



Our 2021 Walk Is Here

Register Now



Register Now and Walk Virtually with your Walk Club

While the Walk Clubs look different this year, what you love most will remain the same.

1. Choose a walk club Clubs include walking with your family, your dog, colleagues, classmates and in select communities Walk on Wheels car parades. Whatever you decide to do always practice safe social distancing.
2. Take pictures and share with us by tagging us @autismspeakscan @autismspeakscanada #ASCWalk or send them directly to ascwalk@autismspeakscan.ca.
3. We will reshare and retweet your pictures and videos.



Register Now





1. HELP YOUR CHILD MAKE GOOD CHOICES

Schools have different requirements in their efforts to provide environments that are as safe as possible for students, teachers, and staff. Your child may have different emotions around these requirements (e.g. worry about their safety, frustration with the new rules). While it is important to listen and validate these emotions, it is also important to reinforce the school rules. If your child is going back to school in person, make sure that you understand the school's requirements and explain them to your child. You may also consider further measures to promote your child's safety. They may need reminders and practice about washing their hands, wearing a mask, maintaining physical distancing, and managing any peer pressure not to do these things. If your child is learning from home, help them set up a good learning space (e.g. minimize distractions, organize school books and materials) and manage their daily routine to include times of study and regular breaks.

2. TAKE CARE OF YOURSELF THE BEST YOU CAN

Deal with any concerns you may have about your child's schooling by taking actions that give you a better sense of personal control. Stay in contact with your child's school so you feel connected and know what is going on. Stress management skills such as mindfulness and/or deep breathing can also help reduce stress. If you focus on your own wellbeing (e.g. exercise daily, eat well, get enough sleep, avoid using alcohol or drugs to lessen stress), you can stay healthy and be available for your child. It is helpful to plan ahead to allow breaks in your schedule for yourself, and also to support your child's needs during the day.

3. MAKE SURE YOUR CHILD KNOWS YOU ARE READY TO TALK

Children need to be able to talk to their parents about their concerns and have their questions answered. This is especially true if your child is worried about being at school or doing their schoolwork. Let them know you are always there for them and try to make yourself available when they want to talk. If it's not possible right then (e.g. if you are working), make a time to talk as soon as you can.

4. SHOW YOU ARE LISTENING

When your child wants to talk, stop what you are doing and listen carefully. Avoid telling your child how they should feel, such as That's silly. You shouldn't be scared about that. Let them know it is OK to be worried. Talking or drawing can help children express what they are thinking and feeling. Ask them about how they are feeling and what is on their mind. This will give you a chance to better understand anything they may be confused or worried about.

5. BE TRUTHFUL IN ANSWERING CHILDREN'S QUESTIONS

Find out what your child knows about the issue before answering their questions. Keep answers simple and honest. Get information from trusted sources like your child's school or official health websites rather than social media.



6. MAINTAIN EVERYDAY SCHOOL ROUTINES

In an uncertain situation, maintaining routines is helpful in providing a sense of predictability. Involve your child in working out their school routine — even if this involves returning to an old, pre-COVID routine. For example, your child might write out a daily timetable that includes the time they need to wake up to get ready for school, and a time for homework. Or they might write a list of the things they need to do in the morning to get ready for school. For younger children, you might create a picture schedule together, either drawing or finding images to show the routine for the day.

7. TAKE NOTICE OF BEHAVIOUR YOU LIKE

Be on the lookout for any behavior that reflects optimism or preparations for going back to school or managing schooling from home. Use plenty of praise and positive attention to encourage the behaviors you like and want to see repeated. Let them know you are pleased by telling them what they have just done — I know you're a bit nervous about going to school and I really admire the way you're focusing on the good things like seeing your friends. That's a great attitude! or I really like the way you're managing your study space at home. You're keeping everything really well organized.

8. HELP CHILDREN LEARN TO TOLERATE UNCERTAINTY

The COVID-19 crisis has created uncertainty for everyone. Parents need to find a way to accept uncertainty and show this through their actions and words. It's OK to say, I don't know. Let's find out what we can. Swapping between learning from home and returning to school in person represents more uncertainty. Unexpected technology challenges can be frustrating for all involved. With older children, you can encourage them to check in with their teachers about managing their workload and preparing for assignments if they are worried about falling behind. When schools are open, no one can know whether they may perhaps need to close again for a short or longer time. It's good to remember that teachers and school staff are likely to be managing more stress as well, and we can model how to be understanding of others as well as taking care of ourselves. Big changes and uncertainty in children's lives can be hard, but they are also an opportunity for developing emotional resilience. This will be useful in the future as children navigate the inevitable ups and downs of life.

9. REACH OUT AND STAY CONNECTED

Children will feel happier and more confident if they feel supported in their relationships. Make sure you keep up your use of phones, online communication (e.g. video conferencing), and social media to keep in touch with family, friends, and neighbors. It is particularly important that children feel like they are connected to their friends and peers.

10. KEEP UP QUALITY FAMILY TIME

Your child may have enjoyed having so much time with their family while everyone was staying at home and may be worried this will stop with the busy return to school commitments. Try to carry on the positive things like making sure you have time to talk, play and do activities together, like going for walks, working on projects and cooking as a family. We can all take some positives out of this uncertain and challenging time.



YOU CAN RIDE 2

Helping children with disabilities experience the joy of riding a bike

Does your child have trouble riding a standard bike?

You Can Ride 2 has a fleet of over 200 adaptive bikes available for rent to ensure all kids will be able to experience the joy and freedom of riding a bike with their families and friends.



Some common adaptations

- Fixed gearing or foot supports for kids who have not yet mastered pedaling
- Push or pull bars for kids needing a bit of extra help moving or steering
- Spring steering to keep the bike going on a straighter path
- Sturdy balance wheels and backrests for kids who need a bit more stability
- Customization of handlebars or cranks for kids with limb differences or hemiplegia

Included in your borrowing fees is:

- A bike fitting with a pediatric physiotherapist or occupational therapist as well as a skilled bike mechanic
- Free maintenance and modifications should you get a flat tire or need changes to the bike to better suit your child's needs
- Opportunities to earn back most of your fees through volunteering or fundraising.

For more information or to register, please visit our website or follow us on social media.



**Autism Awareness
Centre Inc.** *believe in change*

Designing Sensory Spaces for Children and Teens at Home

Thursday, February 25, 2021 10am - 11am MST

Featuring Paula Aquilla, OT

Parents and children are spending more time together during COVID. Schools have been closed and restrictions have been made on community spaces, making home 'the space' for everyone. In this webinar, you will learn what to consider when designing your space and how to enlist your child in designing the space they will use. The same space can have more than one purpose – learn how to change the space with multiple purposes in mind.

Please note that this webinar will be presented live. If you are unable to attend on the day of the webinar, you will have access to the recorded webinar on demand.

Please scroll down for more information on our guest presenter Paula Aquilla.

LEARN MORE & REGISTER



**Autism Awareness
Centre Inc.** *believe in change*

Autism Awareness Webinar Training

Understanding and Supporting Children with ASD for a Positive Future

Featuring **Maureen Bennie**

Thursday, March 11, 2021 – 10 am – 11 am (Mountain Time)

How we support children with ASD today affects future outcomes. By increasing our knowledge of ASD, understanding learning difficulties and strengths, and effectively addressing core concerns such as communication, sensory issues and challenging behavior, we can create positive, trusting relationships that foster happiness and well-being. So how do we get there? This webinar explores a number of ways to provide the best support for children, while also understanding that what we do today can build a positive future.

Please note that this webinar will be presented live. If you are unable to attend on the day of the webinar, you will have access to the recorded webinar on demand.

To purchase the webinar click the link below



[Sign Up Now](#)



eives
possibility to ability

**ACCEPTING REGISTRATIONS FOR
2021/2022
PRESCHOOL & KINDERGARTEN**

AGES 2.8 TO 6 YEARS OLD
who qualify for Program Unit Funding (PUF)

OUR STAFF & SUPPORT
Certified Teachers, Teacher Assistants, Nurses, Social Workers
Occupational & Physical Therapists, Speech Language Pathologists, Transportation



Inclusion Alberta presents its **1st ever Virtual Family Conference April 16-17, 2021!** The conference is a time for families, educators and service providers from all over the province to deepen their knowledge and commitment to assisting children and adults with developmental disabilities to live fully inclusive and meaningful lives in their community. The Conference is the largest and longest standing of its kind in the world, with over 800 people attending in the past.

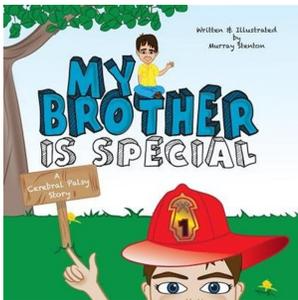
The conference features morning workshops on Friday from feature speakers **Dr. Paula Kluth** and **Janet Klees**, a variety of **morning and afternoon sessions** to choose from on Saturday and **Youth for Inclusion**, a workshop for youth aged 16-22. In addition to the workshops and sessions listed, the Virtual Family Conference will also offer several fun opportunities for you to socialize, network and build relationships and connections with Conference attendees as well as speakers.



From the bestselling author Todd Parr comes a reassuring book about being who you are.

Told with Todd Parr's signature wit and wisdom, *It's Okay to Be Different* cleverly delivers the important messages of acceptance, understanding, and confidence in an accessible, child-friendly format. The book features the bold, bright colors and silly scenes that made Todd a premiere voice for emotional discussions in children's literature. Targeted to young children first beginning to read, this book will inspire kids to celebrate their individuality through acceptance of others and self-confidence--and it's never too early to develop a healthy self-esteem.

It's Okay to be Different is designed to encourage early literacy, enhance emotional development, celebrate multiculturalism and diversity, and promote character growth.

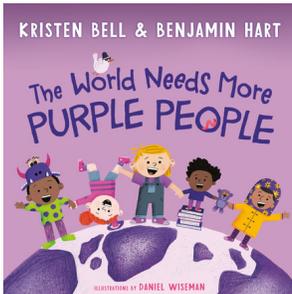


Ethan is a big brother like no other!

Life with a special need child has its fair share of challenges. These challenges are not only for the parents, but extend to those other wonderful little children, the siblings. This book helps shine some light on the difficulties and the job siblings special needs children experience every day. It is a light-hearted take of one little boy's thoughts of his big brother Ethan, who was born with Cerebral Palsy.

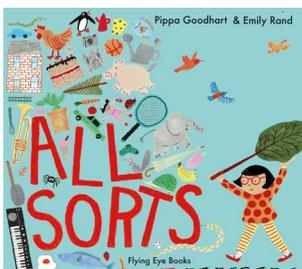
"Engaging and lighthearted, *My Brother is Special* captures what children with cerebral palsy and their families may experience. The characters are loveable and entertaining. Children will enjoy this book and relate to their experiences."

-- Jill Osborne, EDS, LPC, CPC, RPTS, author of *Sam Feels Better Now*



Actress, producer, and parent Kristen Bell (*The Good Place*, *Veronica Mars*, *Frozen*) and creative director and parent Benjamin Hart have a new challenge for you and your kids: become a purple person by embracing what makes YOU special while finding common ground with those around you.

What is a purple person? Great question. I mean, really great! Because purple people always ask really great questions. They bring their family, friends, and communities together, and they speak up for what's right. They are kind and hardworking, and they love to laugh (especially at Grandpa's funny noises)! A purple person is an everyday superhero! How do you become one? That's the fun part! Penny Purple will lead you through the steps. Get ready to be silly, exercise your curiosity, use your voice, and be inspired.



Organizing is Frankie's favorite thing to do in the whole wide world. She is good at sorting different sets of flowers, she is great at classifying the contents of the fridge, and she even attempts to put the people on her street into groups (which is hard!). But the one thing Frankie cannot seem to sort . . . is herself!

Where does one little girl belong in a world of endless colors, shapes, and sizes? From bestselling author Pippa Goodhart and illustrator Emily Rand, join Frankie in her search for her perfect place in the world . . . and discover that it's the mixed up, muddle of life that brings us all together.



Ice Slides & Winter Fun at Sylvan Lake



Raise your hand if you're ready for a winter day trip! Pack up the car (don't forget plenty of extra warm layers) and hit the road to Sylvan Lake to check out the ice slides! The folks from Ice on Whyte have built the slides bigger than ever before to accommodate more people. The kids and kids-at-heart are sure to love it! You can find the slides near the beach and the Lake Skating Rinks. The ice slide is expected to last a week or two before melting — somewhere near the end of February 2021.

While you're out at Sylvan Lake, be sure to visit the [Winter Village](#). Located at the Sylvan Lake Pier (Lakeshore Drive & 50 St), you'll find over 300,000 glittering lights! Take the family to visit this dazzling light display nightly from 5-11 pm from December to mid-March.

Last, but not least, be sure to pack your ice skates for this winter day trip. On Sylvan Lake off of Lakeshore Drive you'll find three ice rinks. Loop around the Rink Tree or bring your stick for the hockey rinks! Benches and parking available on-ice. And new for 2021, don't miss the color-changing lighting on the [Lake Skating Rinks](#).

All activities are FREE and self managed. If they're busy, please come back another time!

Sylvan Lake Winter Activities:

Where: Sylvan Lake

Website: www.visitsylvanlake.ca



Free Pond Skating at Prairie Gardens

March 6 @ 12:00 pm - 6:00 pm

|Recurring Event ([See all](#)) | Free



Make a visit to Prairie Gardens for **FREE pond skating** outdoors with your family. Book a time and enjoy the pond for your one-hour session. Bring your own skates and winter wear and be prepared to be outside (there are no indoor facilities per Covid-19 guidelines).

Free skating sessions are available weekends from 12 pm – 6 pm and run until Spring Melt in March. Reservations are required due to limited capacity.

Do you want to extend your time on the farm? Add-on a private campfire or hot dog roast to spend an extra hour at the farm.

Add-on options include:

- **Wiener Roast & Campfire \$42** — Includes 12-Pack of all-beef hot dogs, 12 hot dog buns, and marshmallows!
- **Campfire \$26.25** — Add-on a good ol' fashioned campfire to your free pond skate.

Free Pond Skating at Prairie Gardens:

When: Saturday & Sunday until March melt

Time: 12 pm – 6 pm; Reservations required

Cost: Free with varying prices for add-ons

Where: Prairie Gardens

Address: 56311 Lily Lake Road, Bon Accord

Website: www.prairiegardens.org



Join one of Edmonton's great winter celebrations! The Flying Canoe Volant is a creative, interactive, and cultural event that celebrates local history and everything that is great about a long winter's night.

Loosely based on the legend of the Flying Canoe, and on French-Canadian, First Nation, and Métis traditions, the Flying Canoe Volant invites you for a nighttime adventure in Edmonton's French Quarter and along the illuminated trails of the Mill Creek Ravine.

This year's celebration will focus on the sights and sounds of Flying Canoë Volant. The legend is brought to life by illuminated trails featuring over 60 lighting installations by Dylan Toymaker, Third Space Design, Virginie Rainville, Lynette Maurice, Jean Grand-Maître (Alberta Ballet) and Jasper Place Highschool, among others. In conjunction with the signature visual art, patrons will experience Virtual Cultural Experiences by valued collaborators Native Counselling Services of Alberta, Fort Edmonton Park, MJ Belcourt-Moses, Franco Musik, and soundscapes featuring Francophone music.

In light of COVID-19, Flying Canoë Volant has put many safety measures and precautions in place that include additional dates; a registration system to manage participant numbers; one-way pedestrian traffic to help facilitate physical distancing; no live performance; increased emphasis on sights and sounds.

The celebration will encompass portions of the Mill Creek Ravine, the Rutherford School Yard and La Cité Francophone. We encourage everyone to join us in some winter magic, community joy and cultural excitement...a Canoë paddle apart.