



The Puzzle Project

Puzzle Pieces

November 2008

Upcoming Events

Nov 1st Halloween Party @ The MWV Children's Museum, 11am-1pm (See attached flyer)
Nov 17th Monthly Support Mtg @ The MWV Children's Museum, 6:30pm (changed due to the election)
Nov 27th Happy Thanksgiving! (See Tips for Thanksgiving Break on page 2)

EDUCATION

A Brief Introduction to Social Stories

A Social Story is a tool for teaching social skills in a variety of situations. It provides a written example (often supported by pictures) of what a person can expect to happen in a social situation, and what he or she will need to do in that situation. Social Stories may be used to prepare a student for an upcoming event, such as a field trip or family vacation, a specific classroom routine, or a social event. Social stories are usually customized for each person they are written for, but existing stories found in books or online can be used and modified to a specific person or situation.

Helpful links...

thegraycenter.org

autismnetwork.org

sandbox-learning.com

autism.healingthresholds.com

AWARENESS UPDATE

Autism Highlighted at American Academy of Pediatrics Convention

The American Academy of Pediatrics (AAP) held its annual national convention and exhibition (NCE) in Boston on Oct. 11-14, 2008. As the premiere gathering for AAP members from around the country, the NCE offers a chance for them to learn about latest advances in pediatric medicine and to network and share experiences and insights.

This year's conference was attended by a record 11,000 physicians, who flocked to presentations on topics ranging from health disparities among minorities to autism, including "Is it Autism?" a session focusing on autism diagnosis led by Autism Speaks Autism Treatment Network member Dr. Susan Hyman of the University of Rochester. Autism Speaks had an information booth at the conference, and similar to last year, saw non-stop traffic and an outpouring of interest from conference attendees.

Autism Speaks Chief Science Officer Dr. Geri Dawson and VP of Scientific Affairs Dr. Andy Shih were also at the conference. Dr. Dawson participated in a session where she discussed the clinical implications of a gene-based screening tool that helps identify siblings of children with autism who are at higher risk of developing autism. Both Dr. Dawson and Dr. Shih met with the AAP executive committee to explore ways for the two organizations to work more closely together to educate and inform AAP members about autism and to enhance the care of children and families touched by autism.

*Autism Speaks E-News Oct. 2008

THANK YOU!!!

A huge thank you to *Syndi White* for speaking to our group about Special Education Law and Understanding IEP's!!! Plan on meeting with her again during November's monthly meeting!!! You don't want to miss her vast knowledge and understanding of special education!!!

TIPS for Thanksgiving Break

Preparation

Create a schedule ahead of time.

Use a calendar and count down the days to Thanksgiving Break.

Talk about the fact that they will not be going to school on these days.

Keep the same sleep schedule as a normal school day.

Travel

Create a "picture packing list" so kids can pack their own suitcase!

Pack their favorite foods incase where you are going doesn't have everything they like to eat!

Identify a quiet "safe place" at the location you will be staying so if they do feel overwhelmed they can relax there without any confusion.

Encourage greetings with others, a perfect time to practice social skills with new people!

Let them use a disposable camera to take pictures during their trip. You will be surprised at what they capture!

Remember to take frequent breaks, check in with them, and make sure that they feel comfortable with surroundings! New places can always be overwhelming!

Activities

Create a mini journal where you can write down activities you did on break. Take pictures to include in this journal and then let them take it to school to show it to friends and teachers!

Raking and then jumping in leaves is a great sensory activity.

Another great sensory activity is pumpkin carving (w/adults help) and cleaning out the pumpkin guts!

Take a hike, collect items from nature, and see how many ways you can sort them!

GFCF CORNER

GFCF Tips of the Day

Look for recipes that have very little flour in them (i.e. $\frac{3}{4}$ -1 cup), that way when you substitute with a GFCF Flour mix, it doesn't drastically change the composition of the recipe!

RECIPE OF THE MONTH

GFCF Pie Crust

- * 1/2 cup shortening
- * 1 1/2 cups rice flour
- * 4 tbsp cold water

Preparation:

Preheat oven to 400 degrees.

Cut shortening into rice flour until a crumb like texture forms. Add water. Work dough with hands until soft and form into ball.

Place dough in 8 inch pie pan and press it into the bottom and sides, use the back of a spoon or fingers.

Use fork to prick the bottom of the crust to prevent buckling. Place crust in oven and bake for 12 to 15 minutes, or until edges are golden brown.

Vegan Pumpkin Pie

- * 1 15 ounce can pumpkin
- * 1 cup of rice milk, soy milk, or almond milk
- * 3/4 cup sugar
- * 1/4 cup corn starch
- * 1/4 tsp salt
- * 1 tsp vanilla
- * 2 tsp pumpkin pie spice
- * 1 9 inch gluten-free pie crust

Preparation:

Preheat oven to 425 degrees F.

Add all ingredients together. Mix slowly at medium speed for 3 to 4 minutes.

Pour into 9-inch gluten-free pie crust and bake 15 minutes. Turn oven down to 350 degrees F. Bake another 45 to 50 minutes. Let cool. Refrigerate 30 minutes.

For more information about the Puzzle Project or the MWV Children's Museum
Contact us... Email: mwvpuzzleproject@gmail.com / Phone: 603-356-2992
The Puzzle Project is a subcommittee of the
MWV Children's Museum which is a non-profit (501)3c.