



February 2016 ~ E-Newsletter

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BRRRRR! It's cold outside! Tips and Tricks for Wintertime

By Lauren Demet Taylor – IU Pediatric Resident



Be Prepared! Indiana weather is unpredictable. We have all lived through freezing cold days with snow and within the same week wearing no more than a light jacket to venture outside. Being prepared is one of the best and easiest ways to tackle the winter. This does not just mean checking the weather forecast, although that is important! Having a small backpack with extra layers, which can be as simple as a blanket or extra pair of gloves, can be a lifesaver on a cold day if you were not expecting it! Also, teaching your children how to be prepared is something that you can start today. Providing a visual storyboard with pictures of different types of weather and appropriate clothing for each is a fun family project that will help children prepare for even surprise conditions.

So, what to wear? Having a child with special needs can present its own challenges when trying to keep them warm in the winter. Here are some tricks that may be helpful for those cold mornings at the bus stop or when families are out and about:

- **Head/Face:** some children cannot wear a hat, but clothes with hoodies or fleece ski type headbands may be alternatives that are more effective. Don't forget sunscreen! Sunburns happen even in the winter, so make sure to apply sunscreen on any exposed areas of skin.
- **Body/Torso:** Traditional coats may be difficult to get on and off a child with special needs. Alternatives include a poncho or blankets, or making a slit up the back of a coat for children in wheelchairs to make it easier to take coat on and off.
- **Arms/Hands:** Wool can be very itchy and cause sensory issues, and gloves can be a hassle. Try ski mittens or fingerless fleece gloves; and when you find one your child likes, make sure to pack an extra pair! It is easy to lose a glove in transit, so having an extra pair is important. Also, consider glove puppets for children that really cannot tolerate gloves—it may be more fun for them and therefore stay on longer! Long socks are another alternative.
- **Legs/Feet:** families can try adapting a child's sleeping bag into feet and leg warmers that can be easily slipped or zipped off once indoors. Snow boots with zips or Velcro are great cold weather footwear and will fit over most leg braces.

And remember, be a role model! Your child is more likely to put on a hat, gloves, and a jacket if he or she sees other family members consistently doing the same thing.

Staying Healthy! It seems like everyone gets a cold or cough in the wintertime. As a result, it would seem that the cold outside is what brings out the sniffing, sneezing, coughing, and congestion. Really, cold weather does not cause colds or flu. The viruses that cause colds and flu DO tend to be more common in the winter, when children are in school and are in closer contact with each other. Frequent hand washing and teaching your child to sneeze or cough into the bend of their elbow may help reduce the spread of colds and flu. Also, children and family members should get the influenza vaccine to reduce their risk of catching the flu. It is not too late! Around 80% of all influenza illness occurs in January, February, and March.

Effortless No-Cost Ways to Give to ASK

About Special Kids and all other non-profits have to ask for money frequently. We know that you cannot write a check every time you are asked. So we thought we would explore ways to capitalize on finding ways you can help by simply doing what you do all the time anyway. We put together ways that you can contribute regularly without it costing you anything.

If you shop at **Kroger** and use their reward card – Kroger will contribute 2% of your purchase. All you have to do is, select ASK by going here <https://www.kroger.com/account/enrollCommunityRewardsNow>



If you shop online, you can use **AmazonSmile** and they will donate .5% of eligible purchases to ASK. All of the products, prices and service is the same as Amazon. Go to <https://smile.amazon.com/> to enroll.

Do you like to look up things on the internet? If you use **GoodSearch** you can raise 1¢ per search – it doesn't seem like a lot – but it truly

adds up – if 1,000 people did four searches a week using GoodSearch, more than \$2,000 would come in to help us help families of children with special needs. To sign up just go to <http://www.goodsearch.com/nonprofit/about-special-kids.aspx>



DO YOU HAVE A QUESTION ABOUT YOUR CHILD WITH SPECIAL NEEDS ?

FAMILIES, PLEASE JOIN US FOR A FREE

ASK & Learn Session

About • Special • Kids
Answers for families of kids with special needs

Location:
ASK Office
7172 Graham Rd ~ Suite 100
Indianapolis, IN 46250

UPCOMING DATES:

- Thursday, 2-18-16, 4-6 pm
- Monday, 2-29-16, 10 am–12 pm
- Wednesday, 3-9-16, 2-4 pm

For Dates and Registration Information:

- Call 317.257.8683
- Visit www.aboutspecialkids.org

Registration is required

Childcare is not available



Trending at ASK

Important Legislation that May Affect You

Curated from The Arc of Indiana's Legislative Action Memo

SB 11 – ABLE Act, introduced by Senator Luke Kenley (R-Noblesville). Creates the “achieving a better life experience” (ABLE) authority. Established the ABLE Board of the authority. Requires the authority to establish a qualified ABLE program under which a person may make contributions for a taxable year for the benefit of an eligible individual with a disability to an ABLE account to meet the qualified disability expenses of the designated beneficiary in compliance with federal law.

The makeup of the ABLE Board which will develop the policies of the authority and the accounts has the following makeup: 4 ex officio members including the treasurer of state, the secretary of family and social services, the budget director and the lieutenant governor. In addition, there are 5 members appointed by the Governor who are: (1) one member who has significant experience in actuarial analysis, accounting, investment management, or other areas of finance that are relevant to the authority; (2) one member who has significant legal expertise and knowledge in estate planning; (3) one member who is a representative of a statewide association that advocates on behalf of individuals with disabilities; (4) one member who is an individual with a disability; and (5) one member who is a family member of an individual with a disability.

The bill passed the Senate this week 48-0 and will be carried in the House by Representative Ed Clere (R-New Albany). Several other legislators have requested to co-sponsor the bill in the House. They are: Rep. Julie Olthoff (R-Merrillville), Rep. Greg Porter (D-Indianapolis), Rep. Tim Brown (R-Crawfordsville), Rep. Ron Bacon (R-Evansville); Rep. Sheila Klinker (D-West Lafayette), Rep. Eric Koch (R-Bedford).

The bill will be eligible for a committee hearing in the House in the next couple of weeks.

Now is a good time to contact your local house member to tell them your personal story about how an ABLE account will help you and your family.

DIPLOMA BILL PASSES HOUSE!

HB 1219 – High School Diplomas. Requires a high school operated by a school corporation to offer the high school's students the opportunity to earn any type of state diploma approved by the state board of education. Provides that a student with a disability shall not be required to complete local requirements that exceed state requirements to receive a diploma unless approved by the case conference committee.

This bill passed out of the House this week 93-1. It will now move to the Senate where it will be sponsored by Senator Pete Miller (R-Brownsburg) and Senator Mark Stoops (D-Bloomington).

To find who your legislator is <http://iga.in.gov/legislative/find-legislators/>

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