



Parents and caregivers
please feel free to share
this newsletter with your

Theme Parks and Disabled Children

A PARENT'S GUIDE TO SERVICES

MANY FAMILIES "HIT THE ROAD" IN JULY FOR FAMILY VACATIONS.

HOW CAN PARENTS CHECK OUT SERVICES FOR THE DISABLED AHEAD OF TIME?

Maybe you are heading out to the local theme park. Perhaps you plan to stop at one while on the family vacation. Before you leave home, check out the services for the disabled.

Look on the Internet

- Enter the name of the park.

Go to search and enter *Services for the Disabled*

Accommodations and Services to Check

- Is there a reduced cost for admission for visitors with disabilities?
- Is documentation of the disability required?
- Does the park provide a pamphlet or booklet that is a guide to the park's accessibility?
- Can wheelchairs be rented at the park? Is there a fee? Are electric wheelchairs available?
- Which rides, shops and restaurants are accessible?
- Is there a special pass to avoid lines?
- Does the park provide personnel to aid in getting on and off rides?
- What type of emergency medical services are available in the park?
- What buildings / services in the park are available to take a break from the heat?

What accommodations are made for service / guide dogs?

Things to Take

- Documentation of disability
- Handicapped parking tag
- Park guidebook
- Special equipment needed
- Medications
- Emergency information: medical condition, allergies, medications, doctor contact
- Water
- Healthy energy snacks



What about the siblings?

- Consider going to the park as a family.
- Make sure enough adults are along to help with supervision and physical needs.
- Also consider giving your child with special needs a day just for him at the theme park.
- Do the same special outing on a different day for the siblings.

Ready? Set? Go have some fun!

Never hesitate to call if you have questions about the park and its services. A well planned outing without surprises is always good. . . Unless, of course, the surprises come from the rides themselves!

Note: Activities represented here are ideas. Parents (not the author) are responsible for choosing an appropriate activity for a particular child and for the consequences of that activity.

LIGHT UP FLIP FLOPS

Dress up your feet with this dazzling pair of light up flip flops!

- Light-up Foam Flip Flops
- Princess Foam Sticker Bucket
- Narrow Pink Ribbon
- Iridescent Glitter Glue & Assorted Small Rhinestones
- Pink Tulle
- Low Temp Glue Gun
- Scissors
- Ruler



Cut two 18-inch x 6-inch pieces of tulle. Pull the tulle through the loop support (at the top) and tie a bow. Brush two purple stars and two pink stars with glitter glue. Let dry and shake off the excess. Glue the pink stars to the tops of the purple stars, off set. Glue the purple stars to the top of the tulle bow. Tie ribbon into a bow and glue to the top of the stars. Glue rhinestones in place as shown.

Handprints

What you need:

- 4 cups of flour
- 1 cup salt
- Food coloring
- Water to moisten
- Large Bowl



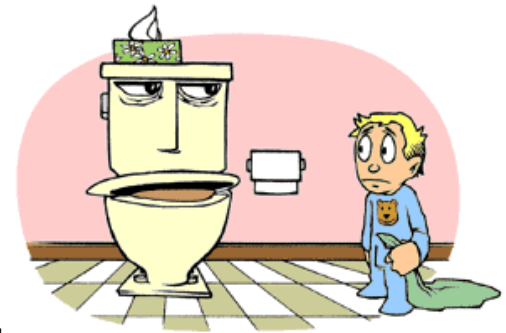
What you do:

1. Mix all the ingredients together in large bowl. Add water to get desired dampness.
2. Take half of the salt dough and gently flatten with palm of your hand. Don't let it get too thin. Keep it thick.
3. Ask your little one to make her handprints in the dough. You can do the same for feet prints too. With a toothpick have your child write their name on the back of the mold with the date. Allow to dry for 24 hours. Paint if desired.

SPD and Potty Training

Part 1 of 2

Submitted by Brenda Witherspoon



For so many, this combination goes together as well as oil and water. The difficulties you are experiencing, have experienced, or will experience with this major developmental task are neither your "fault" nor your child's. Traditional methods for potty training may not work with these kids. In order to understand this, we must look at a "new sense" you may not be familiar with, the **Interoceptive sense**. This sense relates to the "body-centered sensory systems" which operate without conscious thought and cannot be observed. The interoceptive sense includes input regarding the following: heart rate, thirst, hunger, digestion, state of arousal, mood, temperature, respiration, and bowel and bladder.

Bowel and bladder readiness is probably the biggest hurdle to successful potty training. However, it is one of the main problems SPD kids face. It is particularly challenging as many people don't understand that this trumps chronological age. A child's age will often mislead caregivers into thinking they "should" be ready. But, they will NOT be successful until their bowel/bladder and neurological system is ready. If the child literally cannot feel sensations from his bowel and/or bladder, or the sensory receptors of this interoceptive sense are not picking up or interpreting messages properly (over or under responsive), the child will not know when/if they have to go the bathroom, or how to effectively control their bowel/bladder muscles for elimination. Their bodies truly do not give them the proper input or signals necessary for effective potty training.

Because of inefficient sensory processing, these children may...

- ☞ go rushing to the bathroom at the very last minute (when they finally feel something) and be too late
- ☞ be unable to tell/feel when they need to, or are, voiding/eliminating; no sense of a "full" bladder/bowel - sit on the potty endlessly "trying"
- ☞ get easily frustrated, angry, and perhaps ashamed if they have an accident
- ☞ become frequently constipated or feel "pain" when having a bowel movement
- ☞ may never feel distressed by a dirty/wet diaper
- ☞ fear sitting on the toilet due to poor muscle tone, postural instability, or poor balance - be uncomfortable on a hard, cold toilet seat
- ☞ be unable to get undressed and get on/off the potty by themselves due to poor sensory-motor issues and coordination
- ☞ may gag or become nauseated by the smell of bowel movements or the bathroom in general, thus avoiding or fearing it
- ☞ be afraid or fearful of the sound of the toilet flushing
- ☞ be uncomfortable with the feeling of rubbing toilet paper on themselves after voiding/eliminating

Butterfly

Thoughts

Key Makers

*Some people see a closed door,
and turn away.
Others see a closed door,
try the knob
if it doesn't open...
they turn away.
Still others see a closed door,
try the knob,
if it doesn't open,
they find a key,
if the key doesn't fit...
they turn away.
A rare few see a closed door,
try the knob,
if it doesn't open,
they find a key,
if the key doesn't fit...
They make one.*

Announcements

Family and Children's Services **Developmental Services** will be sponsoring their first annual **Children's Services Fair** on Thursday, September 27, 2007 5-9 p.m. at the Robert Moore School Gym. This fair is to highlight the services, sports and other activities available to children in the Rainy River District. Come out and see what the district has to offer your children!



←—————→
Parents : great website for math games:
<http://nlvm.usu.edu/en/nav/index.html>

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

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.

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 physical or developmental disability 6 years – 18 years and up to 21 years as long as they are in school. 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 physical and/or 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.

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 597-2700, and for Rainy River call 852-3387.

To make a referral for service, please call Integrated Services Northwest, The Integrated Services for Northern Children Program for Single Point of access. For Fort Frances, Rainy River and area call 274-9797, for Atikokan area call 807-597-4528



Do you have something to Share?
Please phone Debra Bruyere at 274-7787 ext. 229