



PARENT TO PARENT OF LEWIS COUNTY

Parent to Parent of Lewis County
A Reliable Enterprises Program

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Spring Cleaning

Spring cleaning! It's the time of year when as everything starts to blossom and grow again many of us feel the urge to also tidy up. As a parent, the thought of cleaning may be far down on the list. The first priorities are your baby or toddler, and of course you.

Those two things can take up much of the day!

With a young one in the home, you may feel like there is more clutter than ever. Did you ever think one little being could utilize so much gear?

If you are feeling the urge to get organized, but are feeling low on time and energy, there are still some things you can do. Remember, it all doesn't have to be done today. It may take you more than one (or two) days to even figure out where to start. Baby steps are a good thing!

So, where to start? To get a jump on getting organized for spring, start with the basics: Make a list. You have to start somewhere. Where will it be? What will be your priority? Your tasks can be as simple as cleaning off the kitchen counter, a basket by the couch, or the utility closet that hasn't been touched since you moved in.

Conquer one task at a time. Although you may have great ambitions, start and succeed small. Remember, you may get limited amounts of time to work on a task and may have to start and stop working at a moment's (or your child's) notice. Go into a task remembering that even a small area may take you several times attempts (possibly over multiple days) to complete.

When you do work in an area, clear everything out. Make piles, sort items, and de-clutter! Be prepared to downsize. Do you really need something? Consider donating unused items or put them away for a garage or yard sale to come (a big undertaking - don't plan on tackling that one alone, especially as a new parent).

Ask for and get help when you need it. Most folks are more than happy to help out a new mom. Your need may simply be for someone to hold your baby for a few minutes so that you have a little time to take on a task. With older children I have to wait until my husband comes home so I could sort through toys they outgrew or were broken, the kids would get very upset if they caught me putting toys in a bag.

Celebrate your success. With each step you take, enjoy a moment to savor your accomplishment. A little step each day will equal a major spring-cleaning success in no time.

I started in the Fall, and it took 2 months to feel like I completely caught up with our busy toddlers sorting through broken toys and clothes. I am looking forward to doing it again this spring and have realized it takes time multi-tasking with two little ones. Good luck!!

Source: <http://www.planningfamily.com/newborn/health-and-well-being/spring-clean/>
This website also had great coupon offers for new or pregnant mothers

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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 Coordinator
360-736-9558 ext. 107
360-269-4828—cell
anaillon@reliableenterprises.org

Family Support Network Part-time Position Available!!
See page 5 for more information



Family Events and Resources

Free Special Needs Presentation

March—14 Cyndy Cooley MS, OTR,

Presenting: Behavior Management,

April—11 Mike Hoel, Director of Disabilities CC, RN, BS, ATACP,

Presenting: Reading and Writing Technologies

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 for children 3 and under. 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: March 14 & 28

April 11 & 25

Time: 10:00-12:00 am

Questions you can call InTot 360-748-4359

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!!!

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.



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

1st Wednesdays 9:00 ** Next one is October 3, 2012 DDD office	<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.
4th Monday 4:00 156 Chehalis Avenue Chehalis	<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
Now meeting every other month, call for dates HWC 106 Centralia College	<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.
2nd Tuesdays 3:00 Centralia College	<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
1st Thursdays 8:00 am 156 N.W. Chehalis Ave Chehalis	<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.
3rd Saturday 1:30-3:30 pm Harrison Square 1227 Harrison	<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. NEW MEMBERS WELCOME. A great group for self-advocates interested in educating the community about disabilities.
Last Friday of the month 2nd Floor of the Health Department 7:30-9:30 am	<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

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

March 21, 2012

6:00-7:30 PM CHEHALIS LIBRARY

400 N. Market Blvd.

Autism Support Group Needs Facilitator

For more information you can contact Angela Naillon at 360-736-9558 ext. 107

360-269-4828— cell or Rayna Austin 360-748-4359 or e-mail anaillon@reliableenterprises.org



2012 Conference Calendar

March 2012

3/6 - 3/7: Autism Works National Conference - St. Louis, MO. The only national conference focused on autism employment. Agendas, articles and registration on Facebook at Autism Works National Conference.

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

3/13 - 14: From Spectrum Training Systems, Inc. - Special Needs Workshop in Seattle "Critical Strategies for Education in Autism Spectrum Disorders". Click [here](#) for more information or contact Spectrum Training Phone: (920) 749-0332 or Email: spectrumtrainingsystems@yahoo.com

3/24: Connections Conference on Early Childhood - Mt. Vernon. Info, registration fee & scholarship applications available [here](#), or call (360) 629-8181 for more info.

3/30: Family Support Conference - Spokane. Contact Helen Black, Spokane P2P at (509) 328-6326, ext. 220.

3/30: 33rd Annual Duncan Seminar, "Adulthood Here We Come: Smoothing the Healthcare Transition for Kids with Disabilities" - Seattle Children's Hospital. Limited scholarships available; contact Marianne Gonterman at (206) 987-5318 for more info.

April 2012

4/4 - 5: From Spectrum Training Systems, Inc. - Special Needs Workshop in Seattle "Behavioral Interventions for Challenging Students". Click [here](#) for more info.

4/12: Intervention & the Dyslexia Friendly Classroom - Lecture presented in Seattle by the WA State Branch of the International Dyslexia Association. Click [here](#) for more info or info@wabida.org

Voice Mail: 206-382-1020

4/16 - 17: "Addressing the Behavior, Social, Sensory, and Self-Regulation Needs of Learners with Autism Spectrum Disorders" workshop, a training opportunity through the Autism Outreach Project. Click [here](#) for more information or call (360) 299.4000

May 2012

(TBA): Balance Disorders: Diagnosis & Treatment - A free Childhood Communication Center Family Information Series from Seattle Children's. Call (206) 987-4209 for more information.

5/17: Understanding the Law: Special Education & 504 Services in the Public Schools - Lecture in Seattle presented by the WA State or Branch of the International Dyslexia Association. Click [here](#) for more information or contact info@wabida.org **Voice Mail: 206-382-1020**

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

July 2012

7/30 - 8/2: Combined Institute on Special Education - Wenatchee. Click [here](#) for more info.



Family Support Network Part-time Position Available

We are looking for someone to become part of our team!! We help provide resources, emotional and peer support, networking with schools, medical offices and community events to reach and help families of young children with disabilities.

Special Requirements:

- This position will interact with the developmentally disabled population we serve in our programs.
- Demonstrate first-hand knowledge about the difficulties faced by families with developmentally disabled children.
- Must have experience or obtain training in helping families in crises.
- Able to attend trainings at least 2 evenings per month and an occasional weekend

Professional Capabilities:

- Demonstrate ability communicate on a professional level in the English language to include public speaking.
- Maintain confidentiality.
- Develop & maintain a professional relationship with parents, industry professionals and advocates.
- Work with other diverse employee groups and encourage cooperation in the fulfillment of the job duties.es
- Must be organized and flexible.
- Have good time management skills.
- Should have professional level Microsoft Office skills in Word/Excel/Outlook. Publisher is desirable.

For more information contact Catherine Kilty at Reliable Enterprises 360-736-9558 ext. 103

Or email ckilty@reliableenterprises.org

Camp Prime Time

It is the year for Camp Prime Time!! Dates are not known yet. For more information you can contact Paula (360)736-9558 ext 107 or Cell (360)-880-0672 or Nancy Keaton at (360)736-9391 ext 465

New Website for In-Tot <http://in-tot.com/>

Welcome! In-Tot has been serving children and families in Lewis County since 1981. We are a child development center, specializing in working with families and children from birth up to age 3.

We provide FREE developmental screenings, information, and resources regarding child development. Evaluation and therapy services are also available. All of our services are coordinated by our [Family Resource Coordinator\(s\)](#). Some of the services we offer are:

[Speech and Language Therapy](#)
[Physical Therapy](#)
[Occupational](#) and [Feeding Therapy](#)

[Toddler Playgroup](#)

Educational Services
 Community Outreach



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, 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 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.mqLOIYOBKIF/b.4745901/k.BD21/Home.htm>



Fun Fest

At Centralia College

April 20, 2012

From 10:00 am to 1 pm



Ready for a Vacation?



After the winter months many are ready to go on a vacation. I have already been planning what kind of trip to take with a busy 3 1/2 year old and a 5 year old. How long will they last in the car? Where to go? So

Car Seats Get Hot!--Make sure to check the temperature of the car seat before buckling your children in the car. Skin that touches a car seat surface over 150 degrees Fahrenheit can be severely burned in 1 second.

Vacation Planning--Plan your trips with your children. Get their ideas about things to do and see. Children who are involved in the planning have more ownership in the trip and will have more appreciation and fun.

Avoid Leaks When Packing--When packing bottles of shampoo and other liquids that are in plastic bottles, squeeze out some of the air and reseal. This creates a partial vacuum and helps prevent leakage.

Summer Activity - The Importance of Swimming Lessons--Be sure your child takes swimming lessons. Even if you aren't inclined to hang around water for fun, consider it a safety issue. This skill will also be helpful as you travel with your young children. It is a wonderful summer activity, and needs to be taken seriously.

Great advice for moms - Always Pack a Nightlight--Try this great advice - pack a small night-light when traveling with small children. When staying in new places, it makes for easier moving around in the middle of the night. It can also help young children more comfortable falling asleep in a strange place.

At the Beach--Take baby powder with you to the beach. After the children get out of the sand, sprinkle them with baby powder, and the sand will fall right off of them. (This also works great for getting hair off after a haircut.)

Source: <http://mom.lifetips.com/cat/7475/fun-ideas-for-moms/index.html>

Spring Planting

With the increasing prices of food, I am looking forward to planting our garden. It is fun and rewarding to go "grocery shopping" as our 5 and 3 year old like to say, in our garden. It is a fun project to do with children. They help us plant the seeds, water, weeding and harvesting our crop. They now understand where food comes from, not something you just buy at a store.

Gardening may not be for all. There are ways you can grow a small container garden, and watch your children's amazement in growing your own food.

Some tips from **Mother Earth News** Magazine.

Variety selection is more crucial to small space gardening than you may think. The amount of space that a particular crop occupies can vary greatly from one variety to another. If you're gardening in a limited space, especially containers, you should be looking for vegetable varieties listed as "compact" or in the case of fruit trees "dwarf"

For lettuce, go for the "cut and come again" lettuce varieties.

Source: Mother Earth News February/March 2012



A program of Reliable Enterprises

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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

May 17, 2012

Location: 420 Centralia College Blvd.

Share funny stories and discuss writing them down.

(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

March

National Kidney Month

11— Daylight Savings Time Begins

23-25 Home and Garden Show, Southwest Wa Fairgrounds

31—Spring Community Garage Sale, Southwest Wa Fairgrounds



April

Counseling Awareness Month

1—April Fools Day

8— Easter Sunday

22—Earth Day

28— Lions Fishing Derby at Borst Park

Steam Train has Easter rides contact 748-9593 or visit their website

<http://www.steamtrainride.com/schedule.php>

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



SWW Kidsignment

If you have gently used children's items that your children no longer need, then register to be a consignor. Sell stuff without yard sale hassles!

Visit www.swwfamily.com for more information!

SAVE THE DATE!!

March 24th - 25th, 2012

Look for online

entry starting Jan. 1st

at www.swwfamily.com

Get your spring and summer

items ready to sell now!

CASH in your pocket Consigners earn up to 70%

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