

Spring 2018



ISLAND COUNTY PARENT TO PARENT

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BOWLING FUN!

A GOOD TIME HAD BY ALL. ALL ABILITIES.

WEDNESDAY, APRIL 4TH OAK BOWL, OAK HARBOR

2:30-4PM \$2.25 PER GAME/\$2.50 SHOES

TO RSVP, CONTACT TIFFANY (360)632-7539

Dance Party Fun for Everyone!

**Just because it is fun to dance. Sensory
Friendly Dancing, Arts & Crafts, Potluck
& a Good Time with other special needs**



**families in our community. All ages, family & friends
invited. Questions? Contact Tiffany (360)632-7539**

Saturday, April 14th Coupeville Rec Hall 1-3pm

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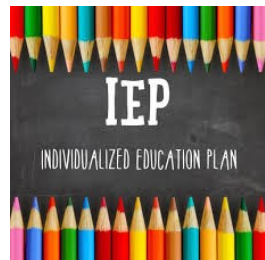
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IEP In Depth

Presented by Jen Cole From WA PAVE

Wednesday, May 16th 6-8pm

105 NW 1st St, Coupeville

RSVP with Tiffany (360)632-7539

Whidbey Family Connections

Sensory Family Fun Event

Saturday, May 19th 3-5pm Coupeville Recreation Hall

**Family fun, Activities & Resources - Come Join us for kid friendly activities,
meet local services providers and information on upcoming Spring/Summer
events. For information contact Jaemee (360)679-1039**



April 2nd Is Autism Acceptance Day

Autism Acceptance Event

Thursday, April 19th, 5-8pm at Fleet & Family Support Center on NASWI

Many provider tables, local speakers (family and providers), Guest Speaker Steve Andrews. This is not a child-centered event. Questions or need assistance to get on base, contact Sheryl Prout Sheryl.prout.ctr@navy.mil



What is Autism?

- Autism is a bio-neurological developmental disability that generally appears before the age of 3
- Autism impacts the normal development of the brain in the areas of social interaction, communication skills, and cognitive function. Individuals with autism typically have difficulties in verbal and non-verbal communication, social interactions, and leisure or play activities
- Individuals with autism often suffer from numerous co-morbid medical conditions which may include: allergies, asthma, epilepsy, digestive disorders, persistent viral infections, feeding disorders, sensory integration dysfunction, sleeping disorders, and more
- Autism is diagnosed four times more often in boys than girls. Its prevalence is not affected by race, region, or socio-economic status. Since autism was first diagnosed in the U.S. the incidence has climbed to an alarming one in 68 children in the U.S.
- Autism itself does not affect life expectancy, however research has shown that the mortality risk among individuals with autism is twice as high as the general population, in large part due to drowning and other accidents.

Currently there is no cure for autism, though with [early intervention and treatment](#), the diverse symptoms related to autism can be greatly improved and in some cases completely overcome.

- About 40% of children with autism do not speak. About 25%–30% of children with autism have some words at 12 to 18 months of age and then lose them. Others might speak, but not until later in childhood
- Autism greatly varies from person to person (no two people with autism are alike)
- The rate of autism has steadily grown over the last twenty years
- Comorbid conditions often associated with autism include Fragile X, allergies, asthma, epilepsy, bowel disease, gastrointestinal/digestive disorders, persistent viral infections, PANDAS, feeding disorders, anxiety disorder, bipolar disorder, ADHD, Tourette Syndrome, OCD, sensory integration dysfunction, sleeping disorders, immune disorders, autoimmune disorders, and neuroinflammation.
- Children with autism do progress – early intervention is key **Autism is treatable, not a hopeless condition**

Great Movement Activities



Play Ball!

North Whidbey Little League offers the Challenger Division Baseball to all island residents.

Ages 4-18 with special needs. T-Ball rules and parent engagement. Great fun for all. Registration is open. We have begun informal practice and you welcome to meet the coach, team members, ask questions, etc. You can either register online or print the paperwork or pick it up at Big 5. If you register online you will need to still complete the Concussion and Medical Form before your registration can be complete. Time commitment: Fridays 5-6pm in Oak Harbor and possibly a couple of games in the Snohomish County area. Questions? Contact Coach Jason M. aidynsdad@yahoo.com



Special Olympics

Spring Sports in Oak Harbor Started in March but still available for ages 8 & Up

Cycling: Athlete must provide bike and helmet.

Track & Field: We offer all kinds of events within this from wheelchair events to walking events to running events.

Soccer Skills: Learn the basics of soccer

For more information contact
Coach Chris Becker (360)320-2549
wispecialolympics@gmail.com
<http://specialolympicswashington.org/>

**Registered Kids
Receive 2 FREE
GAMES Of Bowling
Every Day All
Summer Long. Oak**



2 FREE GAMES PER KID PER DAY
Sign Up Today!

Bowl & Convergence Zone on base offer this program. Sign up NOW! This program is designed by bowling centers to give back to the community and provide a safe, secure, and fun way for kids to spend time this summer. Children up to age 18 can participate and are eligible to register for 2 free games a day, all summer long. Shoes not included. Check out their website for more information or to register.
www.kidsbowlfree.org

The Center for
Children with Special Needs
An information source for families and professionals.



It's Summer Camp Time!

Seattle Children's Summer Camp Guide is filled with over 80 opportunities for kiddos to enjoy the summer. Day Camps, Overnight Camps, Diagnosis Specific Camps, Inclusive Camps, so many options from all over the state. To receive a copy email cshcn@seattlechildrens.org or check their website cshcn.org. Questions? (360) 236-3571 or Christy.polking@dho.wa.gov Many camp registrations are covered by DDA/IFS Funds, talk with your case manager for more info.

Check out these camps ASAP, spaces fill up fast. Don't miss out.



Upcoming Conferences in Washington State

[IECC Infant and Early Childhood Conference](#) May 2-4, 2018 in the Greater Tacoma Convention Center REMINDER - Parent-Family scholarships available: Must complete online or email: djackson@birthtothree.org This conference is for families and providers that want to learn about programs, resources, up to date research regarding early learning, birth to three program and/or tools and techniques for young ones. <https://www.ieccwa.org/2018/index.php>

[Community Summit](#) June 12 through 14, 2018 "Click Forward: Refresh, Connect, Evolve"

In addition to the lineup of exceptional speakers and presentations which the Community Summit has become known for, we will be featuring an Assistive Technology Expo and technology related sessions throughout the conference schedule.

Wenatchee Convention Center, 121 North Wenatchee Avenue, Wenatchee, Washington 98801 (509) 662-4411

Registration is open. Talk to Mike Etzell (360)678-7883 for possible scholarship.

General Summit Registration \$225.00: * Lodging not included Single Stipend- \$450: includes registration, limited meals and lodging June 12 & 13 Double Stipend- \$375: includes registration, limited meals and lodging June 12 & 13 for each attendee.

Sensory Friendly Activities For The Whole Family

[The Museum of Flight will once again open early for Sensory Day.](#)



This is so children with autism and their families can enjoy the Museum for free in a sensory-sensitive environment. We will be hosting a handful of appropriate activities, and we are inviting other organizations to host a table to promote their resources to our visitors. The event will run from 8am to 10am on Sunday, April 8th, and partnering organizations are welcome to keep their table up for as long as they like that day.

[The Special Olympics USA Games](#)



Husky Stadium and tickets are \$20. The 2018 Special Olympics USA Games will be held in Seattle, Washington July 1-6, 2018. More than 4,000 athletes and coaches representing 50 state Programs and the District of Columbia, along with the support of tens of thousands of volunteers and spectators, will compete in **14 Olympic-type team and individual sports**. Law Enforcement Torch-run representatives nationwide carry the Special Olympics Flame of Hope that will light the cauldron at the Opening Ceremony (June 28th-July 1st 2018) For more information check out their website <https://www.specialolympicsusagames.org/>

[Exploration For All: Autism Early Open](#) On the third Saturday of each month, all families affected by autism spectrum disorder are invited to explore Pacific Science Center during a special free morning visit from 8-10 a.m. - before we open to the public. Experience our exhibits



without heavy crowds when we have softened general lighting and decreased the noise level and visual stimulation on interactive exhibits wherever possible. Additional accessibility resources can be found below. We'll also provide additional captioning devices in one of our IMAX theaters and printed copies of our sensory guide for guests - including maps of our exhibit spaces rated for noise level, visual stimulation, availability to touch and feel and strong odors. We're also creating a wheels accessible map that outlines accessible pathways. Check back for information on the wheels accessible map. (206)443-2001 April 21, May 19, June 17

[Sensory Friendly Films](#) AMC is proud to partner with the Autism Society to offer unique movie showings where we turn the lights up, and turn the



sound down, so you can get up, dance, walk, shout or sing! Our Sensory Friendly Film program is available on the second and fourth Saturday (family-friendly) and Tuesday evenings (mature audiences) of every month. Please check your local theatre listings for specific show times, and don't forget to share your family fun with #AMC Sensory Friendly. Cascade Mall in Burlington is our local movie theater (360)707-2727 All the favorite, new releases are offered. Something to please everyone. Family friendly on Saturdays at 10am, mature movies offered on Tuesday at 7pm. Always call to verify movie, dates and times. Movies coming up are: Ready Player One April 10, Sherlock Gnomes April 14, Rampage April 24

How to Make a Sensory Travel Kit for Your Child

By [Amanda Morin](#)

Has your child ever had a sensory meltdown in a store or an airport? Do you worry about managing sensory overload while you're at a school concert or visiting friends or relatives?

Even if you've found tools and strategies that help your child with self-regulation, sensory overload can be harder to manage when you're on the go. This is when a sensory travel kit can help.

A sensory travel kit is packed with tools that calm a child who is overwhelmed. Here are three different types of travel kits you can make. Depending on where you're going and how long you'll be gone, you may want to make more than one of these kits.

Quick Trip Sensory Travel Kit When you go to the mall or to a school event, you'll only be gone for a short time. You can also leave if you need to. In this case, it may make more sense to have a small sensory regulation kit in your purse, bag or coat pocket—rather than lug a big bag of sensory tools.

A roll-up makeup bag can serve this purpose easily. It has sections, so you can keep the sensory tools apart from each other. It's also compact enough to tuck away.

Consider adding some of the following items:

- *Earbuds, folding headphones or earplugs to help make noise less overwhelming
- *Sticky notes to put over sensors for automatic flushing toilets and hand dryers
- *A small bottle of hand lotion to soothe your child's need for touch
- *"Smellies" (e.g., scented lip balm)
- *A small fidget or stress ball
- *Silly Putty or Wikki Stix
- *Oral sensory tools like gum, Chewelry or chewy and crunchy snacks

Keep-in-the-Car Sensory Box If you're like many parents, you spend a lot of time driving kids to and from places. So you may want to keep a larger and better-stocked sensory kit in the car.

A tackle box or craft box with sections and a handle is sturdy enough to handle bumps on the road. It's also easy for you and

your child to sort through. The tackle box can include the same items you'd put in the quick-trip travel kit, along with bigger items that wouldn't fit in a makeup bag. These items might be:

- *Noise-reducing headphones to reduce traffic noise
- *Sunglasses, a wide-brimmed hat and/or car window shades to reduce light
- *A timer to help with transitions
- *A small weighted lap pad, stuffed animal or sensory pillow to provide calming pressure
- *Proprioceptive tools like playdough or clay
- *A jump rope (to use at rest stops or at your destination)
- *Sensory calming bottles
- *Bubbles
- *A harmonica, kazoo or other small instruments
- *Books

Sensory Backpack for Vacations

Traveling to new locations or visiting family can be exciting. It can also be stressful for kids who seek or avoid sensory stimulation. It can help to keep a sensory backpack within reach in the car or on the plane. This way your child will have sensory tools handy while you're driving or otherwise occupied.



You can also pack things in the backpack that will be useful while you're away. These might be items your child uses as part of a daily sensory diet. You could also pack:

- *Familiar toiletries, like shampoo, soap and toothpaste (so your child can have the usual smells and tastes)
- *A washcloth and towel with a texture you know your child will tolerate
- *A change of clothes
- *Fine motor and visual-motor based activities, like coloring books with scented markers, a travel-size Etch A Sketch, or a squishy or textured handheld ball
- *A weighted vest or weighted blanket to provide calming pressure (check with your child's occupational therapist first)
- *Your child's favorite music on a mobile device
- *Gummy or crunchy snacks (like fruit snacks or pretzels)
- *Straws or a water bottle with a straw/spout

A sensory travel kit is just one way to help your child handle sensory overload. There are plenty of other strategies you can try. Learn ways to manage meltdowns and tame tantrums. You may also want to read about a mother's own sensory meltdown, and how it helped her understand what her children experience.



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To keep updated on the latest events, research and opportunities, Like our Facebook Page www.facebook.com/islandcountparent2parent



<https://www.islandcountywa.gov/Humanservices/Pages/Parent-to-Parent.aspx> **Our updated Special Needs Resource Guide is on the website now!**

We are EXCITED to announce our new Coffee & Conversations

in Langley.

We have a successful group in Oak Harbor and looking to reach out and meet families in the South end Very casual, drop in and chat with others that “get it” Children welcome.

South Whidbey Commons Coffeehouse
 Second Thursday of the Month

11:00am-Noon

April 12th, May 10th, June 14

We look forward to seeing you!

Questions? Call Tiffany (360)632-7539



Support, Social and Advocacy Groups

Coffee & Conversations: NORTH -1st Wednesday of the Month, 11am-Noon at Whidbey Coffee next to Wendy's in Oak Harbor. SOUTH- 2nd Thursday of the Month, 11am-Noon at South Whidbey Commons Coffeehouse in Langley. Casual drop in and chat with others that “get it”. Contact Tiffany with questions (360)632-7539

PAMI: Padres Apoyando Motivando Informando (Grupo de apoyo para familias de niños con necesidades especiales) Primer Martes de Cada Mes: 7:00-8:30pm, Aptitude Habilitation Services, Oak Harbor. Se provee cuidado de niños. Si tiene alguna pregunta, por favor comuníquese con: Liaza Ramos (787)529-6788 or pamiespanol@gmail.com

Whidbey Functioning Autism Social Group: A group that meets for resources, support and social events for families with high functioning Autism and Asperger's, teens to adults. fineart@whidbey.net

People First of Washington: People First is an advocacy group for adults with disabilities that want to meet others in their community. 2nd Thursday of the Month in Oak Harbor, location may vary. Call Mike Ezell for location and time (360)678-7883

South Whidbey Parent Meeting: 2nd Friday of the Month at South Whidbey Elementary School Campus. FREE Childcare and Dinner with RSVP. 6:00pm-8:00pm (includes dinner time) Call (360)221-6808 xt 4321 to RSVP or ask Questions

Whidbey Family Connections: Connecting Whidbey Island Families who support loved ones that experience developmental delays or medical conditions with others, resources and training. Events and meetings are not scheduled regularly. For information on events, contact Jaeme at Toddler Learning Center (360)679-1039. Sensory Event May 19th.