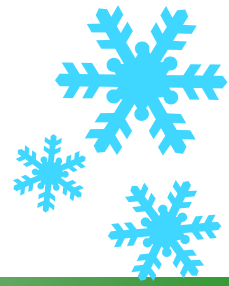
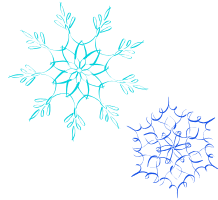




AUTISM YUKON



Fall/Winter Issue 2006



ASD: A Yukon Guide to Services

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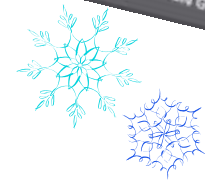
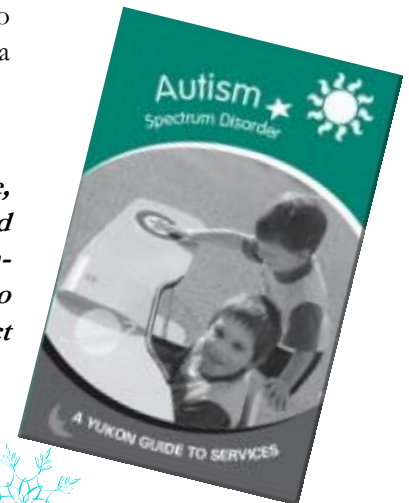
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On October 25, 2006 we officially launched the new resource guidebook called *Autism Spectrum Disorder, a Yukon Guide to Services* at our open house.

This new guide is the product of hard work and collaboration by representatives from the Child Development Center, Yukon Government, Yukon Association for Community Living, and Council for Yukon First Nations along with board members from Autism Yukon. It's an exciting resource for newly diagnosed families, interested community members and professionals, service providers and families living

with a child on the Autism Spectrum. You can review this document on-line at www.autismyukon.org or you can stop by the office to pick one up, or request a copy be mailed to you.

Special thanks to Julie, John, Jerome and Alison for their volunteer contributions to this wonderful project for our community.



Message from the President

As we roll into winter, I reflect back at all the exciting events we had this fall. Our open house, the launch of our new website and the *Guide to Services* handbook, and most recently our successful workshop on *Strategies for Children with Communication Challenges* with over 60 people in attendance including professionals, par-

ents and family members. A big thanks to Leah and everyone who made these events possible. We look forward to an even busier and more exciting 2007! As this is the last newsletter this year, I want to wish everyone Season's Greetings and I hope you all

have a safe and relaxing holiday season.

Regards, *Kathy Nixon*

"Never doubt that a small group of thoughtful, committed citizens can change the world. Indeed, it's the only thing that ever has."

Margaret Mead



Wishing you all
a safe & happy
holiday season!

Join AY Today to receive early notice of upcoming events and training opportunities!



Holiday Survival Tips for Parents & Teachers!

The Christmas Season can be challenging for many children on the Autism Spectrum. Anticipation, changes in diets & routines and unpredictable events can all lead to stress for both the child and the family. Here are some helpful hints we found on-line to make this season a bit easier to enjoy...

Make a timetable of events and important dates using visual support (pictures, drawings, etc.) Include when the decorations are being put away too.

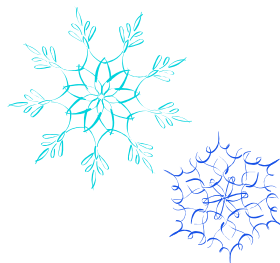
You can include before and after pictures to help with the transition.

Consider the extra noise, lights, sights & smells during the holiday season. It just might be too much for your child and you might want to consider *NOT* taking the child shopping at this time of year.

Give lots of opportunity for quiet time or time to chill out in this busy season. Be mindful that you aren't overdoing it. (A good tip in general!)

Getting presents can also be difficult if your child doesn't like surprises. You might have to pre-warn your child, and discuss your concerns with friends and relatives. Practice the art of saying thank you with your child, even if they don't want it.

And most importantly, it's good to know that this season is hard on many families with ASD, so you're not alone. Share strategies with each other and remember to *laugh as much as you can!*



-Fun Ideas-

Gingerbread Playdough

If you and your child like the smell of gingerbread, than this is for you! It's a fun activity to make & play with together

You'll need:

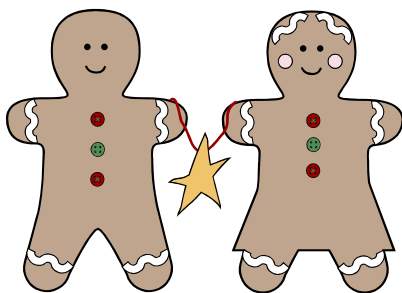
- 1 cup flour
- 1/2 cup salt
- 2 tsp. cream of tartar
- 1 cup water
- 1 tsp. veg. oil

lots of cinnamon, allspice, ginger, and nutmeg

DIRECTIONS :

Mix the dry ingredients. Play with the spices till you get the scent you want and the color (will be a shade of brown. Mix water and oil together first and THEN add them to the dry ingredients and stir. In

a pot, cook the mixture for two to three minutes, stirring frequently. The dough will start to pull away from the sides of the pan and clump together. Take the dough out of the pan and knead the dough until it becomes soft and smooth. Allow to cool and store in an air tight container. ENJOY!!



Great times at October's Open house!



Lorraine Kamp Workshop

Over 60 people attended the workshop on Friday November 17th at the Yukon Inn presented by Lorraine Kamp.

Lorraine is a Speech Language Pathologist and Augmentative Technology Consultant who traveled from Surrey BC to enjoy our lovely winter weather and share her expertise.

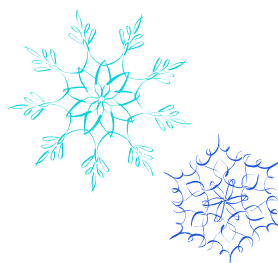
It was an exciting day learning about social inclusion and visual strategies. It was a practical workshop that provided us

with many new tools for working with children with Autism and other communication challenges.

We've heard lots of positive feedback about the workshop. If you have any comments to share, please send them our way. **Watch for news about upcoming workshops this spring.**

Special thanks to Lorraine and her husband John.

Here are pictures of some of Lorraine's tools .



Path Planning Workshop

On January 24, 2007, People First Society of Yukon and the Yukon Association for Community Living will be hosting a workshop at the Yukon Inn. This workshop will address the issues of associational community life and capacity with a focus on friendship development with individuals labeled with intellectual disabilities.

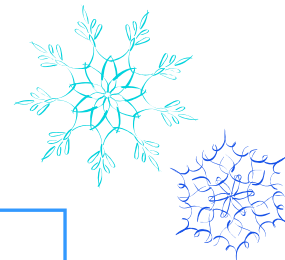
A PATH planner and a self-advocate, both with years of experience working across the country, will facilitate a daylong workshop. Using the PATH (Planning Alternative Tomorrow with Hope) process, individuals with labels, family, friends, support workers, agencies, case managers, students and other interested community members will learn how we can work together to reduce isolation and victimization for people with labels. The session will include coffee/tea service and lunch.

Additionally there will be four half-day sessions available to groups interested in developing individual PATH plans. These will be available at no cost, however it is important that some participants have an understanding of the process and have attended the daylong session.

These workshops will be of particular interest to those working with individuals who have issues with communication, as the PATH planner has extensive experience developing plans with individuals who are non-verbal or have difficulty communicating. This is also a great opportunity to become familiar with the PATH planning process, which is a tool that can be utilized in a number of ways for organizational and personal planning.

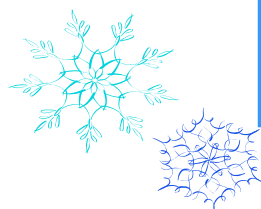
Made possible with the support of the Crime Prevention Victim Service Trust Fund.

For more information about fees or to register, please call Lisa Rawlings at YAACL 667-4606.



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Our shining stars!

If you have something you'd like to share for our shining star corner, please submit to the Autism Yukon office. Our shining stars are all ages. Contributions can be poems, art work, stories or achievements....



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Congratulations to Cole Robinson-Boivin for his outstanding achievements.

Cole made the honour roll for the 2005/2006 academic year!
Your family and friends are very proud of you.

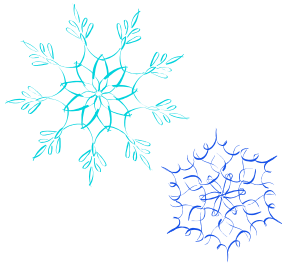
Cole also had a **film review published** in a magazine called "G-Fan". A well known magazine in the world of Godzilla fans.

A life long dream was realized for Cole when he was published—after months of hard work, re-writing and editing.

A fascinating professionally written review of the movie *Godzilla, Mothra & King Cidorah: Giant Monsters All-Out Attack* earned the film makers a meager "One star" in Cole's review. It doesn't exactly make me want to rush out and rent the movie, but I sure look forward to reading his next review!

Congrats Cole! Great Job. You're an inspiration to us all!

VISIT OUR NEW WEBSITE
WWW.AUTISMYUKON.ORG



The Library Corner

Did you know that we have a resource Library in our Autism Yukon Family Room?

We have books, DVD's and resource manuals for lending, or if you'd like a quiet escape, feel free to sit in one of our cozy arm-chairs and curl up with a book and a cup of coffee or do some research right in our own office.

As a member of Autism Yukon, you can sign these books out for free, other

wise we ask for a \$25.00 refundable deposit.

We have a wide assortment of resource information for parents, preschool educators, teachers, and self advocates (and just for those who want to *know more* and *grow more* in our community!). Each newsletter will highlight a book or DVD for your interest.

It was hard to pick just one book for this newsletter review. I've had a chance to read quite a few in the past months. (*You know you like your job when you*

bring the books home for pleasure reading).

This month I decided to highlight and recommend **Sensory Secrets : How to Jump Start Learning in Children** by Catherine Chemin Schneider, O.T.R.

It's a practical and informative book that every teacher and parent should read. With topics such as *moving to learn*, and *the power of touch*, it's a worthwhile read for everyone!

160 pages, (2001)

