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June 2018

Volume 6, Issue 10

Autism Agenda



Linn Benton Lincoln ESD-Cascade Regional Autism Program

10 reasons why autism and summer clash

Ahhh... do you hear that? It's the sound of children banging around in the kitchen trying to make their own breakfast while you try to sleep off your Orange is the New Black binge watching hangover. As you curse the sound of Fruity Pebbles spilling all over the floor you remind yourself it's not the end of the world because first of all, you are not wearing an orange jump suit and serving 8-10 years, and second of all, since there is nowhere to go you can just continue to lie in bed and let the dog clean up that rainbow sugary mess. No, it's not Mother's Day or your birthday, it's summer. Let the love/hate relationship with the season I love/hate the most begin!!

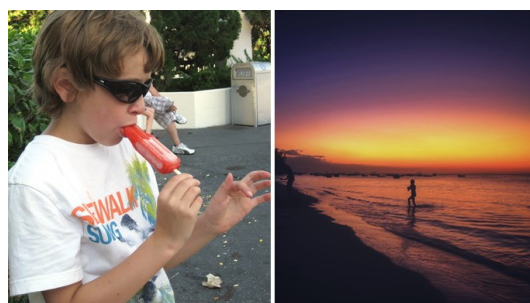
Summer is warm summer nights, popsicle sunsets, staying up late, bathing in the pool instead of the bathtub and no homework. Praise God there is no vague writing assignments, no common core math and no tardy slips for rolling into school 30 seconds after the bell rings. Thirty seconds, seriously...cut me a break...again...please?!

Summer for my autistic son is also a love/hate season. Ryan is ecstatic that summer is upon us, yet, anxious that the school year has come to an end. There are multiple reasons why these hot summer days bring us both joy and anxiety. Here are just a few:

1. Bugs. Big ones, little ones, flying ones, crawling ones. Summer equals warm weather (love) which unearths the bugs, which we now call "things", and these unearthed "things" equal anxiety (hate).

2. Hooray, there is no schedule (love)!! Oh dear God, there is no schedule (hate)!! Yes, not as much running to and fro certainly equals less screaming to "Hurry up before we are tardy (again)", but, not as much to do is NOT necessarily a good thing for a child who craves routine, who loves a schedule and who always wants to know "what to expect" next.

Continued on page 2.



10 REASONS WHY AUTISM AND SUMMER CLASH CONTINUED...

3. No more packing the **EXACT SAME SCHOOL LUNCH EVERY SINGLE DAY** (love), but, figuring out what to feed him since **that** lunch is for school only, causes my chest to constrict (hate). No, we cannot eat Little Caesar's Pizza every single day for lunch (can we?).
4. The pool is officially open so some days the pool becomes one big bath tub (love) so there really is no reason to shower. Ever. Just like his brain takes a break over the lazy days of summer, so does his hygiene (hate). I mean, if we have nowhere to go, why is cleanliness even an issue?
5. No reason to brush teeth ever. See number 4.
6. Ryan struggles so much to "fit in", so, summer time means a temporary freeze on many awkward social situations (love), but, the end result is a summer spent in his room alone (hate).
7. Thunderstorms. Summer means cool fronts clashing with warm fronts which means the wonderful smell of a summer rain (love), but, if there is a greater than 80% chance of a thunderstorm someone is NOT going outside (hate). Good bye plans for the day. It's that time of year we consider blocking The Weather Channel.
8. Summer means increasing his building expertise and using his imagination as he creates new worlds in Minecraft (love), but, it means way more freedom to withdrawal from this world into the world of Creepers, Zombies and Spider Jockeys (hate).
9. More time with mom means I continue to learn more and more about his incredibly unique mind and his beautiful heart (love), but, as much as I love it, I know he would much rather be walking the mall with a group of teenagers. Summer can be very, very lonely (hate).
10. Summer means time for vacations, time to explore somewhere new (love), but, for a kid who likes routine, leaving his comfort zone and trying somewhere new is usually met with a great deal of grumbling and resistance (hate). If it ain't the beach, he ain't going.

Ahhhh...yes, welcome summer. I love to love and hate you.

Orange is the New Black begins right about the time I start comparing Ryan's bedroom to the SHU (Segregated Housing Unit for those of you unfamiliar with Litchfield Penitentiary) as he spends much of his time in solitary confinement.

There are plenty of reasons why summer and autism clash. The lazy days of summer are too lazy, too carefree, too unscheduled, too much. So, there are plenty of reasons for me to despise summer, but, rather than focus on the bugs, the weather and the smell of boy seeping from under his bedroom door, I try to focus on all the reasons Ryan and I both love summer because even on the hard days, even in the tough moments, we both know the seasons will change almost as quickly as he does.

This blog post was written by Kathy Hooven, mother to a son with autism. You can read more about Kathy and her family on her blog, ["The AWEnesty of Autism."](#) You can also follow her on [Facebook](#).

<https://www.autismspeaks.org/blog/2016/06/22/10-reasons-why-autism-and-summer-clash>

HOW TO COPE WITH SUMMER'S RELAXED SCHEDULE

Five ways to help your child with autism cope with summer's relaxed schedule

By Mari-Jane Williams

Summer is lots of fun, sure. But all that free time can be challenging for kids with autism. (Matt McClain/The Washington Post)



Summer. Those precious sun-soaked, school-free weeks are, to most kids, a nectar. And let's face it: We parents don't mind the lighter load that comes with no homework or after-school activities. But that same relaxed schedule can be a challenge for children with autism and their parents.

Those kids often rely on—and thrive in—the structured environment that the school year provides. At least five days a week, they know exactly what is going to happen, and when, for the most part. That helps them make sense of a world that can be overwhelming with its constant barrage of sounds, smells and transitions.

“If you think about what autism is, there are two main areas of difficulty,” said Lauren Kenworthy, the director of the Center for Autism Spectrum Disorders at Children's National Medical Center in the District. “One is around social interactions, and the other is around a strong need for repetition and stability and sameness. They tend to get a lot of that from school, where they have the same schedule each day.”

I recently spoke with Kenworthy by phone and she offered ways for parents to help their child with autism learn to cope better when things are more fluid or don't go as expected. Here are her suggestions:

- **Use a calendar** to label “typical” summer days, weekends, vacations and holidays. Then create a “typical day” schedule that follows the school schedule as much as possible in terms of lunch time and breaks. It can be very specific if you like, or it can be more vague. Think about the things that will happen every day, Kenworthy said, from brushing teeth to reading for a half an hour, and include those in the schedule to give your child a cue of how to move through the day. Make it very visual so your child can refer to it to get an idea of what is coming up.
- **Talk to your child about having a Plan A, but also a Plan B in case things don't work out.** For example, if you're planning to go to the pool, tell him that if a storm comes up or the pool is closed, you might do something else, and that is your Plan B. Help your child learn to make contingency plans by talking to him when you have to adjust your own plans. By teaching him that it's not the end of the world when plans change, you can help him learn how to regulate himself before he has a meltdown. “Tell them how you manage unexpected things, how you cope with it when you feel disregulated,” Kenworthy said. “Talk out loud, and say ‘This isn't what I expected, I'm feeling very upset, I think I need a Plan B.’ Kids can really engage with that process, with parents asking for help with their problems. Then the next time you say we need a Plan B, that really means something to the child.”
- **Avoid developing bad habits.** It can be tough to stick to a schedule during the summer, when you just want to relax and let go a little bit, but the more you can keep to a routine for meals and sleep, and continue to limit screen time, the more well-regulated your child is likely to be, Kenworthy said. You know what causes your child to feel overloaded. For some kids, it's a messy house. For others, it's certain kinds of noise. And for still others it can be an unexpected deviation from plans. Maintaining a routine and upholding normal house rules, even in the summer, can help prevent her from reaching her breaking point.
- **Recognize the warnings.** It's important to know the signs that your child is getting overloaded and remove him from challenging situations before a meltdown if possible, Kenworthy said. “Catch them at the rumble, not the rage stage,” she said. “Ask yourself what are the warning signs and know what you can help them with. And it sounds strange, but we say don't just do something, stand there. Sometimes the best thing you can do is step back and watch your kid, instead of talking a lot, because that's not going to help.”
- **Keep things positive, always.** With any child, it's more effective to reward good behavior than to punish bad behavior. Kenworthy said parents should try to praise their child four times for every one time they correct something. That can be challenging when your child is really pushing your buttons, but Kenworthy suggests using a pen to mark praises on one of your hands and corrections on the other so you can keep track of how often you're doing each. You can make that praise concrete by using stickers and a reward chart. Give him a star every time he is flexible or completes a task in a timely manner or manages a transition well. Once he gets a certain number of stickers, he earns a treat such as special one-on-one time to play a game with a parent, or choosing the family's dessert.

CAMP YAKETY YAK

Camp Yakety Yak (CYY) is a 501c3 organization whose mission is to help children with special needs (e.g., Autism, ADHD, Intellectual Disability) grow socially and emotionally by improving their communication skills. The camp's educational mission is twofold:

- 1) provide instruction in social emotional skills to children with special needs their siblings to support friendship development in a day camp setting;
- 2) provide an opportunity for future professionals in educational and therapeutic fields to gain knowledge and hands-on experience in working with children with special needs.



Teaching Children The Language Of Friendship.

Camp Yakety Yak is a social skills day camp supporting friendship development in children ages 5-15. Sibling and Peer Models Welcome!

Camp Location: Mountain Park Church, 40 McNary Parkway, Lake Oswego

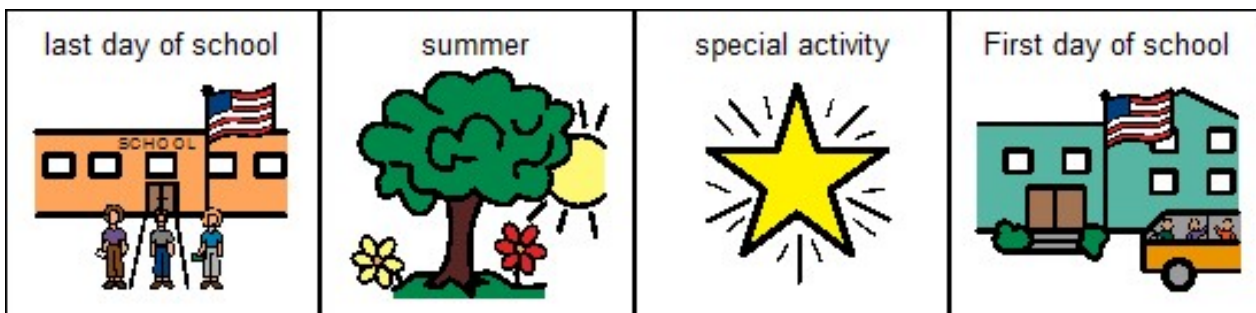
<http://www.campyaketyyak.org>

SOCIAL NARRATIVE FOR SUMMER

Social Stories and social narratives are used to help children with autism understand a certain behavior, the social environment, their peers, etc. A social story is a simple book, written in clear and concise terms that help a child with ASD better understand or prepare for a certain issue.

On the next few pages of our newsletter we have included a Social Narrative to help students transition from school to the summer. Following the Social Narrative are calendar pages that you can use to keep track of the summer, write down summer activities that are upcoming and note when school will start in the fall. You will need to write in the date of the last day of school in June and the first day of school in September on the Social Narrative.

Below are some icons you can cut out and glue on to different dates to mark the last day of school, first day of school, summer, and activity.



Social Narrative continued on page 5.



Summer Vacation 2018



This is an exciting time of the year!



School is almost over and it will be summer vacation.



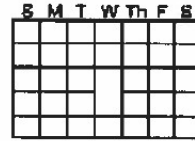
June ____ will be the last day of school for students.



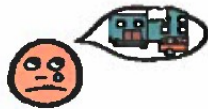
During the summer the school is closed.
Most people go on vacation.



All of my friends and my teachers from school go on vacation too.



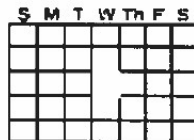
I might miss my friends or teachers. I can think about them and talk about them with my family.



Summer vacation is fun. I will have a good vacation.



In September I can start to think about going back to school. I can get my supplies ready and think about September _____. It is the first day back to school.



I have a calendar so I can mark off the days until September ____.



Then I will know how many more days I get to stay home.



It is important I get enough rest the first week of September.



My brain and body need to be ready for learning on September ____.



SOCIAL NARRATIVE FOR SUMMER CONTINUED.....

school

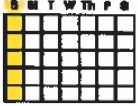


summer



June 2018

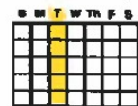
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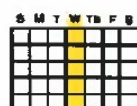
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Tuesday



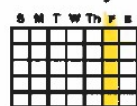
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Thursday



Friday

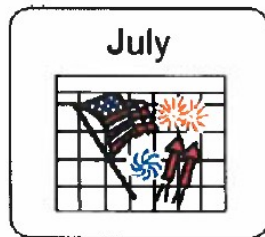
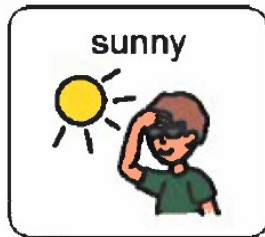


Saturday

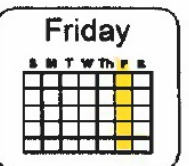
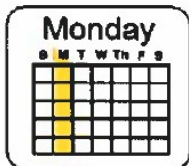
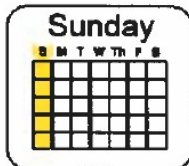


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SOCIAL NARRATIVE FOR SUMMER CONTINUED.....



July 2018

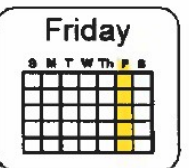
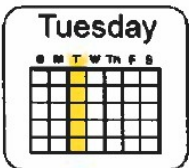
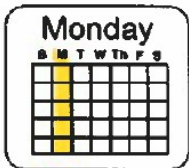
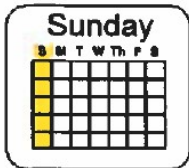


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SOCIAL NARRATIVE FOR SUMMER CONTINUED.....



August 2018



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SUMMER ACTIVITY OPTIONS FOR SUPPORTS

All items below are suggestions and not requirements from LBLEDSD.

Impact, OSU

IMPACT is a physical activity program for children, youth, and young adults with special needs. More than 80 children aged 6 months to 21 years, divided by age group, are engaged in physical activities-swimming, dancing, throwing balls, playing games, testing their skills on the climbing wall, balancing on a beam.

IMPACT

Individualized Movement and Physical Activity for Children Today

123 Women's Building

Corvallis, OR 97331-6802

541-737-2176

541-737-6613 (fax)

<http://health.oregonstate.edu/impact>

WELCOME TO SAMARITAN MENTAL HEALTH FAMILY CENTER

Friendship Groups: At Samaritan Mental Health Family Center, we are honored to provide the children, teens and families comprehensive and coordinated mental health care. We offer help with a growing team of highly skilled mental health professionals including psychiatrists, psychologists, therapists and others.

We offer evaluation and treatment of a wide range of emotional, behavioral, educational, social and biological issues. Evaluations and treatments target the specific needs of teens, children and families.

This includes a variety of evidenced based treatments, using counseling for both individuals and groups, conventional medicine and complementary medicine options.

The comfort and privacy of our patients is a priority at our clinic and we work to create the best space possible for treatment and healing.

Group Sessions

We offer group sessions for youth to learn tools and skills to help develop friendships, cope with stress and regulate behavior.

- **Superflex Group**
- **Dialectical Behavior Therapy (DBT) Skills Group**
- **Friendship Group**

<https://www.samhealth.org/find-a-location/s/samaritan-mental-health-family-center>

3517 NW Samaritan Drive, Suite 101 Corvallis, Oregon 97330

541-768-4620

Special Olympics

A Local Program (LP) consists of a local group of children and adults with intellectual disabilities who wish to train and compete in Special Olympics and a Local Program Coordinator (LPC) willing to organize safe, quality training for these athletes.

<http://www.soor.org/sub-page.aspx?Name=Find-a-Program-Near-You&PID=87>

Check out the LBL ESD Website

We have a lot of amazing resources on our website. Please check it out!

<https://www.lblesd.k12.or.us/cascade-regional-program/autism-program/local-resources/>

Dungeons & Dragons

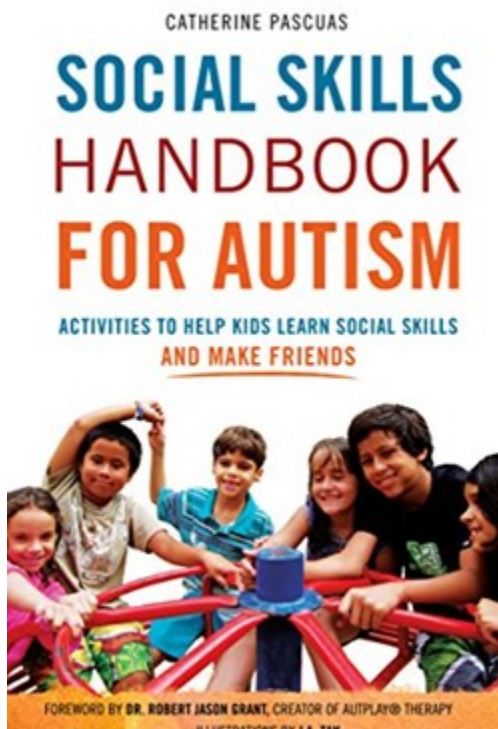
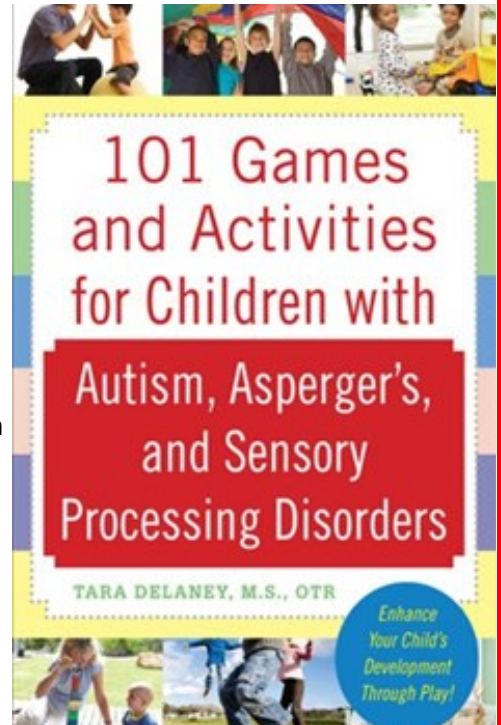
You don't need to be on the spectrum to join this group of D&D questors, but it will be autism-friendly. The group will meet Tuesdays, 7:30-9:30 PM starting June 26, 2018, in Salem, Oregon. The cost is \$7.00 per session, and participants receive a \$5.00 giftcard to purchase refreshments each week. Group size is limited, so email office@pipsforautism.com to reserve your place in the group and for location details. Dr. Wendela Whitcomb Marsh (209) 227-6921

BOOK REVIEWS

101 GAMES AND ACTIVITIES FOR CHILDREN WITH AUTISM, ASPERGER'S AND SENSORY PROCESSING DISORDERS

by Tara Delaney

One of the best ways for children with autism, Asperger's, and sensory processing disorders to learn is through play. Children improve their motor skills, language skills, and social skills by moving their bodies and interacting with their environment. Yet the biggest challenges parents, teachers, and loved ones face with children on the autism spectrum or with sensory processing disorders is how to successfully engage them in play. Pediatric occupational therapist Tara Delaney provides the answer. In *101 Games and Activities for Children with Autism, Asperger's, and Sensory Processing Disorders*, she shows you how to teach your children by moving their bodies through play. These interactive games are quick to learn but will provide hours of fun and learning for your child. And many of the games can be played indoors or outdoors, so your child can enjoy them at home, outside, or in the community.



SOCIAL SKILLS HANDBOOK FOR AUTISM: ACTIVITIES TO HELP KIDS LEARN SOCIAL SKILLS AND MAKE FRIENDS

by Catherine Pascuas

Bestselling author and educator Catherine Pascuas has 10 years experience helping children with autism learn. In this new activities-based guide, she's collected more than 50 engaging strategies and ideas to help kids develop social skills, make friends, and have fun. More than 50 fun and simple games and activities help the child on the spectrum learn essential life skills such as making friends, being part of a group, interacting with peers, problem solving, expressing feelings, dealing with bullies, managing stress, speaking over the phone, sending text messages, and sharing stories. Use the activities in this social skills book to teach school-age children with autism spectrum disorders or Asperger's. Whether you're a parent, special education teacher, or professional, you'll find ideas to help children develop the social skills they need to thrive at home, at school, and in the community. Featuring illustrations by J.A. Tan, an artist on the autism spectrum.



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VISUALS

