

DEVELOPMENTAL & BEHAVIORAL PEDIATRICS

NEWSLETTER



The Autism Program

A monthly newsletter for families of Developmental & Behavioral Pediatrics (DBP) at Boston Medical Center

Sensory Friendly Events This Month

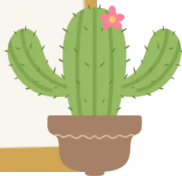
Click the event title more info!

9/10 **Afternoon at Discovery Museum**

9/15 **Visit Southwick's Zoo**

9/22 **Fall Adventure at Powisset Farm**

9/29 **Concert with Lindsay Munroe in Natick**



Hello September - where did the summer go? As children walk into a brand new school year, there may be situations that we have no idea how to navigate. If you have any questions (big or little), make sure to read on! In this edition of our newsletter, you will find many resources on **direct professional guidance**, tips on **creating new routines, extracurricular activity** options & tons of ways to find **information on topics related to school**. Wishing all students & families a great back-to-school this year!

Back-to-School Resources

Do you need help with any school-related concerns? Consider reaching out to the following community organizations that can provide you with additional information, support, advocacy, and more!

- **MA Advocates for Children (MAC)**
 - Helpline can direct families to educational support & services
- **Federation for Children with Special Needs (FCSN)**
 - Parent Training & Information Center can provide information & guidance on Special Education
- **Children's Law Center of MA**
 - Attorneys can provide advocacy & legal help for students with disabilities with school-related issues

Did you know that PPAL has a free **School Problem Solving Clinic** where you can receive direct support for your child's various school-related concerns? **Click here** for more information!



Looking for More Information?

Virtual workshops below are free for everyone to attend.
Click each title for more information & registration!

9/10 **Direitos Básicos na Educação Especial**

7pm Evento virtual e gratuito. Inscreva-se para participar.

Este workshop em português se concentrará em serviços de Educação Especial, colocação e o que fazer quando você receber um IEP proposto. Você também aprenderá o que fazer se o aluno for considerado não elegível para certos serviços.

Inscreva-se para este evento aqui!

9/18 **Promoting Your Child's Participation in the IEP Process**

6:30pm By The Lurie Center for Autism

Join Elise Wulff, MEd, and Jillian Dymont, MEd, CAGS for practical advice on enhancing knowledge of the IEP document & team meetings, tools to foster engagement & self-advocacy, and techniques to encourage active participation!

Register for this event here!

9/19 **Bullying: What Parents Need to Know**

6pm By Federation for Children with Special Needs

This virtual presentation addresses what a bully is; the school's legal obligation to prevent and address bullying; some strategies and tools for dealing with bullying; and how to address bullying in the IEP.

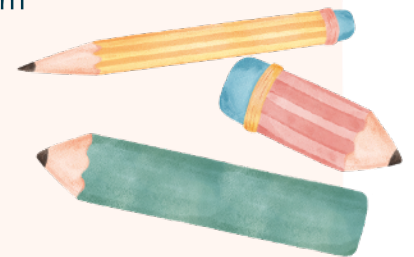
Register for this event here!

9/25 **Basic Rights: Transition Planning**

6pm By Federation for Children with Special Needs

Learn about transition planning for youth aged 14 - 22! The importance of planning for the student's post-secondary vision, how to prepare for the the meetings, age of majority, and how to resolve various disputes will be discussed.

Register for this event here!



Additional Resources

The **Autism Research Institute** has a collection of helpful resources that discuss many topics within back-to-school, such as information on school lunch, planning for new routines, therapy, bullying & mental health, safety, self-advocacy and more. Click **here** to check them out!

Fall Adaptive Sports



• Adaptive Swim Program in Worcester

- Easterseals MA is offering a year-round adaptive swim program at the YWCA of Central Massachusetts! Led by aquatics instructors and a lifeguard, groups will participate in fun safety activities and water games that maximize independence in the water. Open to all individuals with disabilities of all ages & their families!
- Click [here](#) for registration & more information.

• Adaptive Sports in Brighton

- Franciscan Children's Hospital offers many adaptive sports programs for children with disabilities. Sport programs for this Fall includes **adaptive ice skating, gymnastics, and track!**
- For registration & more information, please visit their website [here](#) or contact the Director of Adaptive Sports, Paul Ward at paward@franciscanchildrens.org or **(617) 779-3800 ext. 5475.**

• All-inclusive Ice Hockey Team in Kingston

- The Great Blizzards of Kingston introduces ice hockey to players with special needs and provides them with a youth hockey team experience. Equipment will be loaned for all athletes and they will travel to play other inclusive teams and in tournaments in & outside of MA!
- For registration & more information, please visit their website [here](#) or contact them at coachnearms@thegreatblizz.org!



On the Next Page...

Are you looking for tips on how to create and maintain a new routine for your child? Try out these steps!

Creating a New Routine


1 Children thrive with **structure & consistency**. Creating a **written and/or picture schedule** as part of your daily or weekly routine can support maintaining structure!

2 Start to fill in your schedule with **consistent eating, sleeping, and hygiene routines** (i.e. set wake-up time, mealtimes, bedtimes, times for hygiene tasks). Add in other activities around these specific routines.

4 Goals should be **specific & realistic** for your family! **What exactly** do you want your child to accomplish each day?


3 **Be specific** with your child regarding what exactly needs to be completed for each activity. **Breaking each activity down into smaller steps** can be very helpful! **Using pictures** can support your child's understanding of the activity.

Once your routines have been set, identify **easy to deliver rewards** for your child to earn when following through with their routines.


 Keep these items **out of reach** until your child has completed the identified tasks.

5 *What does your child **REALLY** want to play with or do during the day?*

Provide them with the item/activity immediately after they have "earned" it.

 Throughout each day, provide your child with more **praise instead of negative consequences**.

Kids want attention (it's normal!) & you want them to learn that the best way to get your attention is by following expectations.

Set clear expectations for engaging with this reward. 

How long will your child be allowed to engage with this?

Resources



The Autism Program is continuing to support families in many ways both inside and outside of Boston Medical Center. Check out our website to learn more about the services, supports and programs we offer including our Autism Friendly Hospital Initiative, Teens Engaged as Mentors (TEAM) program, and our training offerings. We also have a huge resource library where you can access free information on a variety of topics such as safety, behavioral support, transition to adulthood, insurance and more!

<https://www.bmc.org/pediatrics-autism-program>

Do you have an idea for a future newsletter? Email us at.

autismprogram@bmc.org

with suggestions.

Clinic

Our clinicians are available for developmental evaluations, assessments and follow up. To connect with the clinical team, please call 617-414-4841 and follow the prompts for Developmental Pediatrics.

Our Clinicians

Marilyn Augustyn, MD

Arathi Reddy, DO

Rachel Amgott, NP

Christina Lazdowsky, NP

Mei Elensary, MD

Audrey Christiansen, MD

Sarah Canale, MD

Mary Ellen Killion, NP

Arielle Spellun, MD

Bridget Poznanski, PhD

Rachel Vuolo, MD

Selcen YarogluKazanci, 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! **To unsubscribe, please reply by email with the word "stop!"**



[BMC.org/autism](https://www.bmc.org/autism)
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The Autism Program at Boston Medical Center



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