

DEVELOPMENTAL & BEHAVIORAL PEDIATRICS

NEWSLETTER



A monthly newsletter for families of Developmental & Behavioral Pediatrics (DBP) at Boston Medical Center during COVID-19 Social Distancing

Sense-ational You

Sense-ational You is an inclusive clothing line created by Boston based designer Julia DeNey. While in college studying fashion design and volunteering at an autism preschool, Julia became inspired to write a research paper on sensory friendly clothing. She quickly discovered that there are limited options available for children or adults seeking sensory friendly clothing options. According to Julia, this "sparked my desire to fill that gap." What started out as a short term project, turned into a business venture when Julia graduated.

When developing Sense-ational You, Julia worked with Occupational Therapists and other professionals in the sensory field as well as interviewing adults with autism. Although this line is geared towards children at this time, interviewing adults with autism was an important step in creating the line because, "they had those same needs as a kid and have similar needs now." The clothing is all made from soft knits, with flat seams, soft elastic waist bands, magnetic closures, flaps, and no tags, buttons, zippers, or snaps. All the clothing is unisex and ranges from size XS (kids size 4/5) to XL (kids size 12/14).

Julia plans to continue to grow the clothing line to include more function (chewies and fidgets hidden in the garments), adult sizes, and hopefully one day a physical space to offer a sensory friendly shopping experience. Sense-ational You is "an inclusive fashion line, not just an adaptive line." While pieces such as the stimuli-reducing hoodie and compression lined tee are more adaptive, the sensory friendly jogger, hoodie, and tee can be worn by anyone. Julia worked with autistic graph designers to create some of the patterns and the packaging. Julia hopes to continue to involve the autistic community in as many aspects of Sense-ational You as possible. To shop the line or learn more about Sense-ational You, check out their website [HERE!](#)

Clothing Options

- **Stimuli Reducing Hoodie:** includes an eye mask that can be pulled down or folded up as well as a sound reducing hood with a weighted feel.
- **Compression Lined Tee:** is fully adjustable with velcro straps on each side that can be tightened for the compression feeling or loosened to be worn as a normal shirt.
- **Sensory Friendly Jogger:** has 4 large pockets, 2 of which have a magnetic closure and 2 of which are stitched down to keep the inside pockets flat.
- **Sensory Friendly Hoodie:** has no tags, flat seams and magnetic closures
- **Sensory Friendly Tee:** has no tags and flat seams

Let's Get Moving!

With mother nature showing us her softer side and warmer weather on the horizon, its time to get out and get moving! Exercise has been shown to decrease stress and anxiety, support social skills, promote fine motor skills and build confidence. Whether its walking to school, checking out a playground close by, or signing up for a class at your local YMCA or Boys and Girls Club -there are so many opportunities to get out and get moving! Check out some of the activities below.

Martin Richard Challenger Summer Baseball League

a 6-week adaptive baseball league open to children ages 6-14 in Dorchester

eferrara@bgcdorchester.org

(617) 288-7120"

Community Rowing Inc. Recreational Rowing

year-round programmng focused on building basic rowing skills and confidence on the water for individuals with disabilities

friendlyperson@communityrowing.org

(617) 779-8267"

Arnold Arboretum nature walk

a two-mile long paved trail in Jamaica Plain lined with beautiful flowers, plants and wildlife
125 Arborway, Boston, MA 02130"



Runner 321

Adidas has started a campaign called "Runner 321." This campaign is calling for marathons to reserve bib number 321 for a neurodivergent athlete. On April 18 of this year, Chris Nikic became the first Adidas sponsored athlete with Down Syndrome to run the Boston Marathon wearing bib number 321. This was his 2nd time completing the Boston Marathon. The Boston Marathon has already committed to making Runner 321 available for all neurodivergent athletes at next years race. Chris also received the Dick & Rick Hoyt Award this year as someone who "exhibits the spirit of Team Hoyts legacy." You can learn more about the Runner 321 Campaign and see Chris in their campaign video [HERE!](#)



National Tennis Month

Did you know May is National Tennis Month? LoveServingAutism is an amazing non-profit recreation program focused on making tennis accessible to autistic individuals. Summer programs start on June 11th in Cambridge for youth ages 5-22. Check them out and sign up [HERE!](#)



Red Sox Closed Captioning

Fenway Park continues to enhance their status as a Sensory Inclusive Certified venue. For the first time in the ballpark's history, closed captioning will be offered during all home games through the MLB Ballpark app. To access the service, fans should select the Boston Red Sox as their team in the app and click on the Closed Captioning button. Additionally, Closed Captioning will be displayed on the outfield LED boards during the pregame ceremonies.



Resources



Boston Medical Center is here to support you during this difficult time. Check out our new resource spreadsheet, which has links to online learning, social stories, music/animal/fitness programs, live online classes and more. See the second tab for free meals and financial services throughout Massachusetts. This spreadsheet is available in multiple languages and will be continuously updated as new resources become available. Know of something to add?

Email us at
autismprogram@bmc.org
 with suggestions.

For past recordings of our webinar series: Caring for Kids with Autism and Developmental Differences, please visit <https://www.youtube.com/channel/UCifYfJKUuSa8XzvtUcn-Anw>



Clinic

Developmental & Behavioral Pediatrics clinicians are available by phone/Zoom for telehealth visits and consultations. Please call us at 617-414-4841 if you have any questions or are in need of support. To create a free zoom account, visit zoom.us/signup.



Our Clinicians

Marilyn Augustyn, MD

Naomi Steiner, MD

Arathi Reddy, DO

Jodi Santosuosso, NP

Rachel Amgott, NP

Christina Lazdowsky, NP

Mei Elensary, MD

Alyssa King, PhD

Christine McGivney, DO

Jocelyn Kuhn PhD

Audrey Christiansen, MD

Sarah Canale, MD

Britany Weissman, MD

ABOUT THIS NEWSLETTER

This newsletter is brought to you by the Autism Program at Boston Medical Center, a family support program of Developmental & Behavioral Pediatrics. We are committed to supporting any family of DBP during this time, regardless of diagnosis. Please don't hesitate to reach out, and follow us on social media for more tips and information!



BMC.org/autism
Autismprogram@bmc.org



The Autism Program at Boston Medical Center



@BMCAutismProgram