



www.aboutspecialkids.org



Click on the pictures to read their story

ASK E-Newsletter / May 2010



Contact Us

About Special Kids (ASK)

Central Office
7275 Shadeland Avenue
Suite 1
Indianapolis, IN 46250
317.657.8888

Join Us for ASK Day at Victory Field!

Join us Wednesday, June 23rd, at Victory Field for a 1 pm Indians game.

This game will be dedicated to raising awareness for ASK and what we do for Indiana families. We can root for the Indians team and for our ASK team too!

Please order your tickets by clicking [HERE](#) - the passcode is ASK. This is a section reserved for ASK and it is wheelchair accessible. In addition, \$5 of every ticket will be donated to ASK!

Please join us and introduce yourself to ASK staff... we'll be the people wearing green "ASK" shirts. We'd love to meet your family!

1.800.964.4746 (toll-free)
familynetw@abousspecialkids.org

2010 ASK Trainings

Public Health Insurance: What You Don't Know Can Cost You

May 17th - Ft. Wayne
May 24th - Indianapolis
June 23rd - Merrillville

Roadmap to Special Education: Laws and Process

June 17th - Lafayette
July 26th - Ft. Wayne

Additional trainings are added to our calendar as they are scheduled. To register for a training, visit our website at www.abousspecialkids.org

New Riley Robotic Rehabilitation Center

Robotic therapy is an exciting new tool that can assist therapists who treat children with cerebral palsy. The robotic equipment facilitates and reproduces exercises that are traditionally part of occupational and physical therapy.

The Robotic Rehabilitation Center will begin treating children at Riley in several months. Children need to be 3 years or older and must be able to understand and respond to commands in order to benefit from the robotic therapy. The center will be starting with an arm/shoulder robot and hope to expand services to include the lower extremity/leg as new robotic equipment is obtained.

Save the Date

Friday - August 27th

Join us for our 2nd Annual Golf Tournament fundraiser at Hickory Stick Golf Course



May is National Children's Mental Health Month

For information and resources on children's mental health, visit:

- National Federation of Families for Children's Mental Health at <http://www.fcmh.org>
- National Alliance on Mental Illness at www.nami.org
- Substance Abuse and Mental Health Services Administration (SAMSHA), US Department of Health and Human Services, at <http://www.samhsa.gov/children/index.aspx>

Teaching Our Children About Disabilities and Special Needs

by: Julia Richards

Have you ever talked to your child directly about their disability? It seems like a simple enough concept, but it is often ignored by both medical professionals and parents. Is it important? Will it help my child for them to know that they have special needs? These are some of the questions I hope to address to help start and continue this conversation.

There are several objections that parents have about talking with their child about a disability, special need, or health care condition. Some parents are concerned that they would make them even more conscious and

located in Greenwood.

More details coming soon!

New Medicaid Website

There is now a new Medicaid website available at:

<http://www.indianamedicaid.com>. The website has member-focused content.

Indianamedicaid.com has long been a valuable resource for providers, and now it will be a valuable resource for members.

New member content outlines Indiana Health Coverage Programs, directs potential members how to apply, and teaches current members how to best utilize their benefits.

NEW Tip Sheets from KASA

National Kids As self Advocates is pleased to announce four NEW Tip-sheets and one NEW article written BY youth with disabilities, FOR youth.

Tip-sheets:

- [How to Work with Personal Care Assistants](#)
- [Dancing Through Life](#)
- [How to Ride the Bus](#)
- [Funding Higher Education](#)

Article:

[My Story About Surviving A Hospital Stay](#)
By Sunjay Smith

child to deal and cope with their emotions may lead to more shame and isolation. If you teach them that it is ok to be open and honest about their feelings, you will be able to help them process them and teach healthy attitudes about their special needs. Another objection is that your child may not be able to understand. But remember that children can sense other's reactions and emotions towards them, and pick up on body language and other non-verbal cues. Don't assume that if your child cannot speak that they cannot hear and understand. Even if they only understand a little of what you tell them, it is worth your time to communicate to them that despite their differences they are loved and accepted.

Don't assign blame to themselves, yourself, or anyone else. Sometimes what happens is simply a random event of nature. Make sure that you include in this discussion their strengths as well. Be honest with them about their limitations, but always turn the conversation back to their strengths and achievements. Make your child feel accepted despite their limitations and that they are valued as a person and not for what they do. A good self-esteem will help them in the future to overcome the many challenges that await them.

Don't talk to your child before you are ready. Your child will learn from your own reactions to feel pity for themselves or anger towards others. Teach them to not feel sorry for themselves and not to let others feel sorry for them. Prepare your child for the real world and the questions they will have. Role play with them. Make up a one-line sentence to tell to others when asked. Remember that teasing is inevitable even for children without special needs. Reinforce your child's own self-esteem by reminding them of the positive things about themselves. And remember to not let your own feelings be hurt by others teasing.

Continue this discussion with your child as they grow up and understand more. Their sense of self and sense of world will expand, especially as teenagers and young adults, and it is important to revisit this topic during all the different stages of development. Encourage your teens to research their disability or medical condition on the internet. Make sure they have friends with similar situations they can talk with and go through challenges with them, which you may be able to find through your Parent Liaison at ASK. Even if it is awkward at first, the more discussions you have both you and your child will be more comfortable talking about it and ultimately more comfortable about themselves.

Thank You
Sharp Business Systems

On behalf of the families we serve, we'd like to acknowledge and thank Sharp Business Systems for the two, full-color banners they created and donated to ASK. These banners will be used at the ASK Awareness Day at Victory Field, June 23rd, and also at the many fairs we attend throughout the year.

About Special Kids | 800-964-4746

[Click to view this email in a browser](#)

If you no longer wish to receive these emails, please reply to this message with "Unsubscribe" in the subject line or simply click on the following link: [Unsubscribe](#)

[Click here](#) to forward this email to a friend

About Special Kids
7275 Shadeland Ave.
Indianapolis, IN 46250

[Read](#) the VerticalResponse marketing policy.

