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Foundation Goals

The objectives of the Canadian National Autism Foundation are charitable. The Canadian National Autism Foundation has been formed to provide funding for:

- * Educating the general public and professionals;
- * Providing information and resources to families of children with autism;
- * Providing funding for Canadian based research and development; and
- * Promoting national autism awareness

Mission Statement

The Canadian National Autism Foundation promotes the positive improvement and quality of life for people with autism in Canada.

“Don't Give Up On Me (Autism)”

Go to <http://www.cnaf.net/fundraisers.html>

to order the CD single and hear an audio clip!



Upcoming CNAF Events

*Autism Comedy Show with
5th Annual Dinner & Dance
and Live Auction*

Friday, October 27, 2006

To read more about the comedy show, go to
http://www.eventureentertainment.com/com_ccwrp.htm



Upcoming CNAF Events

*7th Annual Silent Auction & Brunch
with Fashion Show
featuring some of our special children with autism*

Look for more details coming soon!!!

Mailing Address: 1227 Barton Street East, PO Box 47577, Hamilton, Ontario, L8H 2V0
Phone: 905-643-7183 Fax: 905-643-0969

Ask the Expert ~ A Teacher of Children on the Spectrum

Back to School Issues

Back to school issues are something that every family struggles with in late summer as the calendar is preparing to turn to September. With the return to school only three weeks away in most places, there are a variety of strategies that you can do to aid in the transition back to school.

Preparing your child for back to school should include:

1. Beginning in early to mid August, take your child on walks to the school, allow them to play on the playground, look in the windows of the school, walk around to the entry doors that they will most likely be using (optimally you would have been able to determine this piece of information before the end of the previous school year)
2. Put the school bedtime and wake up routine into place at least two weeks before school starts
3. Try to arrange with the school the week before school starts to go in and do a tour, maybe see their classroom, library, gym, etc. If the teacher is there, your child could meet the teacher (Please note: teachers are not required to be back to school until the day that students return, so you cannot expect them to be there for you). When you are at the school, you may want to take pictures of the different areas, and any relevant staff that are available, then make a small book for your child of "At School" that can be reviewed frequently before school begins again and during the first few weeks back.
4. Make sure that food items that you will be sending to school for lunches and snacks are still items that they will eat. That will make life easier for everyone involved that first week back!

From the perspective of the school (classroom teacher, resource teacher, educational assistant; especially those who have never met your child before), there are a few pieces of helpful information that you as the parent can provide them with upon returning to school in September.

Helpful information for school staff:

1. Any major changes in behaviour that occurred over the summer (ie. change in eating habits, toileting, sleeping patterns, aggression, etc.)
2. A list of strategies that you use at home for reinforcement, discipline, etc.
3. A list of likes and dislikes, including toys, sensory items, reinforcement, break preferences, foods, drinks, activities, etc.
4. A list of strengths and needs, including activities, computer use, paper and pencil, interests in art, etc.

The transition back to school can be a stressful one for everyone involved. Keep the lines of communication open with school staff and be realistic in your expectations for the first month of school, as everyone readjusts to the situation!

Submit questions to our experts via email at info@cnaf.net, by phone at 950-643-7183, by fax at 905-643-0969, or via mail at 1227 Barton Street East, PO Box 47577, Hamilton, ON L8H 2V0

The Canadian National Autism Foundation will attempt to have all questions answered in a timely manner, and to ensure that names are kept confidential. Not all questions posed will be published in a particular issue. The Canadian National Autism Foundation is not responsible for the responses given by the expert to questions posed through this outlet, and we encourage you to consult with other experts for additional advice and information.

Interesting Information to Share with Teachers

Excerpts from a piece written by Linda Hogdon, M.Ed., CCC-SLP, August E-newsletter

“Everything is the Same... NOT”

This is what the new school year feels like...

When a new school year begins, there are two common scenarios. One is where a student makes a huge change. Going to a totally new school. Changing buildings. Like moving from elementary to middle school. This is not the kind of change we will be discussing.

The second scenario is returning to where you were last year. It might be the same classroom or some place very near by. Perhaps it's a move across the hall to another room, but the rest of the surroundings are the same.

Many teachers and school staff are the same. The school bus routine is the same. The lunch room ladies have returned.

So everything is good . . . right? WRONG!

Back to the school thing...

New school years have glitches . . . even when everything is the same. Because, even when it's the same, it really isn't. Some students won't demonstrate difficulty with the subtle changes, but others can experience difficulty.

Recognize that those first days or weeks of school can be stressful

Be aware that the first days of a new school year with its new routines will be the most challenging for students. Plan accordingly. Here are a few tips . . .

- 1. Provide a review**

Computer Guy showed me some things I already knew. But he started at the beginning and worked me through the whole routine necessary to accomplish my goals. Through that, he was able to help me know what to do before I encountered some of the challenges.

- 2. Create change thoughtfully**

Changing many things at once can cause greater stress and anxiety. But, change can be good. Keep this in mind . . . students may handle it better when you completely change a whole routine than if you make a few tweeky changes in an already learned routine.

- 3. Give information**

Visual strategies can help. Use visual tools to tell students what to do, teach new routines or remind them about changes. I had Computer Guy prompting over my shoulder. I told him he needed to create some visual tools to help me when he wasn't standing there any more!

- 4. Use 'down time' well**

Provide more opportunities for leisure or relaxation or favorite familiar activities during those transition days. Balancing stressful time with relaxation will keep everyone happier on challenging days.

Just some food for thought as you prepare for a new school year. Have a great one!

Exciting News!

We have two new members
on our Board of Directors;
Debbie Bramer and Luanne Prentice

How to Contact Us

Mailing Address

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PO Box 47577
Hamilton, Ontario
L8H 2V0

Phone Number

905-643-7183

Fax Number

905-643-0969

Email Address

info@cnaf.net

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www.cnaf.net

How You Can Help

As a charitable organization, the Canadian National Autism Foundation strives to raise funds to achieve our goals and it is with the support of generous organizations, companies and people that we are able to put together fundraising events such as those we have had in the past in order to raise the funding needed.

At this time we are looking for financial support, and this can come in various forms:

- Sponsorship of portions of our events
- Donations of prizes for our events
- Purchase of tickets to our events
- Financial contributions directly towards our goals (i.e. research)

Charitable Organization
#867189243 RR0001



Ongoing Fundraisers

Do you buy books about Autism or any other topics online?
Buy them through the Amazon.ca link on our site, and the CNAF will
receive a percentage of your sale from Amazon.ca

Disclaimer

The Canadian National Autism Foundation (CNAF) does not support, endorse or recommend any method, treatment, product, program or person for people suffering with autism spectrum disorders. The goal of our site and our responses to your questions is to provide accurate and up-to-date information about autism spectrum disorders. We believe everyone has the right to access all of the information available to them, allowing them to make their own individual choice.