



PARENTS' PLACE NEWSLETTER

The San Gabriel/Pomona

PARENTS' PLACE

Family Resource &
Empowerment Center

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April-May-June 2009

HAPPENINGS AT PARENTS' PLACE

BY SONA BAGHDASSARIAN, DIRECTOR

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FLYERS ENCLOSED IN THIS NEWSLETTER

—Information Fair
—Calendar of Events

Editor: Sona Baghdassarian

Design & Article
Coordination: Judi Kyne

Translation:

Elena Sanchez &
Maria Sandoval

A lot has been happening at Parents' Place and we wanted you all to share in our latest news.

To start off, the long search for our family support specialists is finally over. We are pleased to introduce Yu-Shu (Cindy) Cheng and Maria De Jesus Sandoval who joined the Parents' Place family support team in March.

Cindy comes to us with Masters in Child Development from CSULA, and she received her BA degree with a major in Psychology and minor in Child and Family studies from University of North Carolina. Cindy speaks Mandarin and Taiwanese.

Maria comes to us with excellent experience in volunteering in the classroom as a teacher's aid. She has a real love for children and is going to school to get her Child Development Certificate. Maria is bilingual in Spanish.

We welcome them both and know they will make valuable contributions as part of our Parents' Place family.

You may remember that we posted the announcement of training for Partners in Policymaking in our last issue. Our own Elena Sanchez has been chosen to participate in this eight-month intensive training. We are very proud of her and know that she will be a powerful voice in advocating with legislators for the special needs community.

We were pleased to open our facility to Fiesta Educativa, a Regional Center vendor,

who conducted four weeks of the Autism Parent Education Program (APEP) in March.

April is when we celebrate with our parents and their children as well as all who help with the growth and development of children with special needs. Our 17th Annual Information Fair and Festival will be held on April 26th and we are looking forward to seeing all of our friends and families. No need to sign up ahead of time. Just show up and have a relaxing, informative and fun day with your children in the park.

April is also Women's History Month. To celebrate, Assemblyman Dr. Ed Hernandez, O.D., recently selected one of our longstanding Board Members, Nancy Gibson, as one of his "Women of Achievement" in the 57th Assembly District. Congratulations, Nancy! I was also extremely honored to receive an award from Senator Gloria Romero as one of her "Outstanding Women in the 24th District." Both Nancy and I are very proud to have been selected, but even more so, because the Parents' Place name is being so well recognized in the community.

We are coming down the home stretch for the complete revamp of our website. We hope to be announcing it's startup very soon. In the meantime, you can visit us at www.parentsplacefrc.com for access to our current Calendar of Events and flyers as well as former issues of our newsletter.

LO QUE ESTÁ PASANDO EN EL LUGAR DE LOS PADRES

por Sona E. Baghdassarian, Directora

Muchas cosas están pasando en El Lugar de los Padres y queremos compartir con todos ustedes nuestras últimas noticias.

Para empezar la gran búsqueda de especialistas de apoyo familiar al fin terminó. Es un placer presentarles a ustedes a Yu-Shu (Cindy) Cheng y Maria de Jesús Sandoval, quienes ingresaron al equipo de apoyo del Lugar de los Padres en Marzo.

Cindy viene con una maestría en Desarrollo infantil de CSULA, y recibió un bachillerato con un Mayor en Psicología y un Menor en estudios infantiles y familiares de la Universidad del Norte de Carolina. Cindy habla los idiomas: Mandarín y Taiwanés.

Maria viene a nosotros con una excelente experiencia en Desarrollo y Psicología Infantil trabajando en los salones de clases como ayudante de maestros. Ella tiene un gran amor por los niños y esta asistiendo a la escuela para conseguir el certificado de Desarrollo Infantil. Maria es bilingüe con el idioma Español. Actualmente esta estudiando para hacer Trabajo Social.

Queremos darles la bienvenida a ambas y sabemos que harán valiosas contribuciones como parte de la familia del Lugar de Los Padres.

Tal vez ustedes recuerden que en nuestra última publicación enviamos el anuncio del entrenamiento para los miembros en la elaboración de pólizas. (Partners in Policymaking) Nuestra compañera Elena Sánchez ha sido seleccionada para participar en estos ocho meses de entrenamiento intensivo. Estamos muy orgullosos de ella y sabemos que será una voz muy poderosa en abogar con los legisladores por las necesidades especiales de nuestra comunidad.

Es un placer para nosotros abrir nuestras puertas al Centro Regional Fiesta Educativa, quienes condujeron el Programa de Educación para los Padres referente al Autismo por cuatro semanas (APEP) en Marzo.

Abril es cuando celebramos con nuestros padres y niños así como con quienes nos ayudan con el exitoso crecimiento y desarrollo de los niños con necesidades especiales. Nuestro Festival y Feria informativa numero 17 tomará lugar el día 26 de Abril del presente año y estamos esperando encontrarnos allá con todos nuestros amigos y sus familias. No será necesario registrarse con anticipacion. Solamente haga acto de presencia y relájese, será un día muy informativo y lleno de diversión para los niños en el Parque.

Abril es también el mes de la Historia de la Mujer. Para celebrarlo, el Asambleísta Dr. ED Hernández, O.D., recientemente seleccionó a uno de nuestros mas estables miembros, Nancy Gibson como una de sus "Mujeres de éxito" en la Asamblea del Distrito numero 57. ¡Felicidades, Nancy! También yo fuí extremadamente honrada al recibir un premio de la Senadora Gloria Romero como una de sus "Mujeres Sobresalientes" en el Distrito numero 24. Ambas, Nancy y yo estamos muy orgullosas de haber sido seleccionadas, pero sobre todo, porque el nombre de El Lugar de Los Padres ha sido tan bien reconocido en nuestra comunidad.

Estamos tirando la casa para completar el objetivo de nuestra página de Internet. Esperamos poder anunciar su comienzo muy pronto. Mientras tanto, ustedes pueden visitarnos en nuestra página actual, www.parentsplacefrc.com para tener acceso a nuestro Calendario de Eventos actualizado y los boletines, así como ediciones pasadas de nuestra carta trimestral.

MOVING ON

Reprinted From *Growing Together*, a publication by Growing Child, Inc.
From *Early Intervention Support Services Newsletter*, February 2009

Most babies usually make an exciting discovery during the second half of their first year: If they move, they can go someplace and get something!

This is an important milestone in Baby's life. She has taken the first step toward controlling the world around her.

This discovery seems to come almost by accident, but it cannot happen unless Baby is developmentally ready for it.

Usually what happens is that Baby sees a desirable object, which she finds to be just out of reach. She rolls and stretches, but it remains beyond her.

In her excitement, Baby rocks on her stomach, moving her arms and kicking her legs. In the process, she pulls and/or pushes against the surface she is lying on, and suddenly she can reach the object she desires.

What an exciting discovery: "If I move, I can go somewhere and get something!" Now Baby has found a way to get what she wants all by herself.

This new discovery is so exciting that Baby begins to pull herself around just for the sake of moving from one place to another.

She learns better ways of moving herself around by pulling with her arms and pushing with her legs. She pivots around and around on her middle. She pushes herself backwards. She pulls herself forward.

Her "reachable" world enlarges and she can explore objects and places previously out of reach. But dragging herself along on her stomach is not a very efficient way of getting from place to place, and Baby continues to search for a better way—which is creeping.

By the last part of the eighth month, many babies have found this better way or have at least shown evidence of progress toward it.



They have been helped by an important developmental reflex which has been getting stronger over the past couple of months. It happens as a result of the position of Baby's head and neck.

Here's what happens: When Baby tilts her head up and back, a reflex tends to strengthen the muscles which straighten her elbows, as well as those which bend her hips and knees.

So, when she lifts her head and chest, her arms stiffen to support

her weight and her hips and knees bend to pull her knees up under her.

Now, the same reflex which helped Baby get into this crouching position tends to keep her crouched. When she tries to push forward, her arms give, her head goes down, and she collapses on the floor again.

To continue her progress toward the upright position, Baby must learn how to inhibit this reflex and hasten its normal weakening.

She does this by rocking forward and back, forward and back, until one day her arms continue to support her and she does not collapse.

Instead, she moves forward and begins her first attempt at creeping. By the end of their eighth month, a third to one half of all infants have progressed to creeping.

Still later, this reflex helps her pull to a standing position, holding on to the sides of her playpen, or on to a convenient piece of furniture.

It may be some time before Baby walks alone, however, since she has much learning still to do. But in this exciting period, she has moved a long way toward the day she takes her first independent step

CRECIENDO

Reprinted From Growing Together, a publication by Growing Child, Inc.
From Early Intervention Support Services Newsletter, February 2009

Durante la segunda etapa de su primer año, la mayoría de los bebés desubren el placer de poder movilizarse de un lado al otro.

La criatura a tomado su primer paso hacia el control de su alrededor.

Este descubrimiento parece ser un accidente pero no va a suceder al menos que su desarrollo ya este en pie.

Generalmente lo que sucede es que el bebé ve el objeto y hace todo lo posible por alcanzarlo. Ya sea estirándose, rodándose, todo lo necesario para alcanzarlo pero parece que aun queda fuera de su alcance.

En su entusiasmo el bebé se mece sobre su estomago moviendo los brazos y pataleando. En el proceso se jala, empuja contra el suelo hasta que el objeto queda a su alcance.

¡Qué descubrimiento! Si me muevo logro algo. El bebé ha encontrado la manera de obtener el objeto que le ha atraído.

Este nuevo descubrimiento le ha motivado empieza con solamente meneándose de un lado a otro y continua aprendiendo mayores maneras de moverse hasta lograr llegar de un lugar a otro con la ayuda de sus brazos y piernas. Y al final se pivótela, se empuja se

jala, etc. logrando mover hasta los brazos y piernas.

Su mundo se extiende a la exploración de objetos y lugares que antes estaban fuera de su alcance. Pero arrastrándose sobre su estomago no siempre le da buenos resultados y el bebé continua buscando mejores maneras de movilizarse y empieza a gatear.



A fines del mes ocho por lo general la mayoría de los bebés han descubierto o han empezado a descubrir que esse progreso ha desarrollo sus reflejos que a la vez le ha ayudado a fortalecer los músculos de la cabeza y la nuca.

Esto es lo que sucede: Cuando la criatura levanta y mueve la cabeza para arriba y hacia atrás, este reflejo fortifica a los músculos que a la vez fortifican a los codos, y

ayuda a doblar la cadera y los odillas.

O sea, cuando nueve la cabeza y el pecho los brazos endurecen para poder sopotar su propio peso; a la vez dobla las rodillas para levantar el cuerpo debajo de ellas.

Ese mismo reflejo que permite que la criatura se levante en cucullas y tiende a sostenerse en cucullas. Si intenta tomar paso sus brazos no se lo permiten, la cabeza se cae y vuelve a caer al suejo.

Continuando con el progreso de ponerse en posición recta, el bebé necesita aprender como sostener este reflejo mejorando en sus debilidades.

Al mecerse continuamente logra fortalecerse hasta poder soportarse por se misma.

En ves se mueve e intenta gatear por primera vez. Al final del mes ocho la mitad de la terer parte de las criaturas han logrado gaaterar.

Aun estos reflejos le ayudarán más atarde a ponerse en pie deteniéndose en lo que pueda.

Tomará tiempo antes de que la criatura pueda caminar sin ayuda; todavía hay mucho que aprender. Pero en este periodo ha habido mucho progreso hacia el día que pueda tomar sus pasos independientemente.



SUMMERTIME CAMPING



With summer fast approaching, it's not too soon to start planning activities for your children. Of course, there are many experiences you and your children can enjoy together—an afternoon in the park, a trip to the beach or the zoo. But vacation time often causes unique problems for the parents of special needs children. There's suddenly many more hours to fill and if you're unprepared, those times can be stressful instead of rewarding. Your child's time away from home is not only good for you, but your child as well. For you, it's a time to take a deep breath, to read, to visit the mall, to take in a movie. For your child, it's a time to be exposed to new people, adventures and enriching experiences. Enrolling your child in a day camp program or overnight camping trips is a safe and fun way to provide this time away. There are, however, many things to consider.

Choosing the right camp for your child is not a simple matter. You need to do your homework, spend time checking out the camp thoroughly in order to make certain it is appropriate for your child. You need to be asking questions such as: Can the camp make the proper modification to meet the needs of your child? Do they have trained staff? Have the staff personnel been with the camp for a long time, or is their counseling experience limited? Is there a proper ratio of staff personnel to the number of children each counselor is responsible for? Is the camp management as well as the staff familiar with your child's particular disability, able to react to your child's special needs?

These are only a few of the questions you need to be asking. No doubt, you will think of others. If you can, it's best to visit the camp yourself, see exactly what they offer, what their facilities are really like. And you can always check the American Camping Association website (www.acacamps.org) to find out more about the camp you're considering.

So get busy now if you're thinking about camp for your child. Make this summer a great time for your whole family.

Ability First (C.C.S.)

(909) 396-1010

(909) 338-1102 camp line

American Camping Association

(Ages: 3 to 17 yrs.)

22231 Mulholland Highway, Calabasas

(213) 483-4300

Astro Camp (Ages: 8 to 18 yrs.)

P.O. Box 1360, Claremont

(909) 625-6194

Camp Bloomfield in Malibu

(Foundation for the Junior Blind)

(323) 295-4555

Camp J.C.A. Shalom

ADD, LD, Adjustment, Anxiety

(818) 889-5500

Camp Laurel

HIV-AIDS

(626) 683-0890

Casa Colina Outdoor Adventures

(909) 596-7733

Delhaven Community Center

(626) 917-9789

Camp Harmon

Easter Seals-Jennifer Johns

(831) 684-2380 Ext. 107

Epilepsy Foundation Camps

(800) 564-0445

Hole in the Wall Camps

Children with Different Medical Needs

(310) 451-1353

Joni and Friends Retreats

(818) 707-5664

National Kidney Foundation

(Ages: 9 to 22)

(818) 783-8153

Quest Day Camp

Huntington Beach

(631) 331-5351

**PLEASE CALL OUR OFFICE (626) 919-1091 FOR FURTHER INFORMATION
ON OUT-OF-STATE CAMPS.**

Note: The San Gabriel/Pomona Parents' Place does not endorse any of the groups, services or programs shown in this newsletter. The organizations are presented for information purposes only.



Education, Special Education & Disability Websites

Education & Special Education

California Department of Education
<http://www.cde.ca.gov/>
 Special Education Division
<http://www.cde.ca.gov/sp/se/>
 California Special Education Observer
<http://www.sacramentolda.org/observer/>
 CalSTAT
<http://www.calstat.org/>
 Comprehensive Regional Assistance Centers:
 Region XI: Northern California
<http://www.wested.org/>
 Region XII: Southern California
<http://SCCAC.laoe.edu/>
 Education Week on the Web
<http://www.edweek.org/>
 Educator's Reference Desk
<http://www.eduref.org/>
 Education & Rehabilitative Services
<http://www.ed.gov/about/offices/list/OSERS/>
 Federal Resource Center for Special Education
<http://www.rfcnetwork.org/>
 Graduation Students with Disabilities
<http://www.shoplrp.com/product/p-300001.SP36.html>
 Internet Special Education Resources
<http://www.iser.com/>
 National Center to Improve Practice in Special Ed
<http://www.edc.org/FSC/>
 Nat. Center on Secondary Education and Transition
<http://www.ncset.org/>
 National Professional Resources
<http://www.nprinc.com/>
 New Horizons for Learning
<http://www.newhorizons.org/>
 No Child Left Behind
<http://www.nochildleftbehind.gov/>
 Pacer-Tatra Project: New Transition Resources
<http://www.pacer.org/publications/transition.asp#handouts>
 The Perpetual Preschool
<http://www.ecwebguide.com/>
 The Special Ed Advocate
<http://www.wrightslaw.com/>
 School Success Info
<http://www.schoolsuccessinfo.org/>
 The Technical Assistance Alliance for Parent Centers
<http://www.taalliance.org/>
 US Dept of Education
<http://www.ed.gov/>
 The Western Resource Center
<http://www.rfcnetwork.org/wrrc/>
 Office of Special ASHA - American Speech - Language - Hearing Association
<http://www.asha.org/>

Disability Sites

AHEAD - Association on Higher Education & Disabilities
<http://www.ahead.org/>
 Alexander Graham Bell Association for the Deaf
<http://www.agbell.org/>
 Alliance for Technology Access
<http://www.ataccess.org/>
 Apraxia Kids
<http://www.apraxia-kids.org/>
 Asperger Syndrome - Information & Support
<http://www.udel.edu/bkirby/asperger/>
 Autism Society of America
<http://www.autism-society.org/>
 Autism Speaks
www.autismspeaks.org/
 Autism Treatment Network
www.autismtreatmentnetwork.org/
 Brain Injury Association
<http://www.biausa.org/>
 Brain Injury Center
<http://www.braincenter.org/>
 Brave Kids – Resources for Special Needs Children
<http://www.bravekids.org/>
 Cornucopia of Disability Information
<http://codi.buffalo.edu/>
 Council for Exceptional Children
<http://www.cec.sped.org/>
 Facts for Families...about Psychiatric Disorders Affecting Children and Adolescents
<http://www.aacap.org/>
 Federal Website for Disability-Related Government Resources
<http://www.disabilityinfo.gov/>
 Integrated Network of Disability Information
<http://www.indie.ca/>
 Internet Resources for Special Children
<http://www.irsc.org/>
 Mental Health Net
<http://www.mentalhelp.net/>
 National Center for Stuttering
<http://www.stuttering.com/>
 National Fragile X Foundation
<http://www.nfxf.org/>
 National Federation of Families for Children's Mental Health
www.ffcmh.org
 National Institute of Neurological Disorders & Stroke
<http://www.ninds.nih.gov/>
 NICHCY
<http://www.nichcy.org/>
 Through the Looking Glass
<http://www.lookingglass.org>

KIDS AREN'T DROWN PROOF

Reprinted from an Article by the Drowning Prevention Foundation, off of the Website of the California Department of Developmental Services

Drowning is the leading cause of death, disability, and injury for children under 5 years of age in California, and the second leading killer of youngsters nationwide.

The number of young, severely brain-damaged near-drowning victims has increased rapidly in recent years. Residential care of these victims averages \$220,000 annually per child, and is the leading cause of admission to state hospitals. Presently there are over 600 individuals maintained in state facilities.

ABOUT THE DROWNING PREVENTION FOUNDATION (DPF)

DPF's mission is to prevent the tragedy of drownings through the use of public information, education and policy change. **DPF** is a non-profit, community-based organization which was established in 1984. It is recognized both locally and nationally as the leading expert in drowning prevention methods, technology, policy and activities.

DPF's activities include working to strengthen local, state and national legislation on pool fencing, providing technical assistance to other local, state and national coalitions and agencies; producing and distributing educational material on drowning prevention, and advising parents and caretakers on improving the safety of backyard pools, spas and hot tubs.

A DROWNING HAPPENS IN SECONDS

It could happen to you! A diligent father switches his attention to the phone while his child sinks lifelessly to the bottom of the swimming pool. A normally attentive mother is cooking in the kitchen, her youngster falls into the neighbors pool. A conscientious babysitter is distracted by the needs of one of her many charges, another wanders off and drowns.

Obviously supervision is critically important, but it's virtually impossible to supervise small children every minute of every day. That is why parents and caretakers must provide multiple layers of protection, pool fencing, self-closing, and self-locking gates, automatic sliding door closers, pool alarms, automatic safety covers, as well as constant supervision.

DROWNING IS PREVENTABLE

A child drowns in less than two minutes. There is usually no warning such as screams or splashing.

SAFETY GUIDELINES (Partial List)

- ◆ Never leave a child alone near water to answer the phone, the doorbell, go to the bathroom, attend to another child or attend to household chores, even for a few seconds.
- ◆ Keep a constant eye on young children playing in or near any body of water, wading pool, public pool, bathtub or lake. At large gatherings, designate an adult to watch children at play, and while in pool.
- ◆ Fence your pool on all four sides with a barrier that is at least 5 feet high. Move lawn chairs, tables and other potential climbing aids away from the fence to help keep children out.
- ◆ Any gate or door leading to the pool area should be self-closing and self-latching, opening outward, with the latch placed on the pool side out of reach.
- ◆ Install panic alarms on all house doors and windows leading to the pool area, automatic sliding door closers and automatic safety cover over the pool. Completely remove cover before children are allowed in pool.
- ◆ Drain off water that accumulates on top of the pool cover. A child can drown in as little as two inches of water.
- ◆ Keep reaching and throwing aids, such as poles and life preservers, on both sides of the pool.
- ◆ All non-swimmers should always wear approved personal flotation devices when they are near water.
- ◆ Swimming lessons do not insure safety. About 25% of all young drowning victims have had swimming lessons. A child who falls into water unexpectedly will panic and forget his swimming skills.

It is crucial that you and all of your child's caretakers can swim and know how to perform cardiopulmonary resuscitation (CPR) in an emergency. Immediate CPR could prevent death or massive brain damage.

LOS NIÑOS NO SON RESISTENTES AL AGUA

Reprinted from an Article by the Drowning Prevention Foundation, off of the Website of the California Department of Developmental Services

El Ahogamiento constituye la principal causa o de muerte, discapacidad, y lesiones entre los niños menores de 5 años de edad en California, y la segunda causa de muerte de los jóvenes en el país.

El número de jóvenes que sufren de graves daños cerebrales a causa de estar a punto de ahogarse ha aumentado rápidamente en los últimos años. El cuidado que requieren estos jóvenes cuesta un promedio de \$125,000 cada año por cada joven, y es la causa principal de internación en los hospitales estatales.

SOBRE LA FUNDACIÓN PARA LA PREVENCIÓN DEL AHOGAMIENTO (DPF)

La misión de la **DPF**, por sus cifras en inglés, es prevenir la tragedia del ahogamiento a través de la información pública, educación y cambios en las normas/regulaciones. La **DPF** es una organización comunitaria sin fines de lucro fundada en 1984, conocida a nivel local y nacional como la mayor autoridad referente a métodos, tecnología, políticas y actividades con respecto a la prevención del ahogamiento.

Las actividades de la **DPF** son impulsar el fortalecimiento de la legislación local, estatal y nacional vinculada con la instalación de cercas para piscinas; prestar asistencia técnica o ayuda a otras instituciones y entidades locales, estatales y nacionales; crear y distribuir material educativo sobre la prevención del ahogamiento y asesorar o aconsejar a los padres y personas que se dedican al cuidado de niños sobre la gran importancia de la seguridad en las piscinas, spas y jacuzzis en los hogares.

UN AHOGAMIENTO PUEDE SUCEDER EN CUESTION SECONDS

¡Esto le podría suceder a usted! Un padre responsable puede contestar el teléfono y deja de vigilar a su niño, mientras éste se hunde sin vida hacia el fondo de la piscina. Una madre cuidadosa mientras prepara la comida en la cocina, su hijo menor sé puede caer en la piscine del vecino. Una niñera responsable se puede distraer atendiendo a uno de los varios niños bajo su cuidado, y de repente, otro niño se sale para afuera y se ahoga.

Sin lugar a dudas, la supervisión es de suma importancia, Sin embargo, es prácticamente imposible supervisar a los niños pequeños cada minuto del día. Es por eso que los padres y aquéllos a cargo del cuidado de niños deben asegurarse por tener varios niveles de protección: una piscina cercada, puertas con seguros que se traban y cierran automáticamente, puertas deslizables, alarmas para piscinas, cubiertas eléctricas de seguridad y tener una constante supervisión con los niños.

¡EL AHOGAMIENO ES PREVISIBLE!

Un niño se puede ahogar en menos de dos minutos. Usualmente no hay señales de aviso como gritos o movimientos en el agua.

CONSEJOS DE SEGURIDAD (LISTA PARCIAL)

- ◆ Nunca deje a un niño solo cerca del agua, ni siquiera por unos segundos, para contestar el teléfono, el timbre, ir al baño, ocuparse de otro niño o de las tareas domésticas.
- ◆ Vigile constantemente a los niños mientras juegan dentro o cerca de cualquier lugar con agua: piscinas para niños, piscinas públicas, bañeras o lagos. Durante las reuniones grandes o fiestas, designe a un adulto para cuidar a los niños mientras juegan.
- ◆ Instale una cerca que rodee los cuatro lados de la piscina. El cercado debe tener como mínimo 5 pies de altura. Mantenga las sillas, mesas de jardín y otros objetos que le puedan servir al niño para subirse a la cerca alejados de ésta, para que ellos no se acerquen.
- ◆ Todas las puertas y portones de acceso al área de la piscina deben poder cerrarse y trabarse automáticamente, abrirse hacia afuera, y tener el candado del lado de la piscina y fuera del alcance de los niños.
- ◆ Instale alarmas de seguridad en todas las puertas y ventanas de la casa que conduzcan al área de la piscina, en los cierres automáticos para las puertas deslizables y en las cubiertas eléctricas de seguridad sobre la piscina. Retire completamente la cubierta antes de permitir el acceso de los niños a la piscina.
- ◆ Elimine el agua que acumula encima de la cubierta de la piscina. Un niño puede ahogar adentro tan poco como
- ◆ Guarde elementos de seguridad como tubos de rescate y salvavidas en ambos lados de la piscina.
- ◆ Todas las personas que no sepan nadar deberán ponerse salvavidas cuando se encuentren cerca del agua.
- ◆ Las clases de natación no garantizan la seguridad. Aproximadamente el 25% de las víctimas jóvenes de ahogamiento han tomado clases de natación. Un niño que de repente se cae al agua entrará en pánico y no recordará cómo nadar.

Asegúrese de que tanto usted como todos los responsables del cuidado de su hijo sepan nadar y administrar resucitación cardiopulmonar (CPR), en caso de emergencia. La resucitación o reanimación inmediata puede prevenir la muerte o el daño cerebral.

APRIL-MAY-JUNE 2009 CALENDAR

The San Gabriel/Pomona PARENTS' PLACE ACTIVITIES

(626) 919-1091 or (800) 422-2022
e-mail: empower@parentsplacefrc.com

The San Gabriel/Pomona PARENTS' PLACE BOARD MEETING

Board Meetings are held once each month, usually between 10:00 am and 12:00 noon. Meetings are held at the PARENTS' PLACE Family Resource & Empowerment Center, 1500 S. Hyacinth Ave., Suite B, West Covina. Please call our office (626) 919-1091 for actual date and time.

The San Gabriel/Pomona PARENTS' PLACE Family Resource Center Advisory Council and the LOCAL INTERAGENCY COORDINATING AREA (LICA) meet every 2ND Thursday of each month from 9:00 am to 11:00 am at the San Gabriel/Pomona Regional Center. For information, call our office at (626) 919-1091.



REACH

Parent Support Group
the First Thursday of Each Month
7:00-8:30 pm

For more information, call Rachel Atencio at the PARENTS' PLACE (626) 919-1091

UPCOMING WORKSHOPS

IFSP/IPP Trainings (English/Spanish)

Friday, April 3— 10am—12:00noon (English)
Friday, May 1— 10am—12:00noon (English)
Friday, June 5— 10am—12:00noon (Spanish)

IEP Trainings (English/Spanish)

Friday, April 17— 10am—12:00noon (English)
Friday, May 15— 10am—12:00noon (English)
Friday, June 19— 10am—12:00noon (Spanish)

Facilitated by Office of Clients Rights Advocacy
(Disability Rights of California)

DON'T MISS THE FUN!!

17th Annual
Information Fair & Festival
Sunday, April 26, 2009
1 — 4:00pm
Cortez Park, West Covina

(See Flyer Enclosed)

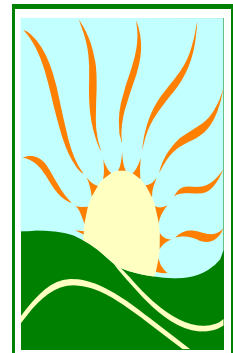
PARENTS' PLACE
LE INVITA A UNIRSE A NUESTRO GRUPO DE APOYO EN ESPAÑOL
NUEVO DÍA

CADA SEGUNDO MIERCOLES DE EL MES 10:00 a 11:30 am
PARA MAS INFORMACIÓN, llame a: Elena Sanchez a (626) 919-1091

PARENTS' PLACE

Invites You to Attend our Spanish-Speaking Support Group
NEW DAY

Every Second Wednesday of the Month 10:00 to 11:30 am
For More Information, call Elena Sanchez at (626) 919-1091



APRIL–MAY–JUNE 2009 CALENDAR—CONTINUED

MISCELLANEOUS EVENTS/ CONFERENCES SCHEDULED

(For detailed information on any of these events/
conferences, call (626) 919-1091

April 1–May 13: Assessment, Diagnosis & Intervention for Developmental & Emotional Disorders; See flyer.

April 7, 14, 21, 28: Looking for Answers: Free seminars for those who experience difficulty in daily living due to sight loss; presented by Braille Institute, Joslyn Center, Covina.

April 11: 3rd Annual Tools for Transformation Conference: Leveraging Resources for Change, Junior Blind of America, Los Angeles.

April 17: Promoting Resilience in the Most Vulnerable Children, presented by SGV Family Violence Council, held at SG/P Regional Center, Pomona

April 22: 10th Annual Housing Rights Summit: Our Homes & Our Health, held at California Endowment Center for Healthy Communities, Los Angeles.

April 22: Let's Tango!: Create Your Own Communication Moment! Presented by TASK, Anaheim, CA.

April 18: Children's Health Fair-Mission Community United Methodist Church, sponsored by Div. 10 Kiwanis & Key Club.

April 23: Home Visiting Next Steps, presented by Strategies; Los Angeles, CA.

April 25: Walk Now for Autism Los Angeles, the Rose Bowl, Pasadena.

April 28: An Inclusive Life 2009: Promoting Relationships, Transitioning to Adult Life & More, California Endowment Center for Healthy Communities, Los Angeles, CA.

April 30: Autism Partnership Workshop Series, Session 1: Recovery: Myth, Dream or Reality?; Session 2: Behavioral Treatment has Evolved! Seal Beach.

April 30: Ages & Stages Developmental Screening Tool-3rd, Santa Fe Springs.

May 1-3: ADHD Enrichment Weekend for adults of all ages and students in grades 5 thru 12; Mill Valley, CA.

May 9: Impact Spring Symposium 2009: Making it Clear, Improving Behavior & Communication; Modesto, CA.

May 22-24: Impact 10th Annual Family Camp For Our Deaf & Hard of Hearing Children; Julian, CA.

COMMUNITY INVOLVEMENT/ COLLABORATION OPORTUNITIES

Autism Society of America—Greater Long Beach/San Gabriel Valley Chapter ASA. P.O Box 15247, Long Beach, CA 90815-0247. Call (562) 943-3335 for dates and location of support meetings or information regarding Chapter activities.

East San Gabriel Valley SELPA Community Advisory Committee (CAC). CAC meetings normally held monthly, 6:30pm—8:30pm, at the ESGV SELPA office (across from Fairvalley School), 1400 Ranger Drive, Covina. For exact dates and information, call ESGV SELPA office (626) 966-1679.

Puente Hills SELPA Community Advisory Committee (CAC). CAC meetings normally held quarterly, 9:30a—11:30am, for Hacienda/Rowland USD's. For exact dates and location information, call Puente Hills SELPA office (626) 964-7458.

Pasadena USD SELPA Community Advisory Committee (CAC). CAC meetings normally held monthly, 7:00pm—9:00pm, at Pasadena First Church of the Nazarene (next to Field Elementary), 3700 E. Sierra Madre Ave., Room 112, Pasadena, CA 91107. Call for exact dates (626) 568-4531 and to reserve free childcare and translation.

West San Gabriel Valley SELPA Community Advisory Committee (CAC). CAC meetings normally held monthly, 7:00pm—9:00pm, at WSGV SELPA office, 159 E. Live Oak, Room 203, Arcadia, CA 91006. Call for exact dates and information (626) 254-9406.

AREA BOARD 10 Board of Directors Meeting – First Thursday of each month, 4:30pm. For location information, call (818) 543-4631, or check website for changes and agenda www.areaboard10.org.



APRIL-MAY-JUNE 2009 CALENDAR - CONTINUED

REGIONAL CENTER (SG/PRC) Activities 909) 620-7722

Website: www.sgprc.com

Board Meeting: Held the fourth Wednesday of each month at 7:00pm. Location: SG/PRC. For further information, call Linda Derosiers at SG/PRC (909) 868-7512.

Chinese—Korean Parent Support Group: Call Maggie Lang at SG/PRC (909) 868-7526 for meeting times and dates.

P.A.T.H. (Parents Acting for the Handicapped): For details, call Joanne East at (626) 919-4983.

ALIANZA & LUCERO—Spanish-Speaking Parent Support Group: Meets second Thursday of each month. Call Violeta Escobar at (909) 868-7524.

Filipino Support Group: Contact Violeta Escobar at SG/PRC, (909) 868-7524, for information and details. Meeting held in English; however, most parents speak Tagalog.

SUPPORT GROUPS MISCELLANEOUS

Autism Society of America (ASA)—Greater Long Beach/San Gabriel Valley Chapter. Support group meetings held in West Covina. Call (562) 943-3335 for dates and exact location.

CH.A.D.D. – Foothill Chapter 920: 4th Friday of each month, 7:15-9:00pm, at The Frostig Center, 971 N. Altadena Drive, Pasadena. TEL: (626) 943-3100.

CPAD (Chinese Parent Assoc. for the Disabled) - San Gabriel, CPAD holds support group meetings and trainings for Chinese-speaking parents. Call Rose Wang (626) 202-4773 for dates and times. Hot Line: (626) 307-3837

SUPPORT GROUPS MISCELLANEOUS (Continued)

Down Syndrome Association of L.A., Pomona: Sub Group – “Up for Down.” Meets third Thursday every other month at 7:00-8:30pm. For information, call Carol Anten at (909) 268-6344.

Fiesta Educativa: Spanish-speaking Support Group for all Disabilities. Meets twice monthly on different topics. Call Laura Ruesga at (323) 221-6696 for dates, times and topics.

Foothill Autism Alliance: For information concerning upcoming meetings, time and place, please call (818) 66-AUTISM, or visit their website at www.foothillautism.org.

FUERZA – Spanish-speaking Support Group for Down Syndrome & Cerebral Palsy – Call (800) 200-4323 or (310) 391-7153.

Epilepsy Foundation of Los Angeles County – Call for date and time (310) 670-2870.

Parenting Premies—A 10-week educational support group held at San Antonio Hospital, for parents with recently—discharged premature babies, low birth weight babies or babies with special needs. Call Valerie Willis (909) 985-2811, Ext. 23677 for schedule and signup.

Pomona Valley Learning Disability Assoc. — Meetings held 3rd Thursday of each month, 6:30-9:00 p.m., at Claremont United Church of Christ, 233 W. Harrison Avenue, Claremont. For further info, Tel: (909) 621-1494, or PVLDA@aol.com.



San Gabriel/Pomona
Parents' Place
 Family Resource & Empowerment

We're Fundraising!!!

You can help support Parents that have children and young adults with special needs

Please participate in any or all of our fundraising activities and a portion will go to Parents' Place!

1



Bring your empty inkjet & laser cartridges and used cell phones to our office so that we can recycle them.

2

GoodSearch Place has registered in the *Good Search Program*. For every search you want to make on the internet:

- a) Go to: www.goodsearch.com
- b) Place your name in the favorite charity box. (we are listed as San Gabriel Pomona Parents Place) We also receive a percentage of all purchases when you use the "Good Shop" link
- All searches are done through Yahoo and we get credit every time you search.

All you need to do is add our number to your savings card.

3



- a) Go to: albertsonscp.com to sign-up or renew your link
- b) or sign up at your local store
- c) # 4 9 0 0 0 1 2 7 4 3 1 Our Organization Number

4



- a) Go to: myralphs.com—"click" community contribution
- b) Sign-in (right side of screen)
- c) Enroll, Complete steps 1-3
- d) # 8 4 7 5 5 Our Organization Number

!!Thank you for your Support!!

1500 S. Hyacinth Avenue Suite B, West Covina, CA 91791
 (626) 919-1091 ** (626) 919-2784 Fax

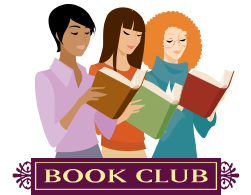
Website: www.parentsplacefrc.com ** E-mail: empower@parentsplacefrc.com



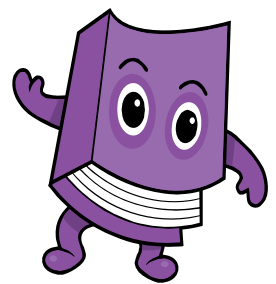
NEW TITLES HAVE ROLLED INTO THE PARENTS' PLACE LIBRARY

Below is just a sampling of our New Titles.

Stop in Anytime between 9:00am and 3:00pm to Join Our Book Club,
Review our New Titles and Check Out Books...We'd Love to Say Hello!



Emergence Labeled Autistic...With a New Introduction
 The New Language of Toys. Teaching Communication
 A New Look At ADHD. Inhibition Time and Self Control
 Recovery Autistic Children
 Reflections from a Different Journey
 Social Behavior Mapping. Connecting , Behavior, Emotion
 Social Behavior Mapping (DVD)
 Social Thinking Across The School and Home Day
 Sticker Strategies: Practical Strategies to Encourage Social Strategies
 for Organization: Preparing for Homework and Beyond
 Teaching Children with Down Syndrome About Their Bodies, Boundaries and Sexuality
 Teaching Math to People with Down Syndrome and Other Hands-on Learners
 Thinking About YOU, Thinking About ME (2nd Edition)
 Touch Points...Three to Six...Your Child's Emotional and Behavioral Development
 What Did You Say? Guide to Speech Intelegibility
 Worksheet for Teaching Special Thinking and Related Issues
 Superflex, A Superhero...Social Thinking Curriculum
 Better IEPs (4th Edition)
 Child of Mine: Feeding With Love and Good Sense (3rd Edition
 Como Ayudar a los Ninos con Problemas de Lenguaje y Auditivos
 The Gifted Kids Survival Guide: A Teen Handbook (Revised Edition)
 It Takes Two To Talk: Practical Guide for Parents and Children With Language Delays
 It's Not Just Growing Pains: A Guide to Childhood Muscle, Bone and Joint Pain
 Survival Guide for Parents of Gifted Kids (Revised and Updated Edition)
 Using Assistive Technology to Meet Literacy Standards: An IEP Team Guide
 Using Assistive Technology to Meet Literacy Standards: Grades K-3: Assistive
 Your Child with Arthritis: A Family Guide for Caregiving
 Truancy Work Refusal & Home Problems
 Manifestation Determinations: Avoiding Effective Strategies
 Get Students Ready for College Transition
 Handbook of Goals and Objectives Related to Selected State of California Content,2008
 Grade 1 Traits of Good Writing
 Grade 2 Traits of Good Writing
 Bully Busters Set
 Cool Kid Book
 Parental Loss of a Child
 Relaxation
 1001 Great Ideas for Raising Children with Autism Spectrum Disorders
 Getting In Touch - VHS



AWARDING THOSE WHO MAKE A DIFFERENCE IN OUR LIVES

PARENTS' PLACE HAS A FUND RAISING CAMPAIGN THAT CAN HELP BOTH YOU AND US.

It has often been said that "it takes a village to raise a child," and we who are raising a special needs child know that philosophy better than anyone. Often, however, those persons who are assisting us in our daily journey do not receive the appreciation they deserve. Parents' Place wants to help you recognize those special people who make a difference in your child's life. It may be a teacher, a speech or occupational therapist, or anyone you feel deserves some recognition. For a small fee of \$5.00, we will provide a certificate, similar to the one shown the backside of this page, that you can present to your deserving person. Your family name will appear on the certificate as well so that your person will always be reminded that you cared. All you need to do now is, complete the application on the back and mail it to us along with your \$5.00 (check, money order or cash), and we will mail the certificate(s) back to you. (Allow two weeks for return of your certificates.) And remember, your participation in this project will also assist Parents' Place in building funds for special activities ... a win-win situation for both of us. This is a great time to remember those people who are important to you, so please fill out your application today!

PREMIANDO A AQUELLOS QUE HACEN DIFERENCIA EN NUESTRAS VIDAS

EL LUGAR DE LOS PADRES HÁ EMPEZADO UNA CAMPAÑA PARA COLECTAR FONDOS QUE PODRÍA AYUDAR A LOS DOS, USTED, Y NOSOTROS.

Muy seguido se há dicho "se necesita una aldea para crír un niño" y nosotros los que críamos niños con necesidades especiales sabemos esta filosofía mejor que nadie. Sin embargo muy seguido, esas personas que nos ayudan en nuestro viaje diario no reciben la apreciación que merecen. El Lugar de los Padres quiere ayudarle a darle reconocimiento a esas personas que hán hecho diferencia en la vida de su niño. Puede ser una maestra, una terapeuta ocupacional o de el habló, o cualquier persona que usted crea merece ese reconocimiento. Por una minima cuota de \$5.00, nosotros le proveeremos un certificado, parecido al que se muestra al reverso de esta pagina, y usted se lo dará a esa persona que se lo ha merecido. El nombre de su familia aparecerá en el certificado asi como el de esa persona especial, de esa manera recordará por siempre que a usted le importa. Todo lo que tiene que hacer en este momento es llenar la aplicación que está al reverso y mandarla por correo con su cheque, giro postal, or dinero en efectivo, y nosotros le mandaremos el certificado de regreso por correo. Y recuerde, su participación en este proyecto tambien ayudará a El Lugar de los Padres en acumular fondos para esas actividades especiales...una triunfo para los dos, usted y nosotros. Esta sería una muy buena oportunidad para recordar a esas personas que son importantes para usted, así que mande su aplicación ahora!

The *YOUR FAMILY NAME*

hereby recognizes

John Doe
“A Friend in Deed”

**For demonstrating outstanding commitment
toward children with special needs and their families.**

Awarded : DATE

Parents’ Signature



**A Donation Has Been Made To
The San Gabriel/Pomona PARENTS’ PLACE,
Family Resource & Empowerment Center
www.parentsplacefrc.com**

Yes, I want to recognize a special person that has made a difference in my child’s life. Enclosed is my donation of \$5.00 or more for each certificate.

Family Name I Want to Appear on Certificate: _____

Our address: _____, _____, _____
Number & Street City Zip Code

Our Telephone in case you have questions: _____

Name of First Special Person: _____

Name of 2nd Special Person: _____

Name of 3rd special person: _____

**Mail this application to: Parents’ Place, 1500 S. Hyacinth Ave., Suite B, West Covina, CA 91791
Allow 2 weeks for mailing to your home.**

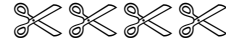
**The San Gabriel/Pomona
Parents' Place**
Family Resource & Empowerment Center
1500 S. Hyacinth Avenue, Suite B
West Covina, CA 91791-3832
(626) 919-1091

**NON-PROFIT
U.S. POSTAGE
PAID
COVINA, CA
PERMIT NO. 431**

RETURN SERVICE REQUESTED

YES, I would like to be added to The Parents' Place mailing list.
Si, me gustaria estar en la lista de correos de El Lugar de los Padres

Clip and Mail/Recortelo y Envíelo



Name/Nombre: _____

Address/Domicilio: _____

City/State/Zip: _____

Telephone #: (_____) _____ E-mail: _____
(Telefono)

Parent/Professional (Circle One) Agency: _____
Padre/Profesional (Circule uno) (Agencia)

Child's Disability: _____ Child's Birthdate: _____
(Discapacidad del Niño)

Primary Language: _____
Idioma Principal

Topics of Interest: _____
Temas que le Interesan

PARENTS' PLACE does not rent, sell, or exchange its mailing lists with any organization or individual. Your information is considered confidential and your privacy is respected!

The San Gabriel/Pomona PARENTS' PLACE Newsletter is a publication of the PARENTS' PLACE Family Resource & Empowerment Center. Views expressed in this publication are provided for your information and **are not** necessarily the views of the PARENTS' PLACE.

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