Presented by Dr. Chuck Cowan of
Children's Hospital &
Kindinger Center Medical Director

Tuesday, June 19, 2007
6:30 to 8:30 PM

**"Positive Behavior Support—
An Ounce of Prevention"**

Presented by Kathleen Zanolli, PhD
Board Certified Behavioral Analyst



Pre-registration required.
Call or e-mail David Howard
at 425.653.4318 or
david.howard@kindinger.org

Thursday, September 20, 2007
6:30 to 8:30 PM

"Wading Through Uncharted Waters: Learning Your Child has a Disability"

Presented by Julie Wood, MA,
LMHC, Family Therapist

Thursday, December 6, 2007
6:30 to 8:30 PM

"Planning for the Future: Guardianship, Special Needs Trusts & Other Planning Issues for Families"

Presented by Suzanne Howle, Esq.
Law Partner, Thompson & Howle

PATHWAYS: A LECTURE SERIES FOR PARENTS

Wednesday, May 9, 2007
7 to 9 PM

Seattle Children's Theatre
201 Thomas Street, Seattle

"How Big IS a Hormone?"

Tackling Tough Questions Kids Ask

Presented by Julie Metzger, RN, MN
& Dr. Rob Lehman

As our children experience all things puberty, they have many important questions. As parents, we have some answers—but talking about these issues is not always easy. Dr. Lehman and Julie Metzger, RN can help with more than twenty years' experience answering the tough questions that are on the minds of pre-teens and teens. **Adults only!!!!!!**

Tickets: \$18 in advance; \$20 at door



To order tickets:
[www.parentmap.com /
pathways.htm](http://www.parentmap.com/pathways.htm)
or 1.800.838.3006

Tuesday, May 22, 2007
7 to 9 PM

Museum of History and Industry
2700 24th Avenue East, Seattle

**"Coaching Kindness:
The Impact of Language
on Your Child's Character"**

Presented by Hal Urban, Ph.D.

Dr. Urban explains why the development of language is one of mankind's greatest achievements, and why we often overlook this accomplishment. The emphasis will be on two of the keys to successful parenting: quality time together and meaningful conversation. He will offer ten practical suggestions for communicating with kids that any parent can put to use immediately.

Tickets: \$18 in advance; \$20 at door

SUMMER CONFERENCES/WORKSHOPS

Wednesday, June 6, 2007
9:30 AM to 12 PM

WorkSource Skagit
2005 E. College Way, Mt. Vernon

**"The Birds, The Bees
& Developmental Disabilities:**

Promoting Sexual Health & Awareness"

Presented by Tracy Dahlstedt,
Community Health Educator

To register call Malinda at 336.9395

June 20-22, 2007

**"Treasuring Out Past;
Cultivating Our Future"**

The 30th Annual
Employment Conference
Central Washington University,
Ellensburg, WA

Scholarships available

Contact: wally@theinitiative.ws

July 16-19, 2007

**"Combined Summer Institute:
Literacy"**

Strands include Autism, Blind/Visually Impaired, Deaf/Hard of Hearing & Multiple Disabilities

For more info visit: www.ncesd.org/csi/

Scholarships available

Contact Jackie Messer at 509.665.2630
for more information.

TIPS: TAKING CARE OF YOURSELF

Raising a child with special needs can be overwhelming. If you are not careful, special education can consume your life. Many parents drive themselves until they are exhausted and burned out.

Pace yourself. Use a schedule to gain control of your life. Spend time with friends or family to recharge your batteries and regain a healthy perspective.

Here are some tips for taking care of yourself and your family:

- Set aside time with your partner. Use e-mail or voicemail to stay in touch.
- Schedule one-on-one time with each child. Write the child's name by a date on the calendar. Let the child pick the place and activity.
- Master the art of the short escape. Visit a local attraction for an afternoon. Short escapes will help you unwind.

- Nurture friendships. Make time to go to the movies, have meals, exercise or take walks with friends.
- Ask friends for help. Tell friends or family when you need help with childcare and errands.
- Find another parent whom you can contact when you are worried and need encouragement.
- Share childcare with another family. Pick times each week when you



Source: Fetaweb.com

can help the family and when they can help you. You will each have someone to contact when you need a break.

- Help others. If you spend one hour a month helping others, this will help you keep your problems in perspective. You will know that you are not alone.
- Set aside a block of time to do special education tasks (i.e., making phone calls and filing documents).
- Simplify. Get rid of clutter. Your home will be more relaxing and peaceful.
- Take the phone off the hook. When you need quiet time, turn your phone off for a few hours.
- Take care of your health. Schedule and keep appointments with doctors. If you feel anxious or depressed, see a mental health professional.

WHAT IS SELF ADVOCACY?

SOURCE: SANTA BARBARA COUNCIL FOR SELF ADVOCACY

I am IMPORTANT

I KNOW what I want

I will WORK HARD to get what I want

I am RESPONSIBLE for the choices I make

This is part of a pledge from a self-advocacy group. A self-advocacy group is a group of people with disabilities who get together to help each other figure out a way to live the lives they want. This pledge helps people speak up and do the things that are important in their lives.

Supporting Self Advocacy Through Daily Activities

We can support people to advocate for themselves through daily lifestyle activities. Training and experience in making choices and decision making can be supported in many ways, depending on the needs and skills of individuals. The desired outcome of all of these activities is to honor individual lifestyle preferences and to support more independence.

Here are some examples:

- Timing of events: Choosing when to get up or when to get a haircut or when to eat dinner.
- Personal choice: What clothes to wear,

what shampoo to buy, which cereal to eat.

- Methods of training: Choosing between places where learning will occur or who will provide the support.
- Agency board of directors: Supporting an individual to serve on the board of an agency that provides services or advocacy to people with developmental disabilities.
- Self advocacy training: Joining a local People First chapter [call 428.0140].
- Annual planning meetings: Making sure that individuals with developmental disabilities are present and allowing for time and support to make sure that people understand what is happening.

WHEN YOU THOUGHT I WASN'T LOOKING

Modeling is not simply demonstrating. It's living and acting with the realization that everything you say and do will either support or undermine your efforts to convey values. Ralph Waldo Emerson highlighted the importance of consistency between words and actions and the futility of the Do-as-I-say-not-as-I-do theory when he said, "What you are thunders so loudly, I can't hear what you say to the contrary."

Commentary by Michael Josephson, Josephson Institute of Ethics, Feb. 23-Mar. 1, 2007

When you thought I wasn't looking, I saw you hang up my first painting on the refrigerator, and I wanted to paint another one.

When you thought I wasn't looking, I saw you feed a stray cat, and I thought it was good to be kind to animals.

When you thought I wasn't looking, I saw you make my favorite cake for me, and I knew little things are special things.

When you thought I wasn't looking, I heard you say a prayer, and I believed there is a God I could always talk to.

When you thought I wasn't looking, I felt you kiss me good night, and I felt loved.

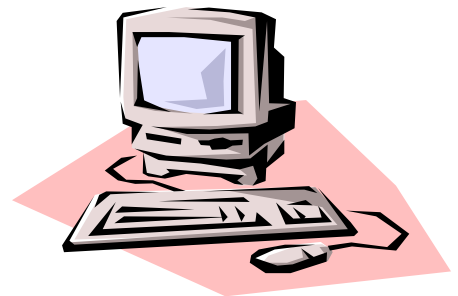
When you thought I wasn't looking, I saw you cared, and I wanted to be everything I could be.

When you thought I wasn't looking, I looked. . .and I wanted to say thanks for all the things I saw when you thought I wasn't looking.



Author Unknown

AUTISM RESOURCES



Annual Asperger Family Picnic
Sunday, July 15, 2007
Time: TBD
Seattle's Warren G. Magnuson Park,
Shelter #3
Any and all person affected by Asperger's Syndrome and related challenges are invited. Cost is free!
Questions? Contact Helen Powell at
seattleaspergers@yahoo.com

UW Professional Development in Autism (PDA) Summer Institutes
 Go to www.pdacenter.org or call 206.221.4202 for more info

Autism website for Spanish-speaking families: www.manitasporautismo.com

Autism Connection—links regarding autism and accurate information about autism treatments:

Medications given to children w/autism
www.nimh.nih.gov/publicat/autism.cfm

Fact sheet on autism
www.chw.org/applications/TeachingSheets/1132EN.pdf

Interactive Autism Network (IAN)
 Source: Kennedy Krieger Institute
 IAN is designed to promote autism research by linking researchers and families. Anyone impacted by an Autism Spectrum Disorder (ASD) can join IAN's online community to stay informed about autism research, provide feedback, share information and become part of an important national research effort.
 Go to <http://www.ianproject.org/>

SEATTLE FLY DAY—JUNE 30TH @ PAINE FIELD



Challenge Air for Kids & Friends offers motivational, inspirational and life-changing experiences to physically challenged children and youth through aviation.

Challenge Air hosts approximately 16 unique "Fly Day" events across the country where about 125 physically challenged children, between the ages of 7-17, have the opportunity to experience the wonderful freedom of flight, while lifting their spirits and showing them the possibilities that abound. Through the aviation experience and

the interaction of the physically-challenged pilot and child, children who participate in a Challenge Air "Fly Day" are encouraged to realize their full potential despite any limitations they may have. The sky's the limit!

Challenge Air's first ever "Fly Day" is scheduled for Saturday, June 30th at Paine Field and hosted by Skycorp, Southwest Airlines, Washington Mutual and the Washington Chapter of the Paralyzed Veterans of America. The event is **free** to all families. Children can register online at www.challengeair.org

Each participant gets to take up to two family members and/or friends along with them on their flight. Once registered for a flight, children will receive a postcard with their flight time.

If you have questions or need additional information, contact Lonna Gibson, West Coast Director for Challenge Air, at 818.741.6906 or e-mail to lonna@challengeair.org

Does anyone in your family need food or health insurance?
 Call 1.888.436.6392 or visit www.parenthelp123.org

2007 Summer Camp Directory Available Now
www.cshcn.org/resources/campcalendar.cfm?intro=yes
 Or call Children's Hospital Resource Line at 1.866.987.2500, option 4

Build your own CARE notebook
www.medicalhomeinfo.org
 Click on Tools/Resources, For Families, & CARE Notebooks.

MISCELLANEOUS RESOURCES

"My Healthy Smile" interactive CD teaches children about good oral health and it eases anxiety of dental visits for children with special needs at <http://home.businesswire.com>

John Walsh from "America's Most Wanted" created a website to locate sex offenders at www.familywatchdog.us.

Promoting positive family development at www.powerfulfamilies.org

US Dept. of Health's Office on Disability visit <http://www.hhs.gov/od/>

Champions InC (Champions for Inclusive Communities) provides a quick reference for sharing information with families, state and community programs, legislators and other partners about community-based systems of services for children and youth with special health care needs. Check them out at <http://www.championsinc.org/>

Disability Solutions provides free information that is useful, sensitive and current to everyone concerned with developmental disabilities. Visit www.disabilitysolutions.org



New material on "Transition to College and Work for Teens" online at The National Center for Learning Disabilities (NCLD) at www.LD.org

Self-advocacy for youth with disabilities at www.fvkasa.org/edu_IEP.asp



**SKAGIT COUNTY
PARENT TO PARENT**

c/o SPARC
320 Pacific Place
Mt. Vernon WA 98273



Phone: 360.416.7570 ext 401
Fax: 360.416.7580
Email: p2p@sparckids.org

Non-profit Org
US Postage PAID
Permit No. 9
Mt. Vernon WA

Support for parents
whose children
have special needs

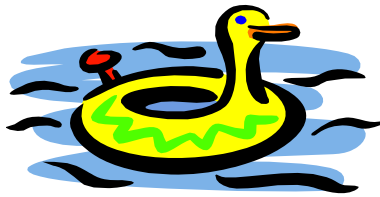
ALTERNATIVES TO WATCHING TELEVISION

50 Ways to Live Outside the Box!

Indoor Activities

1. Act out a story.
2. Build a fort out of pillows and blankets.
3. Have a carpet picnic.
4. Play a card game.
5. Play a board game.
6. Invent a new game and teach it to a friend.
7. Play flashlight tag at night.
8. Make shadow puppets on the wall.
9. Play charades.
10. Read a book.
11. Dance to your favorite music.
12. Color or paint pictures.
13. Do Show and Tell with your friends and family.
14. Work on a puzzle.
15. Play dress-up.
16. Have story-time. Either read a story aloud or make up your own story to tell.
17. Sing songs.
18. Do an art project.

19. Cook dinner together.
20. Make a fruit smoothie together.
21. Play indoor basketball.
22. Play Twister.
23. Build an indoor obstacle course.
24. Blow up a beach ball and keep bouncing it in the air as long as possible.
25. Holiday coming? Make cards or decorations for it. If not a holiday, make one up!



Outdoor Activities

1. Walk to the library and get a book.
2. Have a picnic.
3. Jump rope.
4. Walk around the block with friends.
5. Watch the sunset with your family.

6. Play Frisbee.
7. Fly a kite.
8. Organize a scavenger hunt.
9. Play basketball with a friend.
10. Build an obstacle course.
11. Play flag football.
12. Do 50 jumping jacks.
13. Skip.
14. Go skateboarding.
15. Play catch with friends.
16. Play hopscotch.
17. Blow bubbles.
18. Draw pictures with sidewalk chalk.
19. Play follow the leader.
20. Play tag.
21. Go to the park.
22. Use sidewalk chalk to draw different Hopscotch shapes and JUMP!
23. Play Red Light, Green Light.
24. Play Simon Says
25. Play Duck, Duck Goose

Source: King County Overweight Prevention Initiative,
www.metrokc.gov/healthy/reduceTV