

**I Will**

I won't do it right, because I can't.  
I will find success, watch me.

I will not feel a thing when it hurts,  
because I can't.  
I will see tomorrow as a new, bright day.

I won't see what I did as wrong, because I  
can't.  
I will stand up and make you see me as a  
confidant person.

I won't ask again, because I can't.  
I will not be ashamed to try over and over  
again.

I won't say yes when what I mean is no,  
because I can't.  
I will shout from the rooftops, "I'm  
normal"!

I won't feel bad about myself, but I do.  
I will look in that mirror and smile.

I won't try to feel that I need to be perfect,  
but I do.  
I will only do what I can.

I won't say that I'm broken, but I am.  
I will find the pieces and put them back  
together.

Today is your day, my day, their day.  
Today we will change the world, shape it  
and recreate it

To make it fit in our lives.  
We are different, but we will stand and  
together we will  
Feel free to be you, them, and me.

Jennifer Woodward

*Are you aware that Family and Children's services offer a variety of voluntary services within the Rainy River District? These services include:*

**Infant & Child Development** – Servicing children 0 – 6 years of age who are at risk for a delay, or children with a diagnosed physical, developmental or sensory disability. Some of the services provided include early intervention programs, developmental screening and assessments, assistance with transition to school for special needs children, and parenting programs on a group or individual basis.

**Community Integration** – servicing children with a developmental disability 6 years – 18 years. The primary focus of this program is to facilitate integration into the community. Some of the services provided include developmental assessments, advocacy in relation to other agencies, linkages to health, financial, and educational resources in the community.

**Family Relief** – a program that provides families a respite period from the responsibility of the daily care of an individual with a developmental disability. The three options to services include In-home respite – provided in the family home, Out-of-home respite – provided in the approved worker's home, and community participation – The individual is accompanied by their Family Relief Worker into the community to participate in community events or activities.

**Children's Mental Health Services** – Assisting children, adolescence and their families who may be experiencing emotional, social, and/or psychological problems in their school, family, and/or community life. Services are provided free of charge, for a wide range of difficulties from mild adjustment reactions to severe psychiatric problems in children ranging in age from birth up to 18 years.

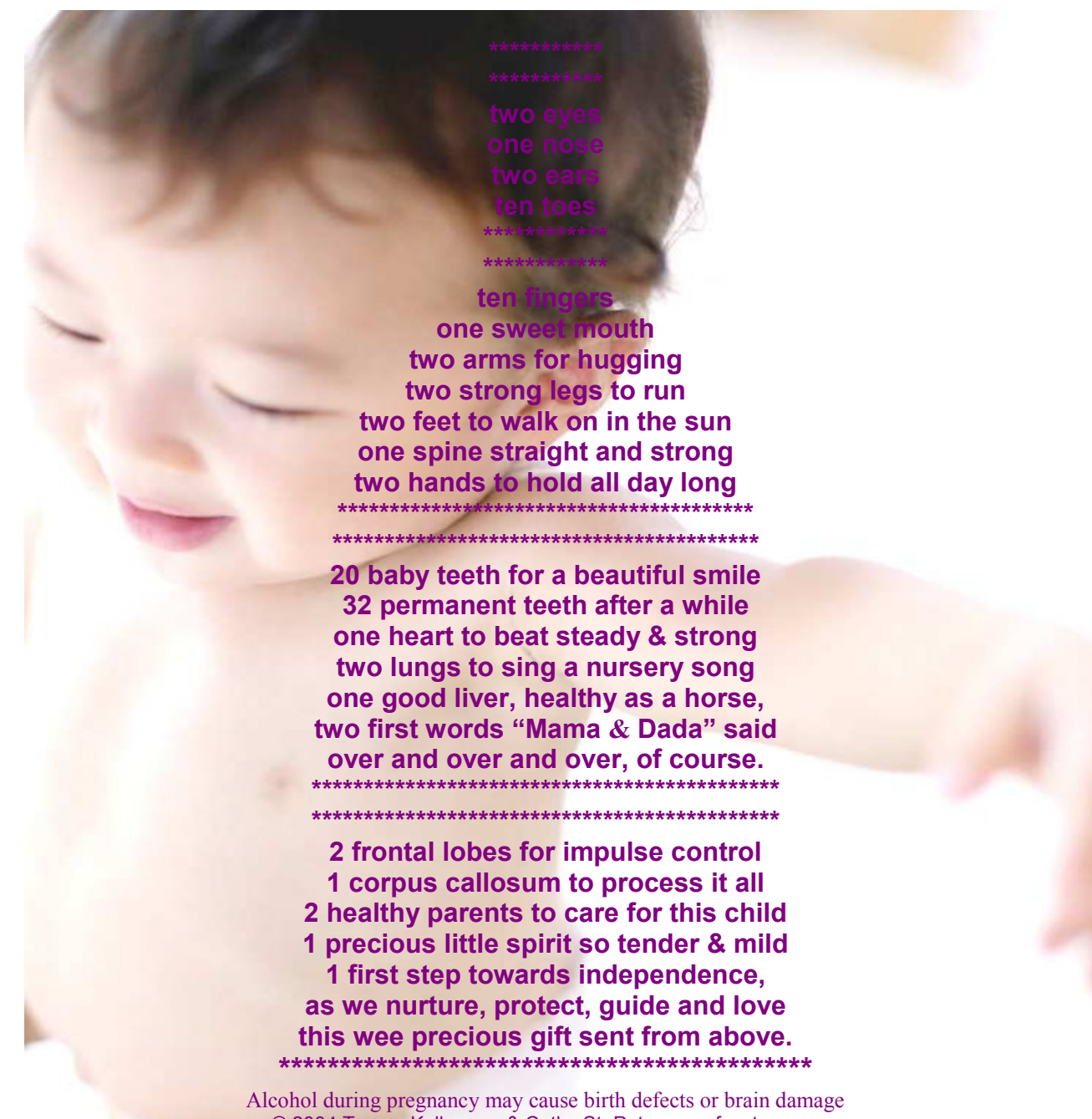
**For more information about the above voluntary services please contact** Family and Children's Services For Fort Frances call (807) 274-7787 or 1-800-465-7764 (Toll Free), for Atikokan call (807) 597-2700, and for Rainy River call (807) 483-1357.

**To make a referral for service**, please call **Firefly** (formerly known as *Integrated Services Northwest, The Integrated Services for Northern Children Program for Single Point of Access.*) For Fort Frances, Rainy River and area call 274-7787, for Atikokan area call 807-597-4528

**Do you have something to Share?**  
**Please phone Debra Bruyere at 274-7787 ext. 229**  
**or email [debra.bruyere@krrcfs.ca](mailto:debra.bruyere@krrcfs.ca)**

*September is Fetal Alcohol Awareness Month  
Sometimes the biggest reason to abstain  
from alcohol is a little one*

101 reasons to abstain from alcohol during pregnancy



\*\*\*\*\*  
\*\*\*\*\*  
two eyes  
one nose  
two ears  
ten toes  
\*\*\*\*\*  
\*\*\*\*\*  
ten fingers  
one sweet mouth  
two arms for hugging  
two strong legs to run  
two feet to walk on in the sun  
one spine straight and strong  
two hands to hold all day long  
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\*\*\*\*\*  
20 baby teeth for a beautiful smile  
32 permanent teeth after a while  
one heart to beat steady & strong  
two lungs to sing a nursery song  
one good liver, healthy as a horse,  
two first words "Mama & Dada" said  
over and over and over, of course.  
\*\*\*\*\*  
\*\*\*\*\*  
2 frontal lobes for impulse control  
1 corpus callosum to process it all  
2 healthy parents to care for this child  
1 precious little spirit so tender & mild  
1 first step towards independence,  
as we nurture, protect, guide and love  
this wee precious gift sent from above.  
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## Celebrating Progress, not Perfection

A critical strategy, which may seem very difficult at times, is to stop comparing our children to other typically developing kids and instead to look at their personal progress.

Every parent has hopes and dreams that their lives would unfold in a certain way. For us parents of children with special needs, it is easy to look at other kids and families and think of how life could have been, and how far behind and different our children seem.

While we may never be able to overcome all of the feelings of loss, jealousy, or inequality, there are choices that we can make about how we deal with our situations to gain a more positive outlook, and appreciate what we have been given.

The reality of life is that every child is different, and typically developing children are no exception. Some kids naturally excel in certain areas such as academics and sports, and no matter how hard they try, other kids will never come close to matching the achievements of their exceptionally gifted peers. And by constantly comparing average kids to high achievers, the middle of the road children will always come up short.



And the same goes for our kids with special needs compared to other kids their age. We will never appreciate the small progress that our children make if we keep comparing them to others with greater abilities. Our kids are individuals with unique qualities. We will only truly appreciate their special attributes by looking at their progress rather than comparing them to others.

While it is important to set goals, if we keep comparing our kids to others of greater abilities, we will never be happy with even the smallest steps ahead that should be appreciated. Once we start looking at our children individually, and enjoy their personal achievements over time, we can appreciate and celebrate their accomplishments.

*Excerpted from The Special Needs Caregiver Survival Guide*

## Bathroom Skills and Childhood Disability

There is a wide age range among children in developing bathroom skills and achieving relative independence in toileting and grooming. Some of the difficulties may be due to physical readiness, including the ability to read their body signals, or to recognize, control or delay the urgency.

In some cases, children are resistant to using the bathroom because they fear associated sounds, plumbing or fixtures. They may be uncomfortable with or fear physical feelings related to sitting on the toilet seat, falling in, and releasing their bladders or bowels.

Children who achieve potty training independence may resist good health practices like washing their hands because they want to leave the room to escape the sound of the toilet flushing, or they think the water from the toilet will come out of the faucet.

Most children have accidents after they learn when and how to use the bathroom because they do not have schedules that take them to the room often enough to develop good habits. They may also choose to rush out afterward to get back to what they were doing, or to enjoy whatever reward was offered for them to take a bathroom break.

Some children resist toilet training because it has become a power struggle with their parent or caregiver. Adults may be showing signs of impatience or frustration through their body language that creates a feeling of pressure and expectation in a child who has no interest in using the toilet.

## Bathroom Skills cont...

There are many strategies for encouraging children to learn and master adequate bathroom skills that also address their fears or discomfort, and others that help remove the obstacle of the power struggle between parent and child. Some recommendations are story books that explain all aspects of the bathroom experience; reward charts; posting rules on the refrigerator as if the frig is in charge of the situation; and assistive technology as simple as a toilet insert or step stools.

Some children have sensory issues and other reasons they do not want to use a public restroom, or have fears about using school bathrooms. Developmental delays or disabilities and physical conditions may be responsible for some children being disinterested in or resistant to learning bathroom skills. Lack of siblings or peer playmates as role models may be responsible for holding some children back.

Pressure from grandparents, siblings and others can create more frustration in parents than any delay or disinterest in bathroom skills expressed by their children. It is important to remember that nothing is as important as a healthy, affectionate relationship between parent and child. Also, some of the best parents in the world have raised accomplished and admirable sons and daughters who had exceptional delays in developing bathroom skills.

Source: <http://www.bellaonline.com/articles/art67777.asp>

## Playing With Little Ones

Submitted by Brenda Witherspoon-Bedard

Bouncy lap rides are a great way to help a baby when they have gas or to entertain a toddler or young child. There are lots of bouncy rhymes around. Here is one to get you started - it goes like this:

Here come the farmer's horses Clippity clop,  
clippity clop

*Slow bounce going from one leg to the other in  
rhythm with words*

Here come the little ponies Trit trot, trit trot  
*Now you move your legs a little bit faster*

Here comes the race horses, Giddy-up, giddy-  
up, giddy-up

*Holding tightly to the child's hands, move your  
legs together at a gallop*

Here come the bucking broncos, Whoa, whoa, whoa

*Lift your legs up high and then down holding the child firmly so that they feel as they  
are riding on a bucking bronco*



This is a good game to play when you're sitting in a chair. Children as old as 8 to 10 still love being bounced to a rhyme like this. And it's a GREAT leg workout also!

Keep in mind that when you are singing or playing with a baby or a toddler, you may need to repeat the activity many times.