



**SAMSUNG** |  **autism speaks  
CANADA\***



Earlier in 2020, Samsung Canada and Autism Speaks Canada joined forces to donate 1,000 tablets to help ease everyday challenges exacerbated by COVID-19 for individuals on the spectrum and their families. In the first 24 hours of the campaign, we received over 4,000 applications from across Canada. It is abundantly clear that the autism community needs our support now more than ever.

Building on the success of these programs, we are excited to announce, **we are providing an additional 1,000 NEW Samsung tablets to organizations** supporting online learning opportunities for autistic Canadians donated by Samsung Canada.

Our generous partner, Samsung Canada is committed to enabling learning for all by connecting people and technology. Since 2014, together we have donated over 3,500 tablets to families and service organizations to foster closer connections and increase access to learning opportunities through technology.

[Apply Today](#)

Deadline Oct 27, 2020



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

## **Webinars**

*Autism Awareness Centre's webinars are a great way to gain access to Maureen's 20+ years of knowledge in an informative and engaging exploration of topics for busy parents, support persons, and care professionals.*

### **Pathological Demand Avoidance (PDA) - An Overview and Collaborative Approaches to Learning to Support Children and Young People**

**Thursday, October 8, 2020 – 10 am – 11 am (Mountain Time)  
Featuring Ruth Fidler**

This webinar will provide an overview of Pathological Demand Avoidance (PDA) as one of the autism spectrum profiles. It will go on to give a brief introduction to Collaborative Approaches to Learning to support children and young people with PDA.

**\$20**

### **Understanding Practical Strategies And Big Ideas For Supporting Autistic Children**

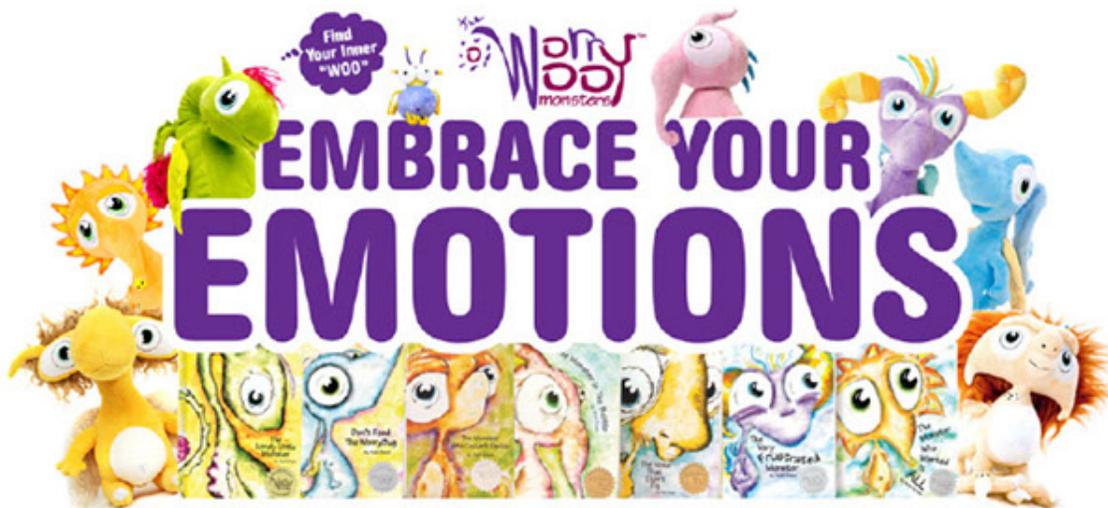
**Thursday, October 22, 2020 – 10 am – 11 am (Mountain Time)  
Featuring Brenda Smith Myles**

This course provides you with increased understanding and knowledge of autism spectrum disorder as well as simple and effective practical strategies for helping children with ASD feel safe, accepted, and competent. Covering a variety of areas including anxiety and stress, challenging behaviors, stretching comfort zones, social competence, and learning.

**\$20**



**The WorryWoo Monsters** is an award winning series of books and plush dolls written and illustrated by Andi Green. Emotions themselves are turned into lovable quirky characters that embark on delightful journeys of self-awareness. Created to promote healthy emotional wellness, each WorryWoo adventure concludes with an upbeat message of “Hey, it’s OK” and present the perfect opportunity to openly discuss topics that don’t have easy answers.



### General Objectives

Building social emotional learning skills

At the conclusion of the course the student will be able to demonstrate an ability to:

- practice personal and social skills to interact positively with others
- identify and describe emotional responses people may experience in different situations
- identify and describe the emotions of people who are happy, sad, excited, tired, angry, scared or confused
- learn and use appropriate language and actions to communicate feelings in different situations
- recall and share emotional responses to different situations and represent this in a variety of ways
- read and view stories about adventures and talk about how characters feel and react when taking risks
- discuss connections between feelings, body reactions and body language

### ✓ Required Activity

Create a character and story for a book based on what students have learned from the study of emotions in the language, visual and performing arts classroom.



Dear friends,

Hello my name is Laura Leshenko and I am the proud owner of my business called

## *Devotion Cuts.*

This is a mobile in home haircutting business which specializes in haircuts for children and people with disabilities. I have built a reputation in the autism community through the Connecting Autism Parents website on Face book and word of mouth.

As well as my business I also work full time for the Edmonton Public School Board as an Educational Assistant working with students with disabilities. I have been a licensed stylist for over thirty years and have extensive experience with the sensitivities of autistic children and other disabilities. I also have a lovely non-verbal autistic son myself.

I have experienced in educating through public speaking to parents or colleagues about how to prepare children for going to salons, for example decreasing sensitivities and creating social stories.

I would like to offer my experience to educate parents or others on how to manage sensitivities and other challenges that arise for getting haircuts.

I would be more than happy to answer any questions anyone might have. I believe education is the key to understanding and developing progress for our children.

Sincerely,

Laura Leshenko

Phone: 780-905-1195

Email: DevotionCuts@gmail.com



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

## Constipation, Withholding and Overflow – A Deeper Dive into Bowel Problems for Individuals with ASD

[Maureen Bennie](#)

The article that I wrote June 2019 on [fecal smearing](#) has generated a lot of mail and comments over the past year. When it comes to toileting difficulties, many challenges center around bowel movements and these 3 occurrences – constipation, withholding of the stool, and overflow. All three of these problems can be a cause of fecal smearing. Let's have a look at each one of these problems.

### Constipation

Constipation is the most common bowel problem among individuals with autism. About 5 – 30% of children in general experience constipation. It is important to seek medical advice for constipation because there could be an [underlying medical cause](#). Signs of a medical problem are a history of constipation since birth, weakness in the lower limbs, and abdominal distension with vomiting.

Most children who are constipated tend to be healthy. Increasing fiber in the diet alone will not make constipation go away without adequate fluid intake. When a person is constipated, the large bowel becomes distended, but there is a lack of awareness that the bowel is full. The sense of feeling this is called interoceptive awareness. Receptors located throughout the inside of our body, in our organs, muscles, skin, bones gather information from the inside of our body and send it to brain. People with autism tend to have impairment in this area. This means the signal of a full bladder or needing to eliminate does not reach the brain so there is no impetus to get to the toilet or the sensation of needing to go is felt too late (a full bladder to the point of bursting). There are things you can do to increase a person's [body awareness](#) and the feeling of the need to "go". Kelly Mahler, an OT who has done extensive work in the area of [interoception and autism](#), gave an excellent [webinar](#) on this topic if you would like to dive deeper into this important topic.

The problem with constipation is the longer poop stays inside the bowel, the harder it gets and becomes more painful to pass. This can become a viscous cycle because the child will do everything they can to avoid the pain of pooping. This painful elimination memory can stay with children for years, even after the problem is fixed.

[READ MORE](#)



## OT Tips for Getting your Child Winter Ready

### 1. Sticker on Boots

Children often have a hard time figuring out which foot goes in what boot. A nice trick to help kids with this differentiation is to cut a sticker in half, placing the right side on or inside the right boot and the left side on or inside the left boot. When the picture matches, the boots are on correct. Drawing happy faces on the insoles of each shoe/boot also works ☺.

### 2. The Flip Trick for Jackets

Lay the jacket down flat on the floor, with the inside of the jacket facing up. Sitting on your knees in front the jacket, insert both arms into the sleeves, and flip it over your head. The phrase, "Tag to toes, and over your head it goes" can be paired with the action.

### 3. Building up Zippers

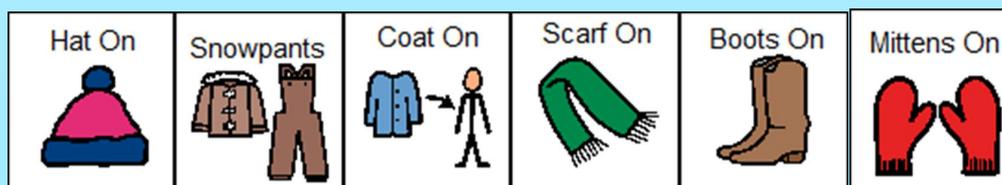
When something is bigger, or has a larger surface area to grasp onto, the fine motor demands become easier. One way to build up a zipper pull involves a paperclip and two durable stickers. The paperclip gets hooked onto the zipper and the two stickers sandwich together over the paperclip. A larger surface to grasp. Hand over hand support can be helpful to teach putting the "mouse in the house" in order to learn to engage the zipper.

### 4. Wearing Gloves vs. Mittens

The majority of tasks involving your hands require more than just the open and close full hand motion that mittens provide. Wearing gloves provide the ability to utilize a pincer grasp (thumb and index finger) which make tasks much easier.

### 5. Using a Visual Schedule

The order in which you put on winter gear is important. Having some type of visual schedule, with the order specifically outlined, is a good idea (for example:





BANFF, AB

# SPECIAL-NEEDS MOMS RETREAT

OCTOBER 16 - 18, 2020

## INCLUDED:

FACILITATED STRENGTHENING & HEALING SESSIONS  
MEALS AND REFRESHMENTS  
PARTICIPANT GIFT  
YOGA

### FRIDAY

Time for you and time to connect with other moms  
7:00pm-9:00pm | Welcome social

### SATURDAY

9:30am-10:30am | Breakfast  
10:30am-12:30pm | **Moving from reaction to creation: steps to building the life that you want**  
12:30pm-1:30pm | Lunch  
1:30-4, 5-6pm | Time for you and time to connect with other moms  
4:00pm-5:00pm | Yoga  
6:00pm-7:00pm | Dinner  
7:15pm-? | Evening storytelling and social

### SUNDAY

9:30am-10:30am | Breakfast  
10:30am-12:30pm | **Building hope through resilience: managing emotions, stressful events and intermittent grief**  
12:30pm-1:00pm | Wrap-up and bagged lunches  
1:00pm & onwards | Time for you and time to connect with other moms

**Location:** Moose Hotel & Meadow Spa and Pools (special group rates)

**Cost:** \$200 per person (accommodations, alcohol & spa are extra)

**To register and for more info:** [snmomsretreat@gmail.com](mailto:snmomsretreat@gmail.com)

*\* Covid-related precautions will be taken to ensure everyone's safety during the retreat. \**

### SPONSORS:

Donna McBride Coaching  
Centre for Thriving Kids



## ‘Sesame Street’ Helping Kids With Autism Learn To Wear Face Masks

With a collection of new materials, “Sesame Street” is working to help kids with autism adapt to wearing face masks and other realities of living through a pandemic.

Sesame Workshop, the nonprofit behind “Sesame Street,” unveiled a series of videos this week featuring Julia, a 4-year-old muppet with autism, as she encounters the various ways that the world has changed as a result of COVID-19.

The videos show Julia going on a [virtual playdate](#) with Elmo, [practicing wearing a face mask](#) during a video call with her dad and learning to deal with changes as she [visits the park](#) for the first time in a long time.

In addition to the videos, Sesame Workshop is also offering articles and stories to help parents and caregivers support their kids on the spectrum as they deal with changes in routine.

“We know that children with autism and their families are experiencing unique challenges during the COVID-19 pandemic, and that schedules, routines and guidelines can change with little warning,” said Jeanette Betancourt, senior vice president of U.S. social impact at Sesame Workshop. “The new resources are designed to help families manage unexpected circumstances, familiarize children with important new behaviors like wearing masks and incorporate practical strategies into their day-to-day lives — all with a little help from Julia.”

The content released this week is just the latest from Sesame Workshop designed to help children cope with the pandemic. This spring, the organization rolled out its “[Caring for Each Other](#)” initiative with resources to help families manage anxiety and establish new routines. At that time, they also offered coronavirus-related tips specifically for families of those with autism.

The autism materials are part of the broader “[Sesame Street and Autism: See Amazing in All Children](#)” initiative, which [launched](#) in 2015 and includes a range of online videos and resources and a handful of “Sesame Street” episodes focused on Julia.



[www.toolsforkids.ca](http://www.toolsforkids.ca)

Tools for Kids Inc. is a home-based business supplying pediatric Occupational Therapy products in Canada. As Occupational Therapists in Canada we know of the limitations for buying our “tools” locally and we hope to make that more convenient for therapists, parents, educational staff and all those involved with children who have special needs.

We offer three ways for ordering: on-line, by [e-mail](#) or by phone.

If you have inquiries about an existing product please [contact us](#)

**Innovaid** serves people with special needs, focusing mostly on those with sensory issues. However, since we are all sensory beings, even those not labeled with special needs often find our products useful. Which leads us to the next point.

The most common way we help people is to increase calmness by helping the body to regulate and/or relax.

Many of our products have been designed in-house based on a need that wasn't being addressed (a shout-out to those of you who have made suggestions, tested, and given feedback so we can create great products, and continuously improve them).

We've been in business for over a decade (thankfully, not personally aging a minute in that time 😊).



fdmt

All children learn differently, and our goal is to help them develop to their full potential. We at FDMT wholeheartedly offer you resources, games, educational materials, and quality sensory tools. We are your allies in challenges, your accomplices in daily pleasures.

The birth of our **manimo**: our weighted animals was the starting point of the enterprise. We saw and listened to the professional needs. We understood the parents. We acted!!



### ABOUT SOUTHPAW

We're not all left-handed, but we do take a different approach to business. We're all about creative solutions, information and advice – not mass distribution of the latest gadget. Since our founding in 1978, Southpaw has been dedicated to developing and manufacturing sensory and neurodevelopmental products to help therapeutic professionals, people with special needs, their families and other professionals solve problems and overcome challenges

Although we focus on clinic-based therapy, we continue to develop products for teachers in the classroom and for parents for use at home under the guidance of a therapist.

For your larger equipment needs!

Is your family in need of sensory toys/equipment?

Our Occupational Therapist Michelle has recommended these 4 companies.

Check them out!



**Free  
Stuff!**



## 50+ Lessons

### To Assist Virtual Learning

Our free stuff portal is filled to the brim with teaching ideas to foster the development of student's social competencies. Explore our digital resources:

- Read-aloud books & Thinksheets
- Video lessons for tele-education
- Free webinars & articles

**!Social  
Thinkingjr.**

[Explore Free Stuff](#)





Change the directions to make this age appropriate for your child!

## A Spooky Halloween Night



(Give everyone a piece of paper and pencil and tell them to close their eyes the entire time they play the game.)

It's Halloween night. Close your eyes and imagine you are heading out trick-or-treating. You walk out your front door and see a spooky sight.

- 1-With your eyes closed, draw a pumpkin on the bottom of your paper.
  - 2-You hear a squeak and a bat is flying above your head. Draw some bats in the air.
  - 3-Draw a big, spooky tree to the left of your pumpkin.
  - 4-It's a cloudy night so put some clouds in the sky.
  - 5-You see other trick-or-treaters coming. Draw them to the right of your pumpkin.
  - 6-You hear a cackle and see a witch in the sky. Draw a witch in the sky and don't forget her broom.
  - 7-You notice you forgot to carve your pumpkin. Draw a scary face on it.
  - 8-A trick-or-treater spilled their candy. Draw some candy on top of your pumpkin.
  - 9-A scary spider falls from your tree. Draw the spider on it's web.
  - 10-You can't have a witch without her cat. Draw a cat on the witches broom.
  - 11-You hear a loud OOOoooo! Draw a ghost above your pumpkin.
  - 12-A full moon peaks out from behind the clouds. Draw it in the sky.
- Your Halloween scene is complete! Open your eyes for a spooky sight!

- Score: 1-If your pumpkin is on the bottom of paper\_\_\_\_\_ 10 pts
- 2-If the trick-or-treaters are to the right of pumpkin but not touching\_ 10pts
- 3-If you have more than 2 bats in the air \_\_\_\_\_ 10pts
- 4- If your tree is to the left but not touching your pumpkin\_\_\_\_\_ 10 pts
- 5-If you have more than 3 clouds\_\_\_\_\_ 10pts
- 6-If your scary pumpkin face is on the pumpkin\_\_\_\_\_ 10pts
- 7-If you drew Halloween candy on top of your pumpkin\_\_\_\_\_ 10pts
- 8-If your spider and web are touching your tree\_\_\_\_\_ 10pts
- 9-If the witch is on her broom\_\_\_\_\_ 10pts
- 10-If the cat is on the broom or witch\_\_\_\_\_ 10pts
- 11-If the ghost is above the pumpkin\_\_\_\_\_ 10pts
- 12-If the full moon is big and bright\_\_\_\_\_ 10pts
- Who had the spookiest Halloween??

