



Island County Parent to Parent Newsletter

◇ **Movie Fun: Toy Story 4**

Times are not released yet. We will be seeing the second showing on **Monday, July 1** Oak Harbor Movie Theater. Ticket Prices. 1.25 Evening / Adult \$9 Evening - Child \$9.25 Matinees before 4:30 pm \$8.25 Child Matinees \$9.25 Seniors (60+) \$10 Military

◇ **Fort Nugent Park Picnic in the Park** **Tuesday, July 9 FREE! Noon-1:30pm**

2075 SW Fort Nugent Ave, *Oak Harbor's Castle Park* Bring your own picnic and enjoy the outdoors. This park is not enclosed but not near streets.

◇ **Bowling Fun** **Wednesday, July 24 2:30-4:30 RSVP**

Great fun for all ages and all abilities. \$2.25 per game, \$2.50 shoe rental. Don't forget to sign up for "Kids Bowl Free" to get 2 free games everyday during the summer. www.kidsbowlfree.org

◇ **South Whidbey Community Park Picnic in the Park** **Tuesday, July 30 FREE! Noon-1:30pm**

5495 Maxwellton Road, Langley *Langley's Castle Park* Bring your own picnic and enjoy the outdoors. We will be by the sheltered picnic tables. There are nearby baseball fields, trails and skate park.

◇ **Movie Fun: Lion King**

Times are not released yet. We will be seeing the second showing on **Monday, August 5** Oak Harbor Movie Theater. Ticket Prices listed above.

◇ **Parent to Parent End of Summer BBQ** **Sunday, August 11 FREE! Noon-2pm**

We had great fun last year, we hope you can make it this year. BBQ, Playground, Baseball, open fields for fun. Great way to end the summer. Rhododendron Park, Coupeville.

◇ **Windjammer Splash Park** **Wednesday, August 28th 1:00pm-3:00pm (or longer)**

1600 S SW Beeksma Dr, Oak Harbor Bring your sunscreen, lunch and a blanket/chair.

We will be adding more play dates along the way once summer schedules are released. To keep up to date on events, "Like" our Facebook Page, Island County Parent to Parent.

[Always check your email or our Facebook Page for updates, especially for outdoor events.](#)
Events subject to change or cancellation. To RSVP or if you have any questions, contact Tiffany Wheeler-Thompson (360)632-7539 t.wheeler-thompson@co.island.wa.us



Guardianship, Wills & Special Needs Trusts



Tuesday, August 20th 5:30-7:30pm

Presenter: Christy Ibrahim Thompson

Skagit Valley College #A225

This workshop will answer questions like:

Why do I need a will?

What is the difference between Power of Attorney, Limited Guardianship and Full Guardianship?

What is the process to access Guardianship?

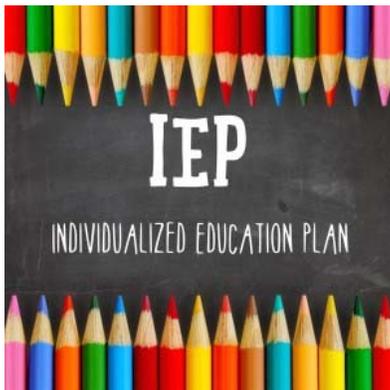
What kinds of Special Needs Trust are there and why do I need one?

To RSVP or if you have any questions, contact Tiffany Wheeler-Thompson (360)632-7539 call/text

IEP and 504 Plan "In-Depth"

Beyond the Basics Presented by Jen Cole from WA PAVE

Friday, September 13 Skagit Valley College 5:30-7:00pm



Increase your knowledge regarding IEPs and 504 Plans. This in-depth presentation goes beyond the basics of special education and gets into the details. Find out more about Behavior Plans, Evaluations and Accommodations. Knowledge empowers you!

Great information and resources for families and education providers. Every year your child may face different challenges. Now is the time to ask questions and be prepared for your next IEP meeting.

To RSVP contact Tiffany Wheeler-Thompson (360) 632-7539 call/text A special Thank You to WA PAVE, Aptitude Habilitation Services and Leaps and Beyond for donating their time for this workshop.

Free childcare offered by local ABA providers, limited spots available. To reserve your childcare, email support@aptitudeservices.com

July Community Events

3rd of July Celebration: Celebrate America! Freeland Park 25th Anniversary. Bouncy House starts at 3:00, concessions start at 4:00pm.

July 3-7 Carnival on Bayshore Drive in Oak Harbor

4th of July Oak Harbor Celebration: Parade on Pioneer Way, 11am, Street Fair on Bayshore Drive 10am-9pm, Fireworks 10:30pm

Island County Fair: July 18-21st at the Fairgrounds on Camano Ave in Langley.

4 tips to surviving the 4th of July with your sensory sensitive kiddo

Regardless of whether or not your child carries an official diagnosis, many kids and young adults' daily lives are affected by sensory needs that are either being under-met or overwhelmed. Children whose diagnosis falls on the autism spectrum or amongst those with ADHD, sensory issues almost always go hand-in-hand. These needs can be hypersensitive in seasons of extreme heat or cold and during holidays and big celebrations.

Here are four practical ways to prepare yourself and your sensory sensitive kiddos for the July 4th holiday:

Never Underestimate the Power of Headphones

Fireworks are a staple part of almost any Independence Day celebration. Our family learned the hard way how this loud and brilliant light show could negatively impact our son's sensory sensitivities until his first fireworks show at age two. He had a total (public) meltdown complete with kicking, screaming, tears, and fist throwing. His two year old self couldn't articulate what was happening to his little body as the fireworks blasts his eardrums and the light display pierced his eyes. The crowds of people talking closely to him and touching him sent him over the edge. We had no idea.

To prep for this holiday festivity, pack some essential gear that should start with noise cancelling headphones. There are sensory sensitive companies who make these out of EVA foam so they bend but don't break and they are soft to the touch. This prevents and unwanted intrusion from ear buds or other devices that may cause pain or discomfort. This simple item will allow your child to enjoy the show without the piercing noise.

Sunglasses for the Win

Both the intense July UV rays and the lights from firecrackers can be blinding this time of year. Don't

opt for the simple, drugstore variety shades this summer; spring for a brand of eye protection that is polarized. The difference is worth the extra few bucks. The polarization eliminates harsh glare and blocks more light. Pairing 3D glasses over sunglasses will reduce light and make for a pretty impressive fireworks show for your sensory kids.

Pack Their Snacks

Most kids with sensory concerns have specific foods or types of foods that they will and won't eat. Our son has refused some of his favorite foods because the company who makes them changed the packaging. So, if you parent our type of kiddo, be prepared by packing plenty of snacks and drinks that you know your children will enjoy so they have an alternative if the family barbeque doesn't have anything they will eat. A hungry child is a more difficult one, so keep them hydrated and well-fed with options that won't further irritate their already heightened senses.



Prepare for Any Weather

Though in most regions, July is a steamy and sweltering mix of humidity and sunshine, that can also bring with it heavy downpours of rains and gnarly thunderstorms. Whether your sensory kiddo is temperature sensitive, afraid of bad weather, or bothered by the noise from thunder, we need to be prepared for anything as much of the July 4th festivities leave us outside and exposed to the elements.

We recommend always packing sunscreen, an umbrella for the rays or the rain, clothing with UV protectant, a change of clothes and shoes, a jacket, ear protection, and eye protection.

<https://www.themamaontherocks.com/4-tips-to-surviving-july-4th-with-your-sensory-sensitive-kiddo/>

7 Tips to Help Your Son on the Autism Spectrum Cope With Haircuts

In my experience, a common issue for boys with autism is having their hair cut. Often, a hair salon is a busy and noisy environment. People coming and going can be enough to make a person with autism feel over the edge. The environment alone is just one factor, you then have the quandary of how to get them to sit in the strange chair, still, I may add, for the 20 minutes it takes to cut their hair.



Here are a few solutions:

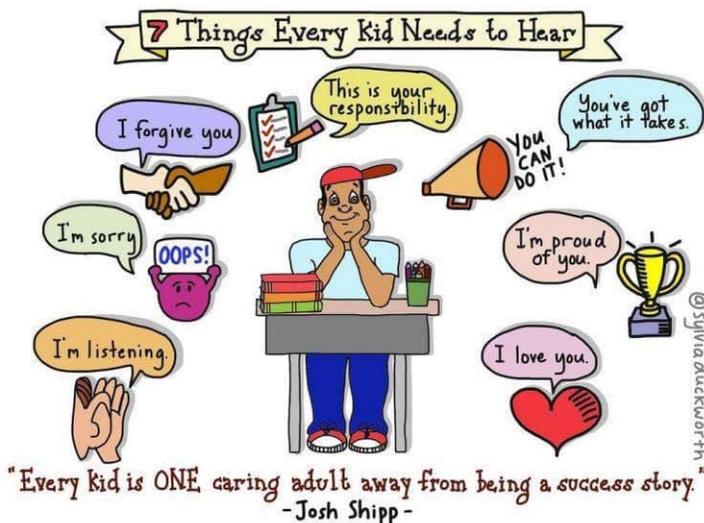
1. Have a mobile hairdresser come to the house where your child can be groomed in a familiar environment with an iPad, computer game or favorite toy nearby – and less noise.
2. Rock the long hair look. Boys can have long hair. It's OK.
3. Contact your local college and see if they have any adult education classes in cutting men's hair. Then do it yourself, in your child's own time.
4. Write a social story for your child, take pictures of the salon, the hairdresser, and prepare your child as much as possible.
5. Talk to the hairdresser, explain ahead of time the difficulties your child may have and see if you can come up with solutions together. Counting the cuts of the hair might help, or allowing the child to move freely around as they need to.
6. Investigate quiet clippers. If your salon doesn't carry them, buy a pair of your own and take them with you.
7. Check out "autism barbers assemble" on Facebook.

Then the anxiety of how they will look different once it's cut and looking at yourself in a mirror, topped off by the noisy clippers that come out of the holder. Imagine.

The water spray, the noise, the people, the chair, the mirror, the noise, the clippers, the comb in the hair, the people, the hair dryer, the water, the talking, the mirror.

You can imagine how this could be a nightmare for a child on the autism spectrum. It can also be the parents' nightmare as you struggle to cope with staring eyes, apologizing to the hairdresser as your child freaks out, screams, cries and leaving with no hair cut.

By Bethany Reynolds and the Mighty



Statistics show that, "Only 5% of teens are willing to call phone crisis lines, but they're more willing to text. Text 741741 to text anonymously with a crisis counselor."

Please share this information!

Summer Health and Safety Alerts & Prevention Tips

Dehydration: Individuals who rely on care from others may not recognize they need fluids. It is important for care providers to offer fluids frequently and watch for signs of dehydration. Click here to learn about the risks, signs, prevention and treatment of dehydration.

HEAT EXHAUSTION OR HEAT STROKE?

HEAT EXHAUSTION SYMPTOMS

1. Faint or dizzy
2. Excessive sweating
3. Cool, pale, clammy skin
4. Nausea, vomiting
5. Rapid, weak pulse
6. Muscle cramps

HOW TO TREAT IT

1. Move to cooler location
2. Drink water
3. Take a cool shower or use cold compresses



HEAT STROKE SYMPTOMS

1. Throbbing headache
2. No sweating
3. Body temp above 103°
- Red, hot, dry skin
4. Nausea, vomiting
5. Rapid, strong pulse
6. May lose consciousness

HOW TO TREAT IT

1. Get emergency help
2. Keep cool until treated

HEAT SAFETY Heat-related illnesses—such as heat stroke, heat exhaustion, heat cramps, sunburn and heat rash—occur when a body’s temperature cannot cool itself fast enough. People with disabilities and people who take medications that interfere with the body’s heat regulation system are among those who are most at risk. Learn the risks, signs, prevention and treatment of heat related illnesses. [Prevention](#) • Stay out of the sun between 10 a.m. and 4 p.m. • Limit outdoor activities, especially exercise in the heat. • Protect skin using sunblock with a sun protection factor (SPF) of 15 or more: the lighter the skin, the higher the SPF should be. Apply 15-30 minutes before going in the sun and reapply according to package directions. • Use a lip balm that contains sunscreen. • Wear muted

(lighter colored), loose-fitting clothing. • Wear a hat (the looser, the better). • Wear sunglasses that absorb at least 90% ultra-violet rays. • Clouds and particles in the air scatter sunlight. You can receive a sunburn even on a cloudy day. • Be aware that using a fan as the main cooling source may not be enough. If possible, spend a few hours in air-conditioned areas (e.g. the mall). • Drink water even when you don’t feel thirsty. • Avoid using the oven or stove to maintain a cooler temperature. • Avoid alcoholic or sugary drinks. • Check on others or have others check on you twice a day when temperatures are warmer than usual.

WATER SAFETY Any source of water is a potential drowning hazard, especially for individuals with mobility challenges, young children and weak swimmers. Individuals who are drawn to or fascinated with water and may not understand the dangers. Click here to learn more about the risks, signs, prevention and treatment of water emergencies. [Prevention](#) • Swimming lessons can be lifesaving. • Only swim in areas monitored by lifeguards. • Never swim alone. • Have someone supervise individuals swimming in the water, even if a lifeguard is on duty. • Know where the closest lifeguard or other help is. • Don’t mix alcohol consumption and water activities. • Never leave someone with mobility challenges alone near a body of water. Provide constant supervision and remain within arm’s reach. • Provide 1:1 supervision for individuals with a seizure disorder when near water. • Young children or individuals who cannot swim should wear a coast guard approved life jacket. Do not use water toys such as noodles or water wings in place of life jackets. • Participate in water safety, first aid, and CPR courses. Red Cross can be one resource for these trainings. • Have a cell phone within reach in case of an emergency. • Have items close by that could be thrown to someone having trouble in the water such as ropes with buoys, long branches, etc. • Become familiar with the signs of hypothermia – drowsiness, weakness and loss of coordination, pale and cold skin, confusion, uncontrollable shivering, slowed breathing or heart rate. • Be familiar with current water and weather conditions and watch for any changes. • Find out about advisories for swimming beaches to the Department of Health’s website: www.doh.wa.gov. • Stay far back from the water’s edge to avoid accidentally falling in. • Know how to tell if someone in the water is in distress or is drowning – • Someone in the water fully clothed • Uneven swimming motions, which may be a sign that the swimmer is getting tired • The person’s body is sinking and only their head is above water • • Read more about preventing unintentional drowning on the Centers for Disease Control and Prevention website: www.cdc.gov Alerts by the Washington State Developmental Disabilities Administration



PARENT to PARENT

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Check out our website. Archived newsletters and our Special Needs Resource Guide
www.islandcountywa.gov/Humanservices/Pages/Parent-to-Parent.aspx

Like us on Facebook for updates on events and resources in our community.
www.facebook.com/islandcountyparent2parent



Special Olympics Bowling starts in August. Great fun for ages 8 and up. Practice is 2 days a week. Contact Chris Becker for more information wispecialolympics@gmail.com

DDA has contracted a new **therapeutic horse camp** provider; I often get asked about this. Their name is NW Hearts United Equine Facilitation Services and their email is Amy Schilder nwheartsunitedefs@gmail.com.

They have camps as follows: Skagit County in August- 19-21st. There is one in Whatcom Aug 12-14 and Snohomish (Stanwood/Arlington area) July 8-10. The Skagit one is at Westside Stables at McLean and Best Rds. Hopefully one in Island County soon.

In Langley we have HOPE Therapeutic Riding Center (360) 221-7656
Email: hope@whidbey.com



FREE Days for Seniors & People with Disabilities

On the Third Tuesday of the Month, enjoy free admission to Point Defiance Zoo and Aquarium. July 16, August 20, September 17 and October 15. (253)404-3800

Don't forget to get your National or State Parks Disability Pass

National Parks & Federal Recreational Lands Disability Access Pass

About your Access Pass to National and Federal Land:

A free, lifetime pass - available to U.S. citizens or permanent residents of the United States that have been medically determined to have a permanent disability (does not have to be a 100% disability) - that provides admittance to more than 2,000 recreation sites managed by five Federal agencies.

May also be obtained free in person at a federal recreation site.

Provides entrance or access to pass owner and accompanying passengers in a single, private, non-commercial vehicle at Federal operated recreation sites across the country.

Photo identification may be required to verify ownership.

Passes are NON-REFUNDABLE, NON-TRANSFERABLE, and cannot be replaced if lost or stolen.

The cost of obtaining an Access Pass through the USGS is ten dollars (\$10). The pass itself is free, and there is a ten dollar fee for processing the application. Applicants must provide documentation proof of residency and documentation of permanent disability. If you cannot order an Access pass online, you can submit a paper application by mail to the USGS using the paper application and enclosing the same documents and \$10 fee.

At many sites the Access Pass provides the pass owner a discount on Expanded Amenity Fees (such as camping, swimming, boat launching, and guided tours). See Access Pass Benefits section.

<https://store.usgs.gov/access-pass>

For Washington State Park Passes <https://parks.state.wa.us/205/Passes> Washington State Parks offers passes that reduce or waive camping, moorage, watercraft launch fees and day use for limited income senior citizens, disabled veterans, foster parents and people with disabilities. Qualified individuals may apply for more than one type of pass, although only one pass may be used at a time. These passes are valid only at Washington state parks

