



PARENT TO PARENT OF LEWIS COUNTY

Parent to Parent of Lewis County
A Reliable Enterprises Program

Volume 15 Issue 9

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Fever and Pain Medicines: Major Change Parents Need to Know



Parents need to be aware of a major change in **infant's** and **children's** liquid acetaminophen products (such as Tylenol) available on store shelves. Since Summer 2011, manufacturers have changed the amount of acetaminophen in these medicines to one standard amount. Infant drops, which contain 3 times *more* medicine than the children's liquid, will be phased out and no longer available. However during this transition, you may find both concentrations on store shelves and in your home.

Parents need to be aware that the **dosing** amounts are different depending on the concentration they are using.

Why the change?

The change to one concentration for all children is being done to help reduce dosing errors that can lead to accidental overdoses. Too many times parents have mistaken the strength of the infant drops, which are stronger than the liquids, and accidentally given their children too much medicine.

What to do

Always call your pediatrician before giving acetaminophen to a child under 2 years of age, and call right away if your child is under four months of age and has a **fever**. Be sure when calling that you know which concentration you have, either **80mg/0.8mL** (these are the drops which are being discontinued) or **160mg/5mL** (children's liquid). You can find this information on the front of the medicine bottle. Have the bottle with you when you call.

For children over the age of 2 years, check the label to see how much medicine to give. If you know your child's weight, use that. If you do not know your child's weight, go by age for the dose amount.

Important reminders

- Keep all medicines out of the reach of children
- Use only the dosing device that comes with the product
- Never give adult medicines to children
- Always read and follow the instructions on the label
- Talk to your pediatrician if you have any questions
- If you think your child has taken too much of this or any medicine, call **poison** control at 800.222.1222

SOURCE: <http://www.healthychildren.org/English/health-issues/conditions/treatments/pages/Fever-and-Pain-Medicines-Major-Change-Parents-Need-to-Know.aspx>

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NEW Changes in our Family Support Network of Lewis County

SPARC and People First Advisor
Paula Zamudio, Coordinator

360-736-9558 ext. 107

360-880-0672 — cell

pzamudio@reliableenterprises.org

Educational resources, emotional and peer support to families of young children with disabilities.

Parent to Parent and Birth to 3 Outreach
Angela Naillon, Parent to Parent Co-Coordinator

360-736-9558 ext. 107

360-269-4828—cell

anaillon@reliableenterprises.org

Family Support Network
Chris Parkhurst, Parent to Parent Co-Coordinator

360-736-9558 - ext. 107

cparkhurst@reliableenterprises.org

Special Thank-You to Santa for attending our Parent to Parent Christmas Party!!



Family Events and Resources

Free Special Needs Presentation

January 11— Emergency Preparedness

February 8—Infant Massage

Presenter Lin Grey RN and Loving Touch Certified Infant Massage Instructor

Please call to sign up, we want to make sure we have enough room

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

Location: New Science Center, Room 101

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 at 269-4828, or Centralia College at 736-9391, Joan x385, or Nancy x465

NEW Mommy and Me Play Group

Do you want a place to go where your children can play inside? InTot is opening up a Mommy and Me Playgroup. Parents can have a chance to visit and meet others, while their children make new friends, and play.

Where: InTot

179 Dieckman Rd. Adna

When: January 11 & 25

February 8 & 22

Time: 10:00-12:00 am

Questions you can call InTot 360-748-4359

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.

www.reliableenterprises.org/newsletters.html

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

www.reliableenterprises.org/ChildHealth.html

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: anaillon@reliableenterprises.org or call (360) 736-9558 ext. 107.

NEW Baby Bank Forming

InTot is gathering gently used infant and toddler clothes. We want to help our community members in need. If you have clothing that you would like to donate please contact InTot at 360-748-4359

Thank-You!!!





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

<p>1st Wednesdays 9:00 ** Next one is February 1, 2012 DDD office</p>	<p><u>Lewis County Interagency Coordinating Council</u>. This meeting is focused on services provided for families of children under the age of five years old. There are seats open for parents to attend, listen and participate in how to better serving families. Contact Rayna Austin at 360-748-4359.</p>
<p>4th Monday 4:00 156 Chehalis Avenue Chehalis</p>	<p><u>Lewis County Developmental Disabilities Advisory Board Meeting</u> 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 Tara at 360-740-1284</p>
<p>Now meeting every other month, call for dates HWC 106 Centralia College</p>	<p><u>Lewis County Eye on Early Learning</u> The future of Lewis county is fueled by the success of its children. Current projects include Community Breakfast, Early Learning Calendar and CCAC events. Please join us! For more information contact Annie Cubberly at 360-786-8907.</p>
<p>2nd Tuesdays 3:00 Centralia College</p>	<p><u>Healthy Families Coalition</u> - 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><u>Lewis County Mental Health Coalition</u> 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 2:00-4:00 pm Harrison Square 1227 Harrison</p>	<p><u>People First Chapter Meeting</u> 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'</p>
<p>Last Friday of the month 2nd Floor of the Health Department 7:30-9:30 am</p>	<p><u>Autism Coalition Meeting</u> 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 Rayna Austin at 360-748-4359</p>

Autism Support Group

This is an opportunity to meet others who are dealing with the day to day issues surrounding Autism. Please come and share your stories and learn more about the resources available in the community.

WEDNESDAY
JANUARY 18, 2012
6:00-7:30 PM CHEHALIS LIBRARY
400 N. Market Blvd.

For more information contact Chris Parkhurst at cparkhurst@reliableenterprises.org or 360-736-9558 x107



2012 Conference Calendar

March 2012

3/7 to 3/9: Special Education Conference: Improving Special Education & Related Services to Students of All Ages - A Professional Continuing Education Conference in Seattle. Click [here](#) for more information or contact Vicki Dohrmann phone 360-379-6994 or email vickid@seanet.com

May 2012

5-2 to 5/4: Infant and Early Childhood Conference. Click [here](#) for more information or contact Tracy Ulrich phone number 360-629-8181 or email tracy@youngliving.net

2012 Legislation Dates

Dates and highlighted topics

January 9: First Day of Session

January 18: Briefing/Reception

January 25: Self Advocates - Overview

Location: First Christian Church at 701 Franklin Street SE, Olympia, WA

February 1: Medicaid Services

February 8: Employment Day

February 15: Autism Day

February 22: Independent Living Day Rally

February 29: Legislative Budgets

Location: First Christian Church at 701 Franklin Street SE, Olympia, WA

March 7: Session Wrap-up

March 8: Last Day of Session

What to expect

Advocacy Day begins at 10 a.m. Wednesdays during the legislative session. We start the day with an hour briefing on current issues and end with an afternoon of advocacy (about 3:00 p.m.). While we feature a highlighted topic each week, the morning briefing will also cover late breaking news on budget items and bills of interest relating to individuals with developmental disabilities.

If this is your first visit and you need a guide for the day, please let us know when you register.

To register, please call: 1-888-754-8798, ext. 105, or e-mail: bean@arcwa.org

Location for Advocacy Days - Please Note: Exceptions listed below

The United Churches
110 Eleventh Avenue SE
Olympia, WA 98501

Limited reimbursements for travel and interpreter service are available on a one time, first-come first-served basis.

Please make legislative appointments **at least two weeks in advance**. If you need assistance, call 1.888.754.8798, ext. 105.

For more information you can visit: http://www.arcwa.org/takeaction/washingtonstate/advocacy_day



Band of Angels

MISSION STATEMENT

Band of Angels is dedicated to creating greater understanding of the full and rich lives of people with differences by helping parents, educators, persons with disabilities and medical professionals recognize the true potential of all people.

We want the world to see the sameness, not the difference, of people with Down syndrome, autism and other disabilities.

About Band of Angels

When Cynthia Kidder's son, Jordan, was born in 1989, she quickly discovered how her "1 in 800" baby with Down syndrome was more the same than different. Daily, she is astounded by the discrepancy between the life that was predicted for Jordan and the life he actually lives.

Founding Band of Angels

In 1994 she founded Band of Angels to bring this message of hope and possibility to other families. Since then, Ms. Kidder has become increasingly involved in advocacy for persons with autism and other disabilities. So here at Band of Angels, you will find respect, celebration and resources for all individuals with disabilities.

Inspiration



Angel Gallery

A collection of joyous faces - submit a photo of your little angel today!



Brothers & Sisters

Stories from siblings of children with Down syndrome and autism. Submit your story!



Great Achievers

Highlights of amazing achievements by persons with Down syndrome and autism. Share your story!

Visit their website for more information and resources. They have a great Parent Support Package.



<http://www.bandofangels.com/OurStory/>

Band of Angels Foundation

3048 Charwood Drive
Rochester Hills, MI 48306

Phone: (248) 377-9309

CHOOSING CHILD CARE

For parents seeking child care, especially the first time, knowledge really IS power. Child Care Action Council's goal is to provide accurate information about child care options, child care availability, licensing regulations, financial assistance programs and more, so you can make an informed decision in choosing quality child care.

Their computerized database includes over six hundred state licensed homes and centers in Grays Harbor, Lewis, Mason, Pacific and Thurston Counties. To request a search by phone call 360.754.0810 or 800.845.0956, click [here](#) to request a child care search by email or click [here](#) to conduct an online search. Visit http://ccacwa.org/parents/choosing_childcare.html



Autism Center Resources from Seattle Children's Hospital

Classes

TIES (Training, Information, Empowerment, Support)

TIES is a parent education program designed for parents of children who have recently been diagnosed with autism. Parents meet weekly in small groups. Each session focuses on a different topic related to autism. The goals are to provide information and support to increase parents' ability to be effective advocates for their child.

PACE (Parental Acceptance, Self-Care and Self-Efficacy)

PACE is a small-group parent education/support series led by parents/providers. Each class includes teaching, reflection and sharing.

Autism: First Steps

Autism: First Steps is an introductory program for parents and caregivers of children who have recently been diagnosed with autism.

Autism 101

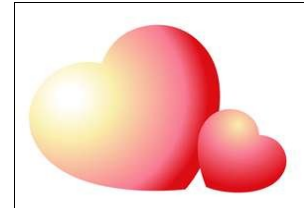
[Autism 101](#) is a free 90-minute lecture that is offered quarterly and is designed to provide information and support to parents and families of children recently diagnosed with an autism spectrum disorder (ASD).

Class Details

Tue, Jan 3, 2012

7 to 8:30 p.m.

Presenters: Emily Rastall, PhD and Dora Hall, ARNP



Tue, Mar 6, 2012

7 to 8:30 p.m.

Presenters: Amy Bohlander, PhD and Jennifer Mannheim, ARNP

Autism 200 series

[Autism 200](#) is a series of classes for parents and caregivers that covers various topics related to autism.

Class Details

Autism 201: The State of Autism in 2012

Thu, Jan 19, 2012

7 to 8:30 p.m.

Instructor: Charles Cowan, MD

Autism 202: Executive Functioning in Autism

Thu, Feb 16, 2012

7 to 8:30 p.m.

Instructor: Erin Milhem, PsyD & Adrianna da Sylvania, MS



Autism 203: Sensory Processing in Autism

Thu, Mar 15, 2012

7 to 8:30 p.m.

Instructor: Shelley O' Donnell MS, OTR/L

Go online for more dates throughout the year

<http://www.seattlechildrens.org/clinics-programs/autism-center/resources/>

Are you familiar with Autism Cares?

AutismCares helps families affected by autism to cover costs associated with critical living expenses such as; housing, utilities, car repair, daycare, funeral expenses, and other essential items on a case-by-case basis.

Families must complete an online application and identify vendor(s) to be covered by the support award.

New in 2010! The maximum Support Award per family is \$1000. Families who have previously received an AutismCares support award are not eligible to re-apply.

<http://www.autismcares.org/site/c.mqL0IYOBKIF/b.4745901/k.BD21/Home.htm>



Parent-Baby Bonding through Infant Massage

Infant massage is taught in a series of weekly group classes with each class running 45 minutes to 1 hour. Classes are taught by local RN and Loving Touch Certified Infant Massage Instructor, Lin Grey, at Northwest Pediatric Center. Parents/caregivers practice the art of infant massage “hands on” with their own babies, developing and nourishing essential parent-child bonding through physical touch. Week 1 focuses on feet, legs, and tummy. Week 2 includes hands, arms, and chest. Face and back are highlighted on week 3 along with “baby yoga.” In each class, we review and practice what was taught the previous week, and then continue with the new instruction. There is always time for questions and discussion. The optional week 4 class includes review and/or make up of any class missed.

Classes emphasize the direct correlation between infant massage and baby cues/communication, neurological development, and visual, auditory, and tactile stimulation. Physical benefits include strengthening and stimulating baby’s respiratory, circulatory, nervous, muscular, and gastrointestinal systems. Massage can reduce gas and colic, help baby relax, sleep better, and release tensions of daily stimuli.

Parent-child bonding cannot be overemphasized. In the busy culture in which we live, it is vital to form the primary familial bonds in infancy. When a parent works outside the home, infant massage can offer a vehicle for parent and baby to reestablish connections after spending the day apart. Infant massage contains important components of bonding such as “parentese” speech, soothing vocal sounds, eye to eye contact, smiling, loving touch and caress, and mutual interaction. Implementing massage in infancy provides an ongoing means of communication/touch as the child grows, and also helps parents/caregivers relax and enjoy their little one. Infant massage provides parents a unique experience in the nurture and care of their babies—and it facilitates the opportunity to begin bonding communication early in life, thus helping to build the framework for future relationships.

The \$50.00 cost covers massage stroke book, massage oil, session of 3 classes, and optional 4th class for review or make up. For more information, contact Lin Grey at [360-880-1404](tel:360-880-1404) or linsbabybonding@gmail.com.

Winter Crafts

Creating decorative colorful lights in the wintertime adds charm and warmth to any environment.

Stained Glass Votive

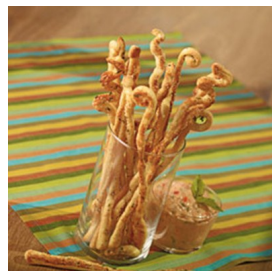
you will need:

- glass jars, tumbler glass or clear votive candle-holders
- glue (Elmer's works well for this)
- tissue paper in a variety of colors
- brush or sponge brush

- 1) Cut or tear the pieces of tissue paper. You can also create designs out of various shapes such as stars or snowflakes for a themed look.
- 2) Apply your glue with the paintbrush or sponge to a small patch of the glass jar. Overlapping the different colors creates a stained-glass effect that's especially pretty.
- 3) Continue with this process until your jar or votive is completely covered. After the design is dry you can place a votive candle inside and light it for cheerful and festive glow.

<http://www.squidoo.com/winter-fun-crafts-for-kids>

Herb Breadsticks



Ingredients

- 1/2 pound (orange-size piece) prepared dough
- Olive oil for brushing
- 1 tablespoon finely grated Parmesan
- Coarse salt
Fresh or dried rosemary, thyme, or Italian herb mix

1. Heat the oven to 375 degrees. Line a cookie sheet with parchment paper or generously grease it with olive oil.
2. Cloak the dough to help it hold its shape while it rises: dust it with flour, then quickly shape it into a ball by stretching the surface and tucking it under the bottom, then rotating it a quarter-turn as you work. Roll it out into an 8- by 12-inch rectangle. Brush it generously with olive oil, sprinkle on the cheese, and scatter on salt and herbs to taste. Use a pizza cutter, as shown, or a sharp knife to slice the dough along its shorter side into 1/4-inch-wide strips.
3. Stretch the strips into 12-inch lengths and lay them on the prepared cookie sheet spaced one inch apart. You can make zigzag or swirled breadsticks by shaping them on the cookie sheet.
4. Bake the breadsticks on the oven's center rack until they're golden brown, about 12 minutes. Let them cool completely before serving.

<http://familyfun.go.com/recipes/appetizers-snacks/finger-foods/herb-breadsticks-940408/>



A program of Reliable Enterprises

PO Box 870
Centralia, Washington 98531

Office: (360) 736-9558
Cell: (360) 269-4828



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 meetings on 3rd Thursdays at 1:00 pm

Next Parent Support Meeting

February 16, 2012

Will be going over Emergency Preparedness and the importance of Care Notebooks

Location: 420 Centralia College Blvd.

(the brick house on the corner of Rock and Centralia College Blvd)

Do you have a group that would benefit from these meetings? Is the above time or place

inconvenient? We will be happy to schedule a meeting for groups of five or more parents at other venues in Lewis County. Please call today to discuss this opportunity.

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.



2012 Kids Calendar

January

National Birth Defects Prevention Month

1—New Years Day

16—Martin Luther King Jr. Day

February

National American Heart Month

2—Ground Hog Day

14—Valentines Day

20—Presidents Day

Want to find out more visit <http://www.tourlewiscounty.com/places.php>



Build me a Bridge

I have known that you and I
have never been quite the same.
And I use to look up at the stars at night
and wonder which one was where I came.
Because you seem to be part of another world
and I will never know what it's made of.
Unless you build me a bridge, build me a bridge,
build me a bridge out of love.

I long for the day that you smile at me
just because you realize
that there is a decent and intelligent person
buried deep in my kaleidoscope eyes.
For I have seen the way that people look at me
Though I have done nothing wrong.
Build me a bridge, build me a bridge,
And please don't take too long.

Living on the edge of fear.
Voices echo like thunder in my ear.
See me hiding every day.
I'm just waiting for the fear to lift away.

I want so much to be a part of your world.
I want so much to break through.
And all I need is to have a bridge,
a bridge from me to you.
And I will be together with you forever,
and nothing can keep us apart.
If you build me a bridge, a tiny, little bridge
from my soul, down deep into your heart

Author Unknown

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 Shawana Estrada at (360) 736-9147**

www.popeskidsplace.org