

# Autism Yukon's HOLIDAY NEWSLETTER

# 2010

The Board of Directors, and Staff at Autism Yukon would like to take this time to wish all our members and friends a very happy holiday season.

This time of year can be particularly challenging for people living with Autism. With the lights and sounds of the busy holiday season, our schedules are different, routines are off and there is an increased expectation to "be social".

Tips for parents, friends & family:

- ◇ Keep Routines as much as possible
- ◇ Plan ahead for dietary needs
- ◇ Allow for quiet time on Christmas day—and other social days. Christmas is sensory overload!
- ◇ Use Social Stories to describe the events ahead and help children anticipate the expectations of the day.
- ◇ Don't over-do things—too much stress leads to frustration and melt downs—for you and your child.
- ◇ Modify the gift opening extravaganza if needed. Gift exchanges, a treat for typical children, may be a stressful activity for a child with autism.
- ◇ Moms & Dads - Remember to take time for yourself, and relax as much as possible. We'll be better prepared to support our children when things are challenging for them if we are taking care of ourselves!
- ◇ Friends and Family— offer to help mom & dad. Offer to babysit, or even the simple act of connecting with their child at social gatherings in a non-judgemental way. If the child seems really "wound up" offer to go play in the snow with them or take them for walk. Talk with mom and dad about how you can be helpful and supportive.
- ◇ And remember—there aren't any "rules" about how things *have* to be at Christmas. Change things up to suit your family's needs so you can all HAVE FUN AND BE SAFE!!

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or (867) 667-6406

## COMING EVENTS

Autism Yukon welcomes you and your family to join us for some winter frolic at Shipyards Park on:

**December 29th**

**1-4pm**

Bring a friend too— it's just a casual gathering at the sledding hill. There is a warm-up building we can access and have some hot chocolate. Dress warm, bring a toboggan, play safe and have fun!! (Watch for e-mails from Jen if the event needs to be cancelled due to weather.)

## Plans for the New Year

What do you want to do?

We are looking for affordable, safe and fun activities to bring families together. E-mail Jen if you have ideas or suggestions!

I'd like to take this time to thank Jen Collon for all her hard work this fall. AY has hosted several successful & fun family events and a rockin' fun Christmas party (pictures and more stories in the Winter newsletter). In January, Jen's contract hours will be increasing to 50 hours per month (from 25)— with her new title as *Activity and Administrative Coordinator*.

You can reach Jen at:

[jen@autismyukon.org](mailto:jen@autismyukon.org)



## LIBRARY CORNER



Welcome to the 2010/2011  
Board of Directors:

**President: Kate Swales**

**Vice President: Mike Nixon**

**Secretary/Treasurer: Karen Macklon**

**Director: Sue Stokes-Nash**

**Director: Nick Mah**

**Director: Jessica Leigh**

**Director: Georgette Aisaican**

**Director: Jen Hobbis**

***Congratulations to all of you!***

*On behalf of the current board I'd like thank all our  
outgoing & past board members:*

Joanne Stanhope, Barbara McLeod, Suzanne Lalonde, Jerome McIntyre, Megan Beauchesne, Yolaine Pelletier and Shanna Williams. We thank you for your on-going support and are very grateful for all your energy and commitment!

And a HUGE thank you to Julie Robinson for "holding the fort" while I was on maternity leave.

If you know someone who is interested in volunteering or serving as a board member or member of a sub committee—we would love to hear from you.

*More updates and news to come in the winter newsletter. We are looking for contributions—family stories, art, parent tips, photos, recipes, resource suggestions, "ah-ha" moments, funny stories to share, what works, what doesn't—anything to make this newsletter a community project.*

*Winter newsletter will be published mid-February.*

**Please consider submitting something by end of January.**

***Merry Christmas & Happy New Year from our family to yours.***

Autism Yukon continues to update their library with current resources. Lookin' for something in particular? Let me know and I'll add it to our order list. Come check out the latest books and movies in our AY lending library.

We have lots of books out in circulation right now. If you have books that belong to AY and you are ready to return them, drop them by the office (shove 'em under the door if no one is home!) or send an e-mail and I am more than happy to come pick them up!

Office hours will change in the new year and will be announced via e-mail and posted on the door as soon as possible. Jen Collon will work in the office 5 hours a week and Leah will be here 20 hours a week. We will do always do our best to accommodate folks from the community and those who can't make it in within our regular hours. Starting in January we will be open for one evening per month as well.

