



PARENT TO PARENT OF LEWIS COUNTY

Parent to Parent of Lewis County
A Reliable Enterprises Program

Volume 15 Issue 1
September/ October 2010

Welcome Back to School

School is back!! Summer is almost over and the kids are going back to school including the college kids. Just a friendly reminder that buses are on the road, so stop when you see the flashing red lights, they are working hard to get our kids get home safely. Children are walking to and from school also, so slow down as you approach the cross walks because they will be on route. Happy fall everyone!!!

Where do you get your support? If you feel you need to talk to some-one or need support, join our Parent to Parent Support group. Contact Angela Naillon 360-269-4828.

Bullies

It is that time of year that our children are going back to school. Did you know that 1 out of 4 children are affected by bullies and 1 out of 4 children admit to being the bully. It is the inevitable, and it could happen to your child. Bullies have changed over the years. Now there are cyber-bullies. Your child might be at risk online. Children use the Internet for research and answers, for their reports or just amusement and friendship. It is part of the new age. As a parent we have to notice the signs of a child being bullied which include becoming quieter, withdrawn, depressed or angry, excuses to stay home from school, or unexplained drop in grades. Bullying can take many forms including physical harm such as hitting, making fun of the way a child acts looks or talks. Writing mean things about someone, e-mails or online blogs. No parent wants their child to be bullied or to be the bully, but as a parent we have to be responsible to know the signs and take care of our children.

Children go to school to get an education and to be a part of society and mold into the person they will grow up to be. Outside influences are hard enough, and being picked on makes it harder. We have to teach our children that we are all different from each other and that we need to respect ourselves and others. You hear the stories, you watch the news. So as a parent you have to be responsible, watch for the signs of the bullied or bullies. So realize bullying can happen in many shapes and forms, and we need to be teach our children about bullies. This is an important responsibility as a parent. So take time to listen to what your child has to say about their day at school.

Source: www.revolutionhealth.com/healthy-living/parenting/bullying?

Great Website to check out called the Center for the Improvement of Student Learning (CISL)

This website includes recipes that every parent and teacher should have.

No-cook paste

1/2 cup of flour, water, salt, bowl

Mix flour into one cup of water until the mixture is thin and runny. Stir this mixture into the lightly boiling water. Gently boil and stir for two to three minutes. Cool before serving.

Paper-Mache Paste

1 cup water, 1/4 cup flour, 5 cups of lightly boiling water, large saucepan.

Mix flour into one cup of water until the mixture is thin and runny. Stir this mixture into the lightly boiling water. Gently boil and stir for two to three minutes cool before serving.

Check out more great recipes at

www.k12wa.us.cisl/EarlyLearning/Recipes.aspx?printable=true



In this issue:

<i>Resources & Events</i>	2
<i>Make a Difference</i>	3
<i>Conference Calendar</i>	4
<i>ETEIP changed to ESIT</i>	4
<i>Allergies</i>	5
<i>UW LEND Program</i>	6
<i>Map Services for Autism</i>	6
<i>Plastic Safety</i>	7
<i>My Pyramid Tracker</i>	7
<i>Kids Calendar</i>	8



Family Support Network of Lewis County

Information and resources about services and policy issues for people with developmental disabilities and those who support them.

Paula Zamudio, Coordinator

360-736-9558 ext. 107

360-880-0672 — cell

pzamudio@reliableenterprises.org

Parent to Parent and Birth to 3 Outreach

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

Angela Naillon, Coordinator

360-736-9558 - office

360-269-4828 - cell

email: anaillon@reliableenterprises.org





Family Events and Resources

Special Needs Presentation

Date: September 8 and October 13

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

Location: Kemp 128 Centralia College Blvd.

For parents including those with special needs/ disabilities, school & medical staff, child care/ early education providers and other interested people.

September: with Neatha Lefevre M.Ed., OTR/L discusses Sensory Integration,

October: with Neatha Lefevre M.Ed., OTR/L a more hands on approach about Sensory Integration

****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 Paula Zamudio, 880-0672, or Centralia College at 736-9391, Joan x385, or Nancy x465

Big News from Pope's Kids Place

Pope's Kids Place has expanded their respite and day care services for children with special needs and medically fragile children to 18 years old.

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

Visit lewiscountywa.gov/jobs

Get your free waste voucher up to 1,000 lbs of free household disposal.

Ends September 30, 2010.

What else is online?

Burn Permits

Employment

Passport Application

FEMA & Flood Info

Entertainment

For more events visit

www.tourlewiscounty.com

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

Our current distribution of Child Health Notes is 8,000. CHN discusses current health topics and provides tips and resources for specific diagnosis and healthier lifestyles. For the list of Child Health Notes, visit:

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.

Super Kids Sunday – FREE At L'amour de Scotty

263 NW Chehalis Ave. RSVP at 740-9227

The third Sunday of every month is "Super Kids Sunday" especially for kids with special needs. It is designed to give kids that need a little more wiggle room and freedom to eat out without the disapproving looks of others. It is also an opportunity for parents and siblings to get out, relax and socialize with others that can relate to your joys and sorrows. It is open to any child with a disability and their family. *Lunch is at 1pm in the Disney and Savannah rooms, with dessert and beverages included. There is a movie playing to entertain the kids in the Disney room so parents can talk in the Savannah room. This is a free event but reservations are required. Please call by 7pm on the Saturday night prior to make your reservation to ensure that there is enough food for everyone.*

Come to Israel's Movie Matinee - it's FREE

The second Saturday of every month Israel shows a movie in the Disney room. It is free for everyone and all children receive a cookie and hot chocolate on cold days and chocolate milk on warm days!



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

1st Wednesdays 9:00 DDD office 1000 Kresky Centralia	<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
2nd Thursdays 2:00 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 New Address 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 2:00-4:00 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'

Informing Families

www.informingfamilies.org

Building Trust

A Partnership for Better Communication on Developmental Disabilities Issues

DVDs + PODCASTS - NEW RELEASES

Featured:

Preparing for the Unexpected

This second video about the Developmental Disabilities Life Opportunities Trust details more about how Trust funds can be used to prepare for expected and unexpected expenses.

Posted: May 10, 2010

[View this Video at YouTube](#)

(This link will open in a new window- video is located at an outside site)

Featured:

Opportunity Knocks

The Developmental Disabilities Life Opportunities Trust is a great opportunity to save for the future.

Posted: April 12, 2010

[View this Video at YouTube](#)

(This link will open in a new window- video is located at an outside site)



Latest News

New!! DDD has new funding for employment services for high school transition graduates. (6/14/2010)

News!! Due to state budget reductions, the Division of Developmental Disabilities will be closing State and Regional offices August 6, September 7, October 11, December 27, January 28, 2011, February 22, 2011, March 11, 2011, April 22, 2011, June 10, 2011.

However, case managers will still be working and you can contact your case manager directly if needed.





2010 Conference Calendar

October 2010

10/2: Washington State Father's Network Conference in Bellevue. Contact Greg Schell at (425) 653-4296 or [click here](#) to send an e-mail.

10/4 - 5: Annual Co-Occurring Disorders (COD) & Treatment Conference: Turning Crisis into Opportunities for Excellence in Yakima. Scholarships available; deadline is July 30th. Click

[here](#) for more information.

10/5: Upcoming Autism Conference: "Inclusion and Adolescent Transition in ASDs" in Seattle. Click [here](#) for more information.

10/18 - 20: Special Education & the Law Conference - in Yakima, WA. Click [here for more information and to register.](#)

10/22 - You Are the Expert Annual Conference in Seattle, WA. Please register by 10/1 by calling Vicky McKinney at (253) 565-2266 or click [here](#) to register online.

November 2010

11/3 - 5: "Ascending the Summit - Mental Health in Autism and other Developmental Disorders" NAAD 27th Annual Conference & Exhibit Show in Seattle. Scholarships are available! Click [here](#) for more information.

11/9 - 10: New Workshops Addressing Young Adults with High-Functioning Autism, Asperger Syndrome, ADHD, NLD, PDD-NOS & Similar in Portland, OR. Early Bird Registration deadline is October 26. Call Kristine at (408) 557-8579, ext. 200.

The Early Infant and Toddler Early Intervention Program (ITEIP) has now changed to Early Support for Infants and Toddlers (ESIT)

Early intervention services during the first years can make a big difference in a child's life. The ESIT provides services to children birth to 3 who have disabilities and/ or developmental delays. Eligible infants and toddlers and their families are entitled to individualized, quality early intervention services in accordance with the federal Individuals with Disabilities Education Act (IDEA), Part C.

The Early Support and Toddlers (ESIT) transferred for the Department of Social and Health Services (DSHS) to the Department of Early Learning on July 1 2010. This was a move supported by Christine Gregoire, DEL, the Legislature and DSHS. Do you have questions about early intervention? If so you can call the Lewis County Birth to 3 program In-tot at 360-748-4359.

<http://del.wa.gov.development/esit/Default.aspx>



Guide By Your Side

Providing unbiased, emotional support and resources by trained Parent Guides to families with children with hearing loss

For Membership Information go to

www.wahandsandvoices.org



Thank You

Children get lots of presents through out the year, especially after their birthday. When you are sending out a thank-you card, you should let your child write or add to the thank-you card. It will teach them early on to appreciate a gift and to say thanks. A great idea from the *Martha Stewart Kids Special Issue*, during the rainy days let your children decorate colored paper with stickers, stamps, and crayons, then rubber stamp the cards with a thank-you template. Because children will be proud to share their art work, they will be willing to help finish the thank you card. This simple gesture will help teach our children the appreciation and good manners.

Read past editions of our newsletter and Child Health Notes in full color at
www.reliableenterprises.org/newsletters.html and www.reliableenterprises.org/childhealth.html



Allergies

To get your children to eat their food sometimes is hard enough as a parent, especially the “picky eaters”. A child with a food allergy can be a lot more challenging. According to the American Association of Pediatrics web site food allergies affect about 6% of children under the age of three and in 2007, approximately 3 million children under the age of 18 were reported to have a food or digestive allergy. From 1997 to 2007 food allergies among children under the age of 18 increased 18%. Kids with a food allergy are two to four times more likely to have asthma and other allergies. This is a very serious issue that can affect your child. As a parent we have to watch for the signs, and follow what the pediatricians advice about introducing foods to your infants and toddlers diet. Children’s body needs time to develop and introducing a food to soon can cause an adverse reaction, causing the child to be “allergic to that food”. Do you know when it is okay to introduce peanut butter, honey, strawberry’s and whole milk? That is why well baby check ups are so important, your pediatrician will go over what foods you can introduce to your child’s diet and explain why you need to wait on other foods.

What are some signs of a food allergy? Waking up crying all night, added fussiness after introducing a new food, a skin rash or eczema or the more severe signs swollen lips and gasping for breath. Will you be prepared? Common food allergies are dairy, wheat, eggs, and tree nuts. When your child has a food allergy you have to read the ingredients in every label and know the alternate names for them, for example gluten for wheat.

Then there are outside allergies from pollen, and insects. At least 40 people in the United States die each year as the result of an insect sting. Life-threatening reactions to insect stings occur in 0.4% to 0.8% of children and 3 % of adults. The common insects are bees and fire ants. How much antihistamine can you give your child? The label for Benadryl shows the dosage after the age of 6, so you will have to call your pediatrician for the correct dosage under the age of 6. It is something you should have written down because you never know when it can happen.

Drug allergies account for 400 deaths a year. Penicillin is the most common drug allergy. It is very important to think and know what to do if your child has an allergy. If you have a prescription for an EpiPen read the directions and know how to use it. You are given two EpiPen’s for a reason, sometimes one does not work. Call 911 after administering, the paramedics will assess the situation and make sure the patient is okay. EpiPens are to be kept at room temperature, not over 77 degrees, so read the directions and don’t leave them in your car during extreme cold and hot weather.

Create a bag for yourself or child. Keep the EpiPens and Benadryl in it. You may also want to keep some safe foods or snacks to eat, and take it where you go. You can bring the bag in the house and it will be stored at room temperature. When you are in a hurry you can grab it on your way out the door. Allergies are unfortunately common, but hopefully researching them and talking with your doctor you can manage you or your child’s allergy.

Pregnancy and Baby’s First Year Questions Answered

Go to www.text4baby.org or text **Baby** to **511411** to sign up for free messages each week on your cell phone to help you through your pregnancy and baby’s first year. Text4baby is an educational program of the National Healthy Mothers, Healthy Baby Coalition. Once you are registered you will receive a text message each week, timed to your due date or baby’s date of birth. For **Spanish** you can text **BEBE** to **511411**.

Do you know a child who desperately needs braces?

Smiles Change Lives (SCL) is a national nonprofit organization that provides access to orthodontic treatment for children whose families cannot afford the full cost of braces.

How does SCL work?

- Families who can not afford the full cost of braces for their kids apply for SCL.
- Caring and talented orthodontists donate their time and expertise to treat approved SCL participants.
- SCL matches qualified, approved children with an SCL provider in their area and provides case management.

Guidelines:

- Applicants must be between ages of 11-18 with moderate to severe malocclusions (crooked teeth and jaws.)
- Applicants must have documented good oral hygiene as indicated in their application
- Applicant families must prove financial need. Income guidelines are at www.smileschangelives.org/qualify
- Applicants must complete all materials, pay a \$25 application fee and agree to comply with all program guidelines.



APPLY at www.smileschangelivesorg/apply



University of Washington’s Leadership Education in Neurodevelopmental and Related Disabilities (LEND)

UW Lend Vision: *A world in which all children with neurodevelopmental disabilities and other special health care needs will achieve their full potential.*

UW Lend Mission: *Serve as a center of excellence in leadership training that prepares the next generation of policy makers, faculty, clinicians and researchers to lead the maternal and child health work force in realizing the vision.*

Since the 1960’s UW LEND has provided interdisciplinary training, clinical service, and leadership in public health systems in Washington State and beyond. UW Lend Trainees are top graduate students or mid-career health care professionals who seek to become leaders in public health service for individuals with neurodevelopmental disabilities and their families. Such leadership may take the form of teaching, research, clinical practice, administration or policy making. The trainees come together to form a group of individuals representing all of the core LEND disciplines.

There is long-term and short-term training programs. To apply for long-term training all prospective trainees must:

Achieved the academic degree and training which constitutes basic professional level training for his/her field

OR

Be a family member of a child with a neurodevelopmental or related disorder

For More information ,contact:

Sally Stuart, MSW

UW LEND Training Director

(206) 685-1350

lend@u.washington.edu



We have Autism Guidebooks for Washington State, A Resource for Individuals, Families, and Professionals. The Autism Guidebook was put together by the Autism Task Force. If you are interested in this resource call Angela Naillon 360-736-9558 ext 107 or cell phone 360-269-4828

My Child’s Map to Service’s

Family Voices of Washington— WA State Title V and other Washington State Parent Organizations worked together to create “My Child’s Map to Services” as a template for families. It can be used as a quick reference guide for families just receiving a new diagnosis of Autism for their child. This helpful tool is for parents wondering what to do next. This service is also available in Cambodian, Spanish, and Korean. Check it out at www.familyvoicesofwashington.com/MyChildsMap.pdf

Outside Support for Parents and Patients at Mary Bridge and Seattle Children’s Hospital

When you are staying in a hospital non stop, you may feel disconnected from family and friends. Support is what families need when they are going through a difficult time. Technology today allows you to have support from family and friends. The MultiCare Health System (Mary Bridge) has CarePages. You can receive support from family and friends and update everyone at the same time. Visit www.multicare.org or www.marybridge.org. Click on CarePages logo, create a CarePage. At Seattle Children’s go to Caring Bridge Web site and follow simple steps to create your own page. Make sure to choose the Seattle Children’s, Seattle WA from the list of sponsors.



Which Plastics are Safe?

Plastics are all around us for food storage, beverages, bags, plates, spoons, baby bottles, and toys. Recent studies are finding that some plastics should not be heated up because they may contain BisPhenol A (which has been tied to endocrine disruptions) and phthalates (which is not recommended for children).

According to the Pediatric Environmental Health Specialty Units website these are tips on how to avoid Phthalates and BPA:

- Do not microwave food/beverages in plastic
- Do not microwave or heat plastic cling wraps
- Do not place plastics in the dishwasher
- If using hard polycarbonate plastics (water bottles/baby bottles/sippy cups), do not use for warm/hot liquids
- Use safe alternatives such as glass or polyethylene plastic (symbol #1)
- Avoid canned foods when possible (BPA may be used in can linings)
- Look for labels on products that say “phthalate-free” or “BPA-free”

Plastics are labeled for 1 through 7 for recycling, but the numbers can help you determine which plastics are safer.

Those labeled 1,2,4, and 5 are safer; 3, 6, and 7 are less safe. A great hand out to share with others is from the Pediatric

Environmental Health Specialty Units website, it has more information on BPA and lists showing safe plastics and plastics to avoid.

http://aoec.org/PEHSU/documents/bpa_patient_july_8_08.pdf

The world has evolved and changed overtime. At one point all of our foods were stored in glass. Now we have changed to plastic.

We have to be open minded about the studies going on around us. Time will tell what affect these outside factors will really have on our children’s health and development. A healthy environment is important for adults and children, but children’s health is more at risk from environmental factors.

The EPA states children may be more vulnerable to environmental exposures than adults because:

- Their bodily systems are still developing
- They eat more, drink more, and breathe more in proportion to their body size
- Their behavior can expose them more to chemicals and organisms

If you would like to find out more information about environmental health issues such as mold, mercury, second hand smoke, you can visit the Pediatric Environmental Health Specialty Units website at <http://aoec.org/PEHSU/index.html>

You may also want to check out the EPA website at <http://yosemite.epa.gov/ochp/ochpweb.nsf/content/tips.htm> for more environmental information.

My Pyramid Tracker Online

My Pyramid Tracker is an online dietary and physical activity assessment tool that provides information on your diet quality, physical activity status, related nutrition messages and links to nutrient and physical activity information. Do you have concerns about your child’s diet. There is also a children’s pyramid tracker. Check it out online at

<http://www.mypyramidtracker.gov/>

Outside Information

Fire ants are located in Alabama, Arkansas, Florida, Georgia, Louisiana, Maryland, Mississippi, North Carolina, Oklahoma, South Carolina, Tennessee, Texas, and Virginia. There are isolated colonies that have been found in California, north Kansas City Missouri, New Mexico and Nevada. Fire Ants are a stinging insect. They are in the same category as wasps and are know to sting their victim with out warning and repeatedly. <http://www.controlfireants.com/overview.htm>

Ticks must feed for up to 48 hours to transmit Lyme disease, which can be debilitating if not treated promptly. Lyme disease infection resemble the flu and could include chills, fever, joint pain and fatigue accompanied by swollen lymph nodes near the bite. Antibiotics are highly effective when take during the first few weeks after the bacteria enters your body. If Lyme disease is not treated promptly, the bacteria will move into your muscle, nerves, joints and brain. For more information go to

www.MotherEarthNews.com.



A program of Reliable Enterprises

PO Box 870
Centralia, Washington 98531

Office: (360) 736-9558
Cell: (360) 269-2269



Just cross that
bridge when
you get there!!

We're on the web!

Newsletter:

[www.reliableenterprises.org/
newsletters.html](http://www.reliableenterprises.org/newsletters.html)

Child Health Notes:

[www.reliableenterprises.org/
ChildHealth.html](http://www.reliableenterprises.org/ChildHealth.html)

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

Location: 420 Centralia College Blvd.
(the brick house on the corner of Rock and Centralia College Blvd)

**The next meeting will be
September 16**

Topic: Family Time

Bring your own ideas, and share what your family does for fun!!

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.

2010 KIDS CALENDAR

September

Leukemia Society Month

6- Labor Day

10-26 The Puyallup Fair

12—Grandparents Day

16—Parent Support Meeting

23- Fall Begins

26— Murder Mystery Dinner Train



October

National Physical Therapy Month

9-10— Pumpkin Train Ride (Steam Train)

2— Onalaska Apple Harvest Festival

11- Columbus Day

31— Halloween



Don't wait for the



MAIL! Give us your e-mail address. It will also help us save money on postage.

Send us your e-mail address at anaillon@reliableenterprises.org

Do You Want to Share Your Story?

Sometimes writing or talking about your child's situation can help you through the hard times and healing process while trying to get a diagnosis or finally getting the diagnosis. If you don't feel comfortable writing a story, I can help you. You can share your story with our **Parent to Parent Newsletter** or submit it online to the **Seattle Children's Story Network**.

The Seattle Children's Story Network is a community where parents of children and teens with an ongoing health condition or special need can read and tell honest, hopeful stories about day to day life, coping during crisis, staying strong, or getting emotional support.

I know at first it was hard for me to share my child's stories and struggles. I have realized I am not alone in the battle of ongoing health issues, financial struggles, and needing support. Writing helps me help other families and give them advice on ways to navigate through the hospitals. Contact me, Angela Naillon 269-4828 if you want to share a story.

JUMP!

Chehalis Thorbecke's

Monday's 11 - 12 and Thursdays 6-7 PM

At the Thorbecke's FitLife in Chehalis

For more information call Sue 748-3744

