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Autism Agenda



Linn Benton Lincoln ESD-Cascade Regional Autism Program

Living With Autism: Summer Vacation

By Elaine Hall

Ahhhh, Summer Vacation. A little R&R before the school year begins!

For many of us who have children on the autistic spectrum, long gone are the expectations of spending glorious temperate days lounging under a coconut palm in a tropical paradise while watching the kids effortlessly scoop sea critters into a bucket of brine. Understandably, some of us may decide to forego summer fun-in-the-sun getaways. Our experience has been that taking a family vacation is "just too difficult!" and these days, also too expensive. But with a little planning, family vacations need not be so stressful, and may even be joyful!

So what can we do to enjoy time together while on holiday?

First, it is important to consider where our children are in their ability to process and hold information, to evaluate their sensory needs, and to contemplate how well they are able to respond to stress (seemingly fun-filled environments can be completely overwhelming for our kids). Extensive preparation is key for all of these.

Tip #1: Focus on doing something that you know your child enjoys.

Soon after I adopted my son Neal from an orphanage in Russia, we joined my family reunion at a beach house in Delaware. When we get to the beach, it is clear that Neal is petrified of sand, of water, of anything to do with the beach. I write in my book, *Now I See the Moon*, that I make excuses to my family, "He doesn't know from the ocean. He comes from the Ural mountains in Siberia, for goodness' sake." Even as I defend him, I'm disappointed. I love the ocean, and I yearn to share the joy of the boundless sea with my son. Instead, we surrender, and end up spending our time on the patio of the beach house where there's a wading pool. We're joined by my mother, who was also raised in the mountains -- the Shenandoah Mountains in Virginia, and she doesn't like getting sandy.

Know what truly interests your child and plan your trip where you know he or she can be successful. Also, it is important to note that our children's ability to regulate their own emotional states is largely affected by our own. So if we are anxious, disappointed, frustrated or angry, guess who's going to feel even more so?



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LIVING WITH AUTISM, SUMMER VACATION CONTINUED...

Tip #2: Prepare your child's sensory system. Anticipate, it makes sense!

If you decide to go somewhere you've never been with your child, or try new activities together, make the effort to really prepare (weeks before you take your trip, if possible). After the "failed" beach experience, one of my son's therapists, Shelley Cox, and I take Neal close to the ocean. Shelley takes a bucket of sand and actually brings the ocean to Neal. Slowly and compassionately we allow Neal to get acclimated. First Shelley puts sand on his feet, rubbing it gently on his skin. I then realize that the hot, scratchy sand must have been irritating to his sensitive tactile system, reflecting why he avoided walking on the sand, preferring to be carried to his beach blanket. I am even clearer that Neal's fierce preferences are not random. I better understand his world and anticipate his needs.

Today, Neal loves the surf and can't wait to jump in the waves!

Tip #3: Rehearsals for life: Practice, practice, practice!

Before we fly on an airplane with Neal, we role play everything you can imagine -- packing bags, waiting in lines, taking off his shoes and going through security lines, placing luggage under the seat, wearing a seat belt and sitting patiently. We use visuals -- we watch DVDs of airplanes, go online for pictures. We pretend play with toy airplanes, look through airplane magazines. We practice placing our hands over our ears during take-off/landing and we actually visit the airport.

If he is going to meet new people, we show him pictures and tell a story about them, letting him "meet" them first in the comfort of our home. If we are visiting family members whom he hasn't seen for a while, we show him photos of passed experiences and current photos so he can see what they look like now.

We use "[social stories](#)" to help make sense of new experiences. This provides Neal a sense of control, and diminishes his anxiety.

Tip #4: Expect the Unexpected. Go with the Flow (as if we had a choice!)

As well-prepared as Neal was for his flight, once he got to the airport, he was so excited he couldn't contain himself. At the airport, as we waited to board, Neal stared at the huge planes out the windows. I turned my head for a moment. I then heard the sound of an alarm. Neal had raced to the exit door and tried to open it so that he could go outside and be with the airplanes. He panics. People glared at him. Security raced over. "It's okay sweetheart," I told Neal, trying to comfort him. To the security guard and the concerned onlookers, what could I say? "He has autism! He just likes airplanes!"

I remember early on in our diagnosis becoming outraged at others for making what I thought were "stupid comments" about my child and his behavior. Too, I resented their judgment of how I handled unexpected situations based on Neal's reactions to circumstances. Now I understand that such reactions come from ignorance (just plain lack of knowledge). I now try to use every occasion as an opportunity to educate and sensitize others to the special needs of my very special child and others like him.

[TACA](#) (Talk About Curing Autism Now) has cards that you can present to strangers to help them understand autism.

Tip #5: Call the airline (cruise line or hotel) in advance and let them know you are traveling with a child who has special needs.

Our choice to go with the flow continued throughout the flight.

Once we boarded our flight, Neal did all that he had practiced -- but we hadn't practiced needing to go to the bathroom when there is a drink cart blocking the aisle. Neal tried to go in the first class bathroom, but his efforts are thwarted by an irate first class passenger and a "by the rules" stewardess. Neal starts to tantrum, the stewardess calls for security, and fortunately my so -calm husband steps in to ease the situation and help Neal wait until the aisle opens up.

Now I know to phone the airline in advance and tell them about my child's special needs and apprise the flight attendants, that if something unusual presents, they need not be afraid. When I call beforehand, they offer comforts including letting us board early, being kind, patient and attentive to Neal. The more we proudly travel with our children or go to movies, malls or neighbors' homes, the more they too will come to learn compassion, understanding and non-judgment, just as we have.

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LIVING WITH AUTISM, SUMMER VACATION CONTINUED....

Tip #6: When traveling long distances prepare activities to keep your child engaged

For older children, this might include computer games, DVD's, magazines, etc. When Neal was younger, I wrapped up little "gifts" in aluminum foil and let him unwrap them periodically on the trip. I remember going to a party supply store and buying bags of favors, little match box cars, airplanes, bubbles on a string, animated characters, plastic pretend food, etc. Unwrapping each package took up to three minutes

Tip #7: Staycations: Same place, different experiences. Customize!

When I was a child we went on a family vacation every year, usually to the beach. One year, our finances were particularly low and we couldn't get away, so my Dad made a fun time of "Vacation at home!" My dad and mom set it up so that each child and parent got "their day," and the other family members went along. My dad's choice was fishing at a nearby lake, my Mom, "vegging" out at a local pool, my brother chose an amusement park, my sister a movie, and I chose going to an art museum. This special week stands out in my memory as one of the best vacations in my life.

Let your child be part of this planning process. Use a dry erase pad and write down possible ideas. Let your child circle or point to where they would like to go. For kids who are nonverbal there is a new app for the iPad called [Proloquo 2Go](#) that "provides a full-featured communication solution for people who have difficulty speaking." Find what communication system(s) work best for your child so that your child with ASD can have a voice in choosing where they wish to go. Let each child feel special. If possible, you can bring along a teen volunteer to help out. For Moms, maybe your special day can be going ALONE to a spa day, while the rest of the crew has a picnic. Refuel. It matters.

AMC theaters now offer [Sensory Friendly films](#) where our kids can walk up and down aisles, make noise, and just be themselves.

Tip #8: Get a special pass when you go to an amusement park (or other busy venues like concerts, plays, etc.).

Some children with ASD love amusement parks, some find them too stimulating or overwhelming. Again, preparation is the key to success. Before taking Neal to Disneyland, we showed him photos, went online and let him do a virtual tour. Once we arrived there, we had a pretty good idea of what he wanted to do. Remember too that your child's interests may seem odd but they are his or her interests. (Neal could go on Space Mountain 10 times!)

Most of the major amusement parks have a special disability pass where your child and family members do not have to stand in long lines. Don't be proud! Get this pass! In fact, Neal is one of the most popular kids on our block when it comes to going to Magic Mountain, his now favorite amusement park, since everyone in his party doesn't have to stand in line!

Tip # 9: Enjoy the great outdoors.

Neal loves to be outside. I have seen him the happiest when he can be out all day long. Go camping, to the beach, hiking, have picnics, do things where your child can feel boundless with few opportunities to have to say "No," or manage inappropriate behaviors. Today there are many outdoor programs that families with special needs can enjoy:

can enjoy:

[Leaps and Boundz](#)

[FACT Family](#)

[Surfer's Healing](#)

[Autism on the Seas](#) (look for the new Miracle Project on the Seas, next summer!)

[Camp Surf in San Diego](#)

[Extreme Sports Camp](#)



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Tip #10: Be Here, Now (wherever "Here" is that day).

Give yourself the present of being Present. Enjoy this precious moment. I once attended a family surf camp where the dad had spent hours preparing his son for surfing: practicing standing on a surfboard, paddling in a pool, etc. However, once at the beach, his son was so excited about being in the ocean, that he just wanted to play and dance in the waves, he didn't want or need to surf as planned. The Dad moped on the beach, feeling this situation as one more failure. I suggested that he stop for a second and look at his child who was in complete joy. The father soon realized that it was his own need for his son to complete the task at hand, rather than enjoying the moments with his son. He realized as we all do from time to time, that the gift of the present is sharing time, experiences and engagement with each member of our family ... in their own special way, and in their own special time.

As I look back, even that first seemingly "failed" beach trip where my Mom and Neal spent time on the patio together, was actually a beautiful bonding time between grandchild and grandmother.

Enjoy the moments. Yesterday is gone, tomorrow is a mystery. Today is a gift that is why it is called the Present.

Vacation is in part a state of mind.

Enjoy your summer. And please let me know how your vacation goes!!!



82 SUMMER ACTIVITIES

82 Summer Activities for Families with Special Needs

Between June and September my kids have 82 days of summer vacation, and I've promised them something fun every single day. That means I need 82 fun summer activities for one child with a developmental disability and one child who refuses to participate in most activities. It'll be a piece of cake, right?

Borrowing the weekday "Summer Schedule For Kids" at somewhatsimple.com, scouring the internet for more ideas and adding some of my own activities, here are 82 days of summer fun and learning:

SAFETY SUNDAY

1. Teach your child his or her full name.
2. Teach your child your full name.
3. Have your child memorize your home address – show where the house number is located outside and show where the street name.
4. Have your child memorize your phone number. Practice reciting key information.
5. Learn how to cross the street safely.
6. Practice an escape route in case of fire.
7. Practice saying "no:" make it a game in which you take turns asking each other to do increasingly absurd things.
8. Play hide-and-go-seek to teach your child how to remain calm while looking for you.
9. Teach your child the buddy system.
10. Teach your child what an emergency is and how to call 911.
11. Practice asking for help with things that are hot, sharp, dangerous or too high to reach.
12. Start swimming lessons.

MAKE SOMETHING MONDAY

13. Arrange 5 or 6 photos to make a poster or scrapbook page.
14. Sweetened condensed milk makes a beautiful, edible fingerpaint.
15. Plant a seedling outdoors.
16. Dig for worms – it's a great exercise for fine motor skills and tactile defensiveness. Re-home the worms next to that seedling you planted.

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82 SUMMER ACTIVITIES CONTINUED....

17. [Bubble snakes](#).
18. Make a leaf scrapbook.
19. Color the sidewalk with chalk. Wash it all away with water.
20. Paint using different types of paintbrushes: a fly swatter, a flower, a cotton swab, a sponge, a leaf, etc.
21. Build an obstacle course with hula hoops, lawn furniture and empty boxes.
22. Tie-dye some t-shirts.
23. Make a magic wand using all available materials.
24. Build a "fairy house" outdoors with sticks, pebbles, pine cones, bark, leaves and other natural materials found outdoors.

TIME TO READ TUESDAY

25. Sign up for your local library's summer reading program.
26. Read a book under a tree.
27. Read all but the last page of a storybook and ask your children to suggest an ending.
28. Have your child dictate and illustrate a story, and read it together. It's OK if the story is 1 or 2 sentences long.
29. Make a home video of your child reading a story aloud, or of you reading aloud to your child.
30. After you finish reading a book such as *The Lorax*, go see the movie.
31. Read some books on a specific topic, such as insects, then do a related activity such as a bug hunt or catching fireflies.
32. Have your child create a summer schedule for the family and read off the schedule every morning.
33. Check out a book of simple science experiments and try some of them at home.
34. Check out a book about a historical figure and play dress-up at home.
35. Have your child write out a checklist for a scavenger hunt, and find everything on the list together.
36. Swap favorite books with your friends.

WHAT'S COOKING? WEDNESDAY

37. Fruit smoothies in the blender.
38. No-bake oatmeal cookies on the stove.
39. Pizza.
40. Spinach-artichoke dip in the blender.
41. Banana muffins.
42. Roll-up sandwiches.
43. Fruit kebabs.
44. Chicken soup in the crock-pot (plug it in on the porch so that it doesn't heat up the house).
45. Roasted marshmallows.
46. Scrambled eggs and pancakes for dinner.
47. Lemonade from scratch.
48. Guacamole.



THOUGHTFUL THURSDAY

49. Wash the car together. No driveway and no car? Then wash the toy cars.
50. Call someone just to say hello.
51. Pick some flowers (dandelions and clovers are OK) and give the bouquet to someone who isn't expecting them.
52. Write a top ten list of a person's best attributes and give the list as a gift to that person.
53. Write a thank-you letter to someone and mail it.
54. Donate clothing, books and toys to charity.
55. Teach your child to do one [chore](#).
56. Give someone a homemade art project.
57. Volunteer at a food bank.
58. Collect bottles and cans, and donate the money to charity.
59. Pray for someone who needs a prayer.
60. Hug someone who needs a hug.

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82 SUMMER ACTIVITIES CONTINUED...

SOMEWHERE FUN FRIDAY

61. Petting farm or petting zoo.
62. A playground in a different neighborhood.
63. An art museum – check first to see when general admission is free!
64. The beach.
65. Pick fresh fruit at a local farm or visit the farmer's market.
66. Ride a train.
67. Find a carnival or a street fair.
68. Ice cream shop.
69. Waterpark or sprayground.
70. Visit a friend.
71. Nature trail or botanical garden.
72. A skyscraper or another high place with a grand view of the world.

SOCIAL SKILLS SATURDAY

73. Tell a story from your own childhood. Have your child tell a related story from his or her life experience – yes, even if your child is nonverbal.
74. Lie in the grass and take turns looking for shapes or pictures in the clouds.
75. Go around and ask every family member at home the same silly question, and share the answers.
76. Look at some old family photos and name all the people in them.
77. Practice making emotional facial expressions on cue with your child: neutral, happy, sad, fearful, angry, disgusted, surprised. Take turns and make it fun.
78. Practice listening skills by responding only with nonverbal communication for 1 to 5 minutes – then switch roles.
79. Be someone's mirror: imitate a person's actions as if you are that person's reflection in a mirror for 1 minute. Then switch roles.
80. Play Follow the Leader. Match the leader's pace for as long as possible, then let a new leader take over.
81. Play the statue game: one person freezes like a statue and the other person has to make the statue laugh. Take turns.
82. Develop family traditions: sing a song together, recite a poem, say a prayer that has special meaning to your family.

By Karen Wang.



How to get through 82 Days of Summer Vacation

82 days of summer vacation.....

yeah, I counted. For my autistic son, that means

82 days of stimming.

82 days of wearing only long-sleeve shirts no matter how hot the weather is.

82 days of hysterical laughter turning into hysterical crying.

82 days of picking on his little brother.

We have

No summer services from the school district.

No family members to help within 250 miles.

No fancy trips to break up the summer.

No respite care.

It's not going to be easy for anyone in my family.

So the summer plan is all on me. If there's one

thing I know how to do well, it's to find something positive in a difficult situation.



Part I: Fun With Sensory Integration

I already promised my kids that we'll do one fun activity for each day of vacation.

Mondays will be beach days and Tuesdays will be library days. We've got a zoo pass, a science museum pass and our Friendship Circle membership.

Each child has a list of his favorite local places to visit. But there's more to summer than going places. I've got 2 large containers of February's snow in the freezer, and a gallon of bubble soap in the garage. The kids want to try ice-bowling like Curious George, so we're going to make ice blocks in different shapes and roll them down the sidewalk. I expect it will end in a frenzy of ice-smashing with toy hammers.

When I look at my home through the lens of sensory integration, there are plenty of opportunities for inexpensive summer fun:

1. Puddle-stomping. Put those rain boots to good use.
2. Cartwheels and skin-the-cat: we've been working on these for over 5 years. You may need a second adult to help "motor" the child through the movements. We have more success on soft grass outdoors, with about 50% success for skin-the-cat and something that looks almost like a cartwheel.
3. Two parts corn starch + 1 part water = slime (You will have to mix it by hand.)
4. Shaving cream is an excellent distraction for children who are frightened of summer thunderstorms. We close the bathroom door, clear off the counter, and then go crazy with the shaving cream. When the cans are empty, we wipe everything down with towels and the kids go straight into the shower. We end with a clean bathroom and clean, happy kids.
5. Slather shortening onto pine cones, then roll the pine cones in bird seed. It's an instant biodegradable bird feeder.
6. Make scrambled eggs for breakfast and let your kids pick the spices to season their portions. I never knew that my son was craving paprika and every type of pepper until I tried this.
7. Homemade fudgesicles: in the blender whip together 1 banana, 1 avocado, a quarter cup honey, a quarter cup unsweetened cocoa powder and 2 tablespoons coconut oil or coconut milk, then spoon the pudding into popsicle molds and freeze for 6 hours. For the full sensory experience, let little fingers wipe the excess pudding out of the blender, and don't forget to lick the spoons clean.
8. Pick up sticks and pine cones on a nature walk, and practice throwing them as far as possible into a pond or stream.

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HOW TO GET THROUGH SUMMER CONTINUED.....

9. Outdoor bubble bath: there's no reason why bubble bath can't go in the kiddie pool. I even have a gardening book that recommends small amounts of soap for aerating soil and repelling insects.

10. Mud bath: mix topsoil and some water in the kiddie pool. After 1 hour in the sun, it will be warm and soft. There's a good reason why people pay big money for this spa treatment.

11. Messy party: you knew I was leading up to this, didn't you? Invite all of your friends to bring over their favorite messy items. We always bring bird seed and jello to messy parties, but you may also consider pudding body paint, the old Mentos and Diet Coke trick, flour sprinkled on the driveway for little trucks to make tracks — the possibilities are endless. Clean-up is easier if the mess is kept outdoors and compostable.

Remember that the key to success in sensory integration is parental involvement. The rule in my house is that the supervising parent must be at least as dirty and sweaty as the children.

Part 2: Work

Preventing regression requires constant review and never-ending work. My son keeps a summer diary, and since he responds well to simple written instructions, I wrote a daily checklist on the first page of his diary. (Other children may do better with a picture-based checklist.) The checklist gives him writing guidelines as well as activities that need to be done throughout the day. This helps keep him out of trouble.

These were last summer's writing guidelines:

"Every day this summer I will write:

1. the date
2. my favorite activity
3. something I ate that was yummy
4. something nice that someone said."

On Friday, July 16, he wrote, "I had fun when we went to Kensington Beach. I liked having garlic pasta for dinner.

Daddy said, 'You made good choices.'"

This was his activity/chore checklist:

"Every day this summer, I will:

1. do one page of home school work
2. have story time with Mom
3. have math time with Dad
4. help my family with my words and behavior
5. put away 10 books or 10 toys
6. put away clean dishes and load the dishwasher with dirty dishes"



As part of their summer home school work, I also try to teach my children basic rules of personal safety. I have taught my older son how to write out his complete address, phone number and names of his parents. I'm still trying to teach my children what an emergency is and how to call 911. This summer we will also do fire safety at home.

It may seem cruel to heap all this work on my children during their vacation, but the point is to include them in all areas of family life, and this does not come naturally to my older son — he needs engagement and reinforcement. The funny part was that he often wanted to do more than what was on his checklist: he did the laundry without being asked and he helped with grocery shopping and meal preparation. He *wanted* to be included in everything!

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HOW TO GET THROUGH SUMMER CONTINUED....

Part 3: Teaching Episodic Memory

In his book [The Developing Mind](#), Dr. Daniel Siegel defines episodic memory as “the memory of self across time.” It is the *feeling* of remembering an occasion, not just knowing about the occasion. It is the ability to make predictions about future outcomes based on past personal experience. It is the integration of cognitive, emotional and social aspects of past events. This “mental time travel” is something that most people do instinctively beginning around age 3, but it is notably underdeveloped in many individuals with autism or other neurological conditions. People who are delayed in the growth of episodic memory — like my son — may suffer severe anxiety because they are unable to use their past history to form ideas about future events. Living only in the present with no past and no future may be a spiritual ideal in some cultures, but the reality is quite harsh. It’s as if everything is happening for the first time, and there’s no way to know what could happen next. How can someone teach another person the feeling of remembering past experiences? Is it even possible? Yes, in fact, it’s the most ambitious part of my summer plan.

All through our fun and work, I have my little camera. My kids dislike being photographed, so I don’t ask them to pose — I quietly take candid pictures of the backs of their heads. Sometimes I get 30 or 60 seconds of video, too. I attempt to capture the most powerful emotional moments for better or for worse, including temper tantrums, panic attacks and general misbehavior. I choose one or a few photos from each day of vacation to highlight the most memorable events and, more importantly, the human relationships being built. We review the photos and short movies at home at the end of a long summer day, and then add the daily photos with captions to a book. As the summer progresses, I can see my son’s empathy growing. My two boys become closer as they learn simple co-existence. At some point, a joyful spark lights up inside. That’s what summer is all about.

By: Karen Wang.

CREATIVITY CAMP

CREATIVITY CAMP

A Summer Adventure at Social Communication Clinic

Now taking registrations!

Creativity Camp is a day camp for youth aged 6 to 12 years old who want to consider a more creative, original and emotionally-inventive side of their development.



Specifically planned with social-cognitive deficits in mind, we will together explore some eye-opening ways of engaging the whole person through movement, acting, drawing and painting, puppetry, art-based technology on iPads, video projects, even testing the waters of comedy improv! By using techniques from art therapy, community storytelling, and small motor-movement enhancement, we will learn new ways to see the world around us.



This camp will be most applicable to the self-motivated student. Cost for the entire week (Monday through Thursday from 9:00 to 11:30) will be just \$135. A 50% nonrefundable down payment is due by June 15 and guarantees a space in the camp (space will be limited), with the full balance paid as of July 1.

Dates of the camp: July 13, 14, 15 & 16.

If you are interested in this experience please RSVP and let us know if we can answer any questions. Email Jake Dorr directly for payment details, etc. (jake@socialcommunicationclinic.com)

IPAD APPS CORNER

All Apps are suggested and not required.

LBL ESD - Cascade Regional ASD App List

Skill	Title
Social & Emotional	<input type="checkbox"/> Social Express <input type="checkbox"/> Comic Life or Strip Designer <input type="checkbox"/> Conversation Builder <input type="checkbox"/> Social Skill Builder <input type="checkbox"/> Ed-Ninja Expressions <input type="checkbox"/> I Can Do Apps: Emotions <input type="checkbox"/> Social Scale (make a 5 Point Scale) <input type="checkbox"/> Everyday Social Skills <input type="checkbox"/> Touch and Learn – Emotions <input type="checkbox"/> Between the Lines <input type="checkbox"/> Zones of Regulation
Educational	<input type="checkbox"/> Rainbow Sentences <input type="checkbox"/> Toca Apps <input type="checkbox"/> ABA Flash Cards <input type="checkbox"/> DTT (colors, numbers, shapes, words) <input type="checkbox"/> Sight Words <input type="checkbox"/> First Words Animals – Spelling App <input type="checkbox"/> Math Kid <input type="checkbox"/> Count Money or Counting Money <input type="checkbox"/> App Tutor – Variety of Grade Level Material <input type="checkbox"/> Google Earth <input type="checkbox"/> Solar Walk <input type="checkbox"/> Touch Math
Organization & Schedules	<input type="checkbox"/> Evernote <input type="checkbox"/> ChoiceWorks <input type="checkbox"/> Time Timer <input type="checkbox"/> Video Scheduler
Writing & Writing Accommodations	<input type="checkbox"/> CoWriter (word prediction app) <input type="checkbox"/> Sentence Maker <input type="checkbox"/> Sentence Creator <input type="checkbox"/> Voice Notes (speech to text) <input type="checkbox"/> Snap Type
Sensory & Fine Motor	<input type="checkbox"/> Fingerworks <input type="checkbox"/> Handwriting without Tears <input type="checkbox"/> Letter School <input type="checkbox"/> iWrite Words
Games	<input type="checkbox"/> Angry Birds <input type="checkbox"/> Heads Up
Video Modeling & Social Stories	<input type="checkbox"/> Coach's Eye <input type="checkbox"/> Model Me – Going Places <input type="checkbox"/> Super Duper StoryMaker <input type="checkbox"/> Story Creator <input type="checkbox"/> Autism and PDD Picture Stories and Lang Activities
Communication	<input type="checkbox"/> Go Talk Now <input type="checkbox"/> Proloquo2Go

BOOK SUGGESTIONS

The Child with Autism at Home and in the Community

by Kathy Labosh and LaNita Miller



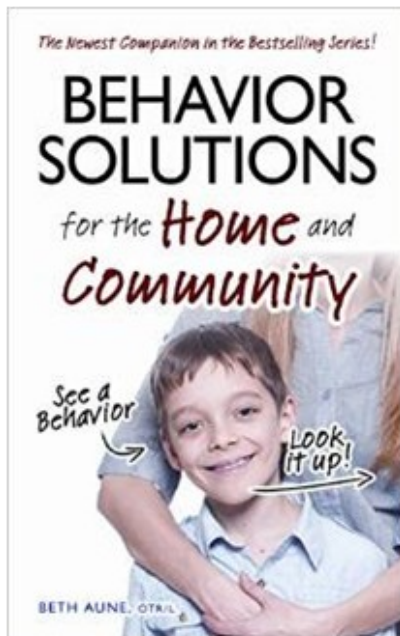
In this amazingly helpful guide, author/mom Kathy Labosh and special-educator LaNita Miller take on the issues and obstacles that parents and educators face every day.

Hundreds of easy-to-read bullet points provide tips that readers can put into action immediately. The book is divided into two sections, the first one focusing on the home and the second on the community. The chapters in the home section cover the various rooms in a house, such as The Child's Bedroom (sleep), The Corner (discipline) and the The Front Door (manners). The community section is organized by different places you may be going, such as The Playground, The Grocery Store and Family Gatherings. You don't have to read the whole thing in one sitting to benefit from the information, however. It is arranged in such a way that you can find ideas on a specific topic quickly and easily.

With Kathy and LaNita's insight and advice, you can be better prepared for the unique challenges autism throws your way!

Behavior Solutions for the Home and Community

by Beth Aune



This book, written by the author of *Behavior Solutions for the Inclusive Classroom* and *More Behavior Solutions In and Beyond the Inclusive Classroom*, is a tool for parents who have children whose behaviors are impeding their daily life. Once they see a particular behavior, they can quickly look up an in-the-moment solution, and then read more about what could be causing that behavior, and more importantly, how to overcome it. This helpful book is intended to provide general, practical solutions for busy (and often overwhelmed) parents who can benefit from a handy reference guide to help them address common behaviors at home and in the community. A must-have for every home with a child with autism!



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VISUALS

<p>Monday</p>	<p>Tuesday</p>	<p>Wednesday</p>	<p>Thursday</p>
<p>park</p>	<p>Saturday</p>	<p>Friday</p>	<p>Sunday</p>
<p>schedule</p>	<p>chalk</p>	<p>sports</p>	<p>bike</p>
<p>cooking</p>	<p>outside</p>	<p>make</p>	<p>read</p>