

About Special Kids



Helping Children with special needs live better lives by educating, empowering and connecting their families.

www.aboutspecialkids.org

"Wintercise" a New Years Resolution

By: Alyssa Halper, MD

Brrr.. It's cold outside! The weather channel says -8 degrees and schools are closed. Now what? I vaguely remember our pediatrician saying how we need to increase our exercise, but that's impossible on days like today! I refuse to go outside! Some other kids are sledding, but mine can't do that, and it's way too cold! We will just wait until winter is over. Ya, that's right! We'll wait until spring or summer and take the kids outside then. I promise...



Sound familiar? It's very easy to forget about exercise when it's this cold out; however, it IS still important to exercise even during the winter, and I'm sure you all know why. Exercise not only makes you feel better physically, but also helps keep your weight stable and releases endorphins that actually make you happy! Best of all, you can make it a family event right in your own home. Need ideas? There are several free YouTube dance videos appropriate for children, including children who use a wheelchair. If you have a Wii, this is also better than just regular video games, as your child can work out with the Wii controllers. If no electronic devices are available, no problem! You can make up games to help your little ones develop those motor skills. One example is after you've finished folding the laundry, use the folded socks to have your child try and score the winning basket into the laundry bin. All you have to do is get in touch with your creative side, and I'm sure you can come up with several other free activities. Snowy days are also the perfect time to practice those techniques your physical therapist suggested for your child if he/she sees a physical therapist.

When the roads are a little clearer outside, there are



[Achieving a Better Life Experience \(ABLE\) Act](#)

On Dec. 16, 2014, the U.S. Senate overwhelmingly passed the Achieving a Better Life Experience (ABLE) Act of 2014 by a vote of 76 to 16. In recognition of this unprecedented legislation, NDI has created a list of 10 items about ABLE accounts that individuals with disabilities and their families should know. [Watch the Video](#)



Check out our Re-Freshed Website

January 28th

www.aboutspecialkids.org

Upcoming Webinars Join our next webinar live

[Special Needs Trust - What, Why and How](#)

When: January 29, 2015
2:00 p.m. - 3:00 p.m. EST

many indoor recreational facilities that you can get your children involved in to keep them healthy! There are several that offer low cost indoor activities/classes to keep your child moving. Here are a couple of links or you can just do an internet search for one in your area:

<http://indywithkids.com/places-to-play-indoors-in-indianapolis-with-kids/>

<http://www.familydaysout.com/kids-things-to-do-usa/indiana/indoor-play/>

The Carmel Clay Parks and Recreation center is just one of these places. They have several free events for children with disabilities including a young athletes session that can train your child for the Special Olympics. They offer sensory classes for children with Autism. For information, visit their website at www.carmelclayparks.com. Scholarships if you live in Carmel.

This winter, let's brace the cold together, and wintercise!

January is National Birth Defects Prevention Month

Birth defects are common, costly and critical conditions. Did you know that, every 4 ½ minutes, a baby is born in the United States with a major birth defect, such as cleft lip or Spina Bifida? Each year, CDC joins many organizations to recognize January as National Birth Defects Prevention Month. This year's theme is "Making Healthy Choices to Prevent Birth Defects – Make a **PACT** for Prevention."



[Read more...](#)

Winter Safety tips

<http://www.healthychildren.org/English/news/Pages/Winter-Safety.aspx>

Contact Us | Phone: 800-964-4746 | familynetw@abouthspecialkids.org

Presenter: Kevin McNamara
Law Office of Kevin T.
McNamara, LLC

To participate in the webinar:
Go to

<http://www.ustream.com/explore>

Search "ASK Special Needs Trust"

Click on the ASK Webinar. It begins at 2:00 p.m. EST.

If you would like to submit questions during the webinar, you will need to login to Ustream.

To view other archived webinars, click [here](#)



You are invited to GiGi's Playhouse Indianapolis for their

GRAND OPENING CELEBRATION!

You can join them on Saturday, January 24, 2015 - 2-4 p.m.
5909 E. 86th St. Indianapolis, IN

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