



# Parent Partnerships

A Newsletter for Parents with Children who have Moderate to Severe Disabilities  
Educational Equity For All

April 2018

## California Department of Education News



California Teachers of the Year Join  
Torlakson in Open Letter Opposing  
Trump's Efforts To Arm Teachers  
<https://www.cde.ca.gov/nr/ne/yr18/yr18rel21.asp>



### What is MyAutismTeam?

MyAutismTeam is a free social network that makes it easy for you to:

- get the emotional support you need from others like you, and
- gain practical advice and insights on managing treatment or therapies for autism

When you or a loved one are first diagnosed, it's not uncommon to feel alone and uncertain of where to find the best information and people that can help you now. We believe in making it easy to find the best people around you to help you get the answers you need, and to find support from people who can truly relate. The main currency on our site is trust – the more you share in posts and your stories, the more questions you ask and answer, the more your support will be valued by other members. MyAutismTeam is the only social network where you can truly connect, make real friendships, and share daily ups and downs in a judgment-free place.

<https://www.myautismteam.com/about>

## 20 Parents' Helpful Tips for Raising Kids With Autism Spectrum Disorder

“Autistic children can learn anything and do anything with practice and patience. Don't give up on them.”

1. Be an advocate for your child.
2. Add structure to your routine by timing specific activities.
3. But also remember to be flexible when something unexpected comes up.
4. Try teaching them to recognize when they need a break and let them do that whenever they need it.
5. Don't compare your child's abilities to others.
6. Appreciate the way your child sees the world.
7. Help your child learn how to apply new skills to different situations.
8. Take interest in their interests.
9. Allow them to self-soothe.
10. Never underestimate how much they actually understand.
11. Empower them to solve their own problems.
12. Listen to them calmly and with an open mind.
13. Remember that a diagnosis doesn't define your child.
14. Try to laugh through all the bizarre situations you end up in.
15. Build relationships with your child's school, and be prepared to advocate for your child's needs.
16. Look into whether Applied Behavioral Analysis (ABA) therapy is a possibility for your family.
17. But also know that ABA isn't for everybody (and isn't necessarily possible for everybody).

<https://goo.gl/Gwtj2u>



EDUCATIONAL  
EQUITY FOR ALL  
... Giving kids what they need to succeed

Tana Donaghy, President, Educational Equity For All  
[Missstanad@educationequityforall.org](mailto:Missstanad@educationequityforall.org); 909-964-5057  
<http://www.educationequityforall.com/>

## Feature Idea of Month

### How to get children with autism to sleep

Insomnia troubles many children with autism. Luckily, research is awakening parents to some simple bedtime solutions.

At least half of children with autism struggle to fall or stay asleep, and parent surveys suggest the figure may exceed 80 percent. For typical children, the figures range from 1 to 16 percent, depending in part on how insomnia is defined. The precise nature of the problem varies from child to child, but the consequences are fairly universal. For parents and caregivers, sleep issues deepen the stresses they may already feel managing the needs of a child on the spectrum on top of life's other demands.

For the child, sleep problems can make everything else more difficult, night and day. Poor-quality sleep may exacerbate many of the challenging behaviors associated with autism, such as [hyperactivity, compulsions](#) and rituals, inattention and [physical aggressiveness](#). A study of 81 children with autism last year strongly linked [waking up in the night](#) to acting out during the day. Another study found that sleep problems in children with autism are among the [strongest predictors of hospitalization](#). And yet another study last month linked sleep disturbances to extreme autism traits in children at the severe end of the spectrum.

Read the whole article at:

<https://spectrumnews.org/features/deep-dive/get-children-autism-sleep/>

This article was republished in *Scientific American*.

### 27 Memes That Nail What It's Like to Be an 'Autism Parent'

<https://themighty.com/2015/10/best-autism-parent-memes/>

## WEBSITES AND RESOURCES

<https://goo.gl/bCHVhG>

<https://otsimo.com/en/help-nonverbal-child-speak/>

<https://goo.gl/yT5ACR>



### The Power of Parents in Autism Intervention

Meadan and her colleagues found positive benefits for both parents and children

The twelve studies showed that:

- Parents successfully learned new strategies to use with their children at home
- Parents' use of these new strategies resulted in positive changes in their children's social and communication skills

Even though parents may find it difficult to engage their child at times, they can learn ways to interact with their child that promote communication and social interaction.

<http://www.hanen.org/Helpful-Info/Articles/The-Power-of-Parents-in-Autism-Intervention.aspx>

### 5 Tips for Creating a Safe Home for Your Child with Autism

These suggestions will put you well on your way to creating a safer, more comfortable environment for your child with autism.

1. Sophisticated Locks May Be Necessary to Prevent Wandering
2. Creating a Structured Environment with Neurotypical Kids and Kids with ASD in Mind
3. Creating a Quiet Space Especially for Your Child with Autism
4. Regular Household Hazards are Even More of a Risk for Children with ASD
5. Teaching Your Child Not to Be Too Trusting of Strangers

<https://www.appliedbehavioranalysisedu.org/5-tips-for-creating-a-safe-home-for-your-autistic-child/>

### Transition Strategies for Autistic Kids

1. Be Clear on How Long the Activity will Last.
2. What's Coming Next?
3. Consider Preferred Activities.
4. Use First/Then Visual Supports.
5. Use a Transition Object or Toy.
6. Minimize Waiting.
7. Use Sensory Breaks.
8. Use the Art of Distraction.
9. Keep It Consistent.
10. Prepare Ahead of Time and Don't Rush.
11. Practice Makes Perfect.

<http://parentingchaos.com/transition-strategies/>