



SPIN NEWS

The Newsletter for Parents of Children with Special Needs

SPECIAL
PARENT
INFORMATION
NETWORK

February 2018 Volume XXXIV, No. 3

SPIN is co-sponsored by the Disability & Communication Access Board and the Department of Education. Services include a phone line for information referral and support, a quarterly newsletter, an annual conference and community workshops. SPIN is guided by an Advisory Committee made up of parents, teachers and people with disabilities.

SPIN

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Honolulu, Hawaii 96813



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Neighbor Islands dial the exchange below, then 6-8126

Kauai - 274-3141
Hawai'i - 974-4000
Maui - 984-2400
Molokai - 1-800-468-4644
Lanai - 1-800-468-4644



FAX
586-8129



E-MAIL
spin@doh.hawaii.gov



WEB
www.spinhawaii.org



Like us on Facebook

32nd Annual SPIN Conference: Game On!

What do board games and the SPIN Conference have in common? They're **fun**, they're **educational**, and they encourage you to **work in teams** and **communicate**. They also teach you to **strategize** and **plan ahead**.

So it's fitting that this year's conference theme IS games, and we're calling the conference "**SPIN It to Win It!**" You'll want to mark Saturday, **April 21st** on your calendar and set your map finder for the **University of Hawaii Campus Center**. Here's why:

After a welcome by **Superintendent Christina Kishimoto**, we plan to host our own version of **FAMILY FEUD** based on surveys sent to you ahead of the conference.



Then we'll send you off to the second floor **Boardwalk of Resources**



where you'll find 60+ agency tables that address **THIS, THAT & EVERYTHING** you need to know to support your child and family.

Next up: Sixteen excellent workshops presented by talented and knowledgeable professionals and parents covering a variety of topics and age groups. If you don't yet have a **CLUE** what you'd like to sit in on, check out the program on page 7. You might want to wander into a

workshop on Mindful Meditation, for example, to get past the daily



AGGRAVATION of life in the 21st Century.

By lunchtime, despite morning pastries, there will be some **HUNGRY, HUNGRY HIPPOS** looking for nourishment.



Luckily, we've planned an ono-licious meal in the Ballroom provided by Sodexo Catering.

Lunchtime is also when we will celebrate those **LIFE**-sized heroes and heroines who have made such a positive difference in the quality of our family life.



So don't be **SORRY**.

Make plans to join us and improve your 'game' through useful information and networking with like-minded parents and helping professionals.










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TARGETING READING SUCCESS

The table below and on page 3 describes the five building blocks or components of reading, what you might see at home, if your child had a problem with this component, and what you can do to help. Come learn more about reading at the SPIN Conference's workshop on Literacy (see page 7 for a full schedule of workshops).

 Reading Component	 What I see at home	 What I can do to help
 Phonemic Awareness The ability to focus on and use individual sounds in spoken words (phonemes)	<ul style="list-style-type: none"> ✓ difficulty thinking of rhyming words for a simple word like cat (such as rat or bat), ✓ little interest in language play, word games, or rhyming. 	<ul style="list-style-type: none"> ✓ Read books with rhymes. Teach your child rhymes, short poems, and songs. ✓ Use computer games designed to build your child's phonemes. ✓ Do sound-related activities, like helping your child think of words that start with the /ch/ sound. ✓ Make sure the school's reading program includes phonemic awareness.
 Word Decoding and Phonics The ability to apply your knowledge of letter-sound relationships, including letter patterns, to correctly pronounce written words. Phonics is one approach that teaches students these relationships and how to sound out words.	<ul style="list-style-type: none"> ✓ very slow reading due to spending lots of time figuring out words, ✓ difficulty understanding what is read because of the effort to sound out the words, ✓ guessing at words based on the first letter or two, ✓ getting stuck on words when reading. 	<ul style="list-style-type: none"> ✓ Encourage your child to write and spell notes, e-mails, and letters using what he knows about sounds and letters. ✓ Use computer software that focuses on developing phonics. ✓ Talk with your child about the "irregular" words such as 'said' and 'was' that he needs to recognize "at sight."
 Vocabulary The ability to understand what words mean. A reader cannot understand a reading passage or communicate effectively without knowing what most of the words mean.	<ul style="list-style-type: none"> ✓ inability to tell about one's day in a way that makes sense, ✓ misusing common words, ✓ difficulty linking words from a book to similar words from another book or from real life, ✓ difficulty finding the right word to describe something. 	<ul style="list-style-type: none"> ✓ Help build your child's understanding of language by playing verbal games and telling jokes and stories. ✓ Encourage your child to read on his or her own. The more children read, the more words they encounter and learn. ✓ Talk with your child every day and include new and interesting words in your conversation.
 Fluency The ability to read with speed, accuracy, and proper expression.	<ul style="list-style-type: none"> ✓ reading with no expression, ✓ stumbling a lot and losing one's place when reading something aloud, ✓ moving one's mouth when reading silently. 	<ul style="list-style-type: none"> ✓ Read aloud and have your child match his or her voice to yours. ✓ Use books on tapes; have your child follow along in the print copy. ✓ Support and encourage your child. Realize that he or she is likely to be frustrated by reading.

TARGETING READING SUCCESS (continued)

The table below includes the last of the five building blocks or components of reading, what you might see at home, if your child had a problem with this component, and what you can do to help.

 Reading Component	 What I see at home	 What I can do to help
 Reading Comprehension The ability to understand and interpret what is read. This involves 1) decoding what is read, 2) making connections between what is read and what one already knows, and 3) thinking deeply about what's been read.	<ul style="list-style-type: none"> ✓ Difficulty summarizing a passage or a book, ✓ Inability to explain why events in a story went the way they did, ✓ Inability to explain what a character's thoughts or feelings might have been, ✓ Inability to link events in a book to real life. 	<ul style="list-style-type: none"> ✓ Talk with your child about what your child has read. Ask him or her questions about the book and connect the events to his/her own life. ✓ Help your child monitor his/her understanding. Teach him/her to continually ask whether he or she understands what he or she is reading. ✓ Help your child make connections between what he or she reads and similar experiences she or he has felt, seen in a movie, or read elsewhere.

RESOURCES

LD Online
www.ldonline.org

LD OnLine is a leading website on learning disabilities, learning disorders and differences. They seek to help both children and adults achieve reading success.

Reading Rockets
www.readingrockets.org

Their reading resources assist parents, teachers & other educators in helping struggling readers build fluency, vocabulary, and comprehension skills.

The Access Center
www.k8accesscenter.org

This resource is an online newsletter committed to improving access to the general education curriculum for students with disabilities.

#NotSpecialNeeds



"... people with Down Syndrome do not have different or special needs, although they may sometimes meet those needs in different ways. They have the same needs as all of us--jobs, friends, love and simply the need to be seen and treated equally."

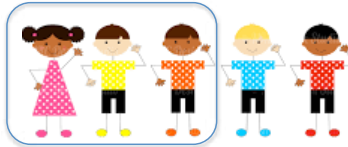
--Andy Bird

Say "disability", not "special needs." That's what adults with disabilities are asking folks to do. If you haven't yet seen the funny video, "#NOTSPECIALNEEDS, JUST HUMAN NEEDS," check it out on FaceBook or YouTube (<https://www.youtube.com/watch?v=kNMJaXuFuWQ>). It is a global campaign started by Italy's national organization for people with Down Syndrome--Coordown.

The message of the movement is that the term *special needs* is outdated and tends to separate people with disabilities from the rest of society. It's time to toss it out of our vocabulary, just as we exchanged *retardation* in favor of *intellectual disability* and *serious emotional disturbance* for *emotional disability*.

February is Children's Dental Health Month

THE PROBLEM



3 out of 5 school children are affected by tooth decay.

51 million school hours are missed due to oral disease.

...

It causes parents to miss **25 million** hours of work.

Tooth decay can lead to **heart disease**, **stroke** and **diabetes** once your child is an adult.

Toothbrush bristles can hide bacteria that make your child sick.



Children who take a lot of medicine can have dry mouth and possible decay.

PREVENTION TIPS



Take your keiki to the dentist by his or her 1st birthday.

2 MIN X 2

Brush for 2 minutes twice a day with fluoride toothpaste and floss once a day.



Teach your child the proper brushing technique.



Eat healthy and limit sugary drinks and snacks.

Rinse your toothbrush in hot water. Replace it every 3 months.



Food, Fun & Conversation

We all know family dinner is a great idea, but it's difficult, in this crazy-busy life we lead, to make time for a family dinner that's device-free and engages everyone to not only participate, but look forward to. The Family Dinner Project aims to help you do just that with yummy recipes, easy games to play at the table and conversation starters. It's easy to get started, just sign up with your email and choose how often and what kinds of ideas you want delivered to your inbox. If you click on "Dinner Tonight" you'll get an easy recipe plus fun and conversation ideas. Here is an example for February 26th:



Dinner: Butternut Squash & Pear Soup



Fun: "I'm going on a picnic, and I'm bringing.." The first person names something beginning with an A, the next person a B and so on.



Conversation: If you could have a "redo" on any moment from today, what would it be? What would you want to change or do differently?

In the "Fun" section, there are lots of ideas for fun with food prep, dinner games and things to do between dinner and dessert. In the games section, they break it down to age groups of 2-7, 8-13 and 14-100.

Here are some fun games you could add to your family dinner:

- **20 Things I Love About...** pick any topic or put ideas in a jar and pick them out randomly.
- **Alphabet Game...** choose a category like animals, singers, or people you know and go through the alphabet naming them.
- **Would You Rather...** you can make up your own questions on the spot or have a bowl-full of ideas like ... own your own plane or your own boat?... be a rabbit or a horse?...visit the Great Wall of China or the Amazon River?

In the "Conversation" section, you will discover age-appropriate starters as well as themes in different categories like inspiration, bullying, school, hopes and dreams and current events. Here are a few of our favorites:



If you joined the circus, what would your circus act be?



If you could create a school dedicated to fun, what would it be like? What classes would be taught there?



What will you miss most about winter?

Whatever your family dinners look like, try to slow it down once in a while, get everyone together, put the devices in a basket and let the fun times begin.

2018 SPIN Awards Need Your Nominations!

Every year, SPIN publicly celebrates wonderful parents and professionals whose efforts make a positive difference in the lives of our keiki with disabilities and their families. The SPIN Advisory Committee is looking for candidates for our 2018 SPIN Awards and we need your help in nominating someone who models the qualities and actions that families appreciate and rely on. There are three award categories:

- The **Parent of the Year Award** is given to a parent or parents of a child or young adult with a disability whose actions and advocacy have benefited other families.
- The **Professional of the Year Award** is given to a professional who has had a significant impact in improving services for children and/or youth with a disability and their families.
- The **Family Choice Award** is given to a professional who has been particularly helpful to families as they sort out services for their child with a disability. This individual may not have an impact on the larger system, but is recognized in his or her community as an extraordinary professional.

We encourage you to share your aloha and nominate one or more very special people for any or all of the awards. You can go to our website at www.spinhawaii.org, click on the conference tab and download an award nomination form. Or call us at 586-8126 and we'll accept your nomination over the phone or mail you a form. Deadline to apply is March 12th.





Avokiddo Emotions is a fun app for kids ages 4 and up to see and identify emotions. Kids can choose either a sheep, giraffe, moose or a zebra and add props to the screen. If they feed the

animal, they will see it react with happiness, when the background sky gets dark, the animals eyes droop and falls asleep and the child can wake it up with an alarm clock. Emotions range from humor, displeasure, happiness and more.

If a child likes a scene, they can take a screen shot and save it. Parents controls include setting the amount of props to be added, allowing only vegetarian props and deciding if the child can save snapshots. With over 100 props, kids will have fun, be able to match emotions with things happening to the character and spend time being silly and creative. Available for \$2.99 on Apple, Android and Amazon platforms.

Spotlight on Support



LDAH School Readiness Project

The **School Readiness Project**, sponsored by the Leadership in Abilities and Achievement Hawaii, provides developmental, social-emotional, hearing, vision and autism screenings for families who have children ages 2-5 years on Oahu. If a child goes through screening and needs additional testing, LDAH will help with case management so families know how to navigate



and find the supports they need to help their keiki. All parents are welcome to call to find out

more about early childhood health and developmental milestones. The American Academy on Pediatrics reports that 1 in 4 children are at risk for developmental delays and recommends children receive a developmental screening at 24 or 30 months. For kids to be ready for school, it is a good idea to check their hearing and vision, especially if you have any concerns. Early detection is the key to success. To find out where screenings will be held in your area, contact LDAH at 536-9684 or 696-5361.

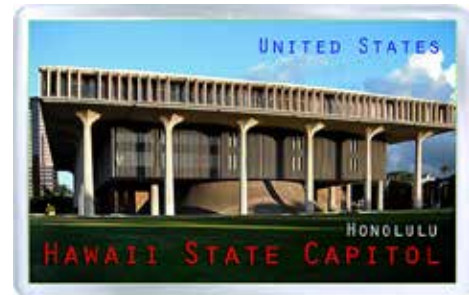
A Day at the Capitol

Thursday March 15, 2018, State Capitol Auditorium, Chamber Level 9:00 - 3:00 pm

March is Developmental Disabilities Month and one of the many activities happening in March is **A Day at the Capitol**. It is an annual event that celebrates and encourages individuals with intellectual and developmental disabilities and their family members to take the opportunity to discuss disability-related issues and concerns with legislators and network with other concerned citizens.

Activities for the Day:

- Continental breakfast
- Welcome & orientation
- Meet with Legislators
- House & Senate floor sessions
- Lunch
- Legislative hearings
- Meet with Legislators
- Tour of State Capital



For more information call the State Council on Developmental Disabilities office at 808-586-8100. **Registration is on-line at Event Brite this year--<https://www.eventbrite.com/e/a-day-at-the-capitol-tickets-42762141717>-- so act early to guarantee a lunch!**





"SPIN it to Win It!"

Saturday April 21, 2018 • UH Manoa Campus Center Ballroom



8:30 a.m. - 9:00 a.m. Registration • Networking • Display Tables
 9:00 a.m. - 9:45 a.m. Keynote Presentation in Ballroom
 9:45 a.m. - 10:15 a.m. View Displays in Boardwalk of Resources Room, 2nd floor • Networking
 EPISODE 1 10:20 a.m. - 11:20 a.m.

"Level Up"	"Inclusion: Game On"	"Learning the Rules of the Game"	"I'll Take BLISS for \$500"	"Connect 4 Kids"	"Power Up"
Transition to Adulthood	Inclusive Education	Social and Emotional Learning	Mindful Meditation	Early Intervention Transitions	Adapting Games w/ Assistive Technology

11:30 a.m. - 1:00 p.m. View Displays in the Boardwalk of Resources
 12:00 p.m. - 1:15 p.m. Buffet Lunch in Ballroom • Awards Presentation

EPISODE 2 1:20 p.m. - 2:20 p.m.

"Jenga"	"Clue"	"Chutes & Ladders"	"Phone a Friend"	"Hungry, Hungry Hippos"	"Stratego"
Positive Behavioral Supports	Literacy Strategies	Universal Design for Learning	Coping Strategies for Families	Helping Picky Eaters (to age 8)	Estate & Benefits Planning

EPISODE 3 2:30 p.m. - 3:30 p.m.

"Bringing Your 'A' Game"	"The Game of Life"	"Game Changer"	"Master Mind"
Strategies to Support Students with Autism	Life Course Planning for Individuals with I/DD	Mental Health First Aid for Depression & Anxiety	Understanding Executive Functioning

Workshops are subject to change

REGISTRATION FORM

Please print clearly

Name _____ Address _____
 City _____ Zip _____ Island _____
 Phone: (h) _____ (w) _____ (cell) _____
 E-mail _____ School/Agency _____

- \$25 per parent \$45 for two family members \$25 per college student \$40 per professional
 Amount Enclosed \$ _____ Check or P.O. Number _____
Make checks and P.O.s payable to SPIN (Special Parent Information Network).

A limited number of Airfare Scholarships are available to Neighbor Island parents. Apply early!

- I am requesting an airfare scholarship as a Neighbor Island parent/grandparent of a child (infant to 22) with a disability. (There is a maximum of two airfare scholarships per child).
 Please send me an application by email postal mail
 My Airfare Scholarship application is enclosed.
 I will send in the application later.



- I request accommodation(s) due to a disability*:
 I would like: materials in an alternate format a sign language interpreter
 a map of accessible parking *Note: Requests must be submitted by April 2, 2018.



Send completed form(s) with payment as soon as possible to: SPIN, 1010 Richards Street, Room 118, Honolulu, Hawaii 96813 • Fax: (808) 586-8129 • Email: spin@doh.hawaii.gov
 Questions? Call us (808) 586-8126 • Website: www.spinhawaii.org

SPRING Calendar of Events



2/23-4/6 Baby/Toddler Signs Class
 9:00 - 9:45 am \$20 provided by the Comprehensive Services Center. Classes will be held at 710 Green Street, Honolulu. To sign up or for info, call 284-3551 or email admin@csc-hawaii.org

IEP Clinics by LDAH

12:30 - 1:30 pm, FREE, bring your own lunch

- 2/26 "Present Levels of Performance"
 - 2/27 "Transition Plan"
 - 2/28 "IEP Goals & Objectives"
 - 3/1 "Modifications & Accommodations"
 - 3/2 "Organizing Your Documents"
- 245 N. Kukui St., Honolulu
 RSVP to 536-9684



3/3 Access Surf Day at the Beach
 4/7 9:00 am - 1:00 pm, FREE surfing event for all ages and abilities. White Plains, Ewa Beach
 5/5 Sign up online at www.accessurf.org

3/9 SEAC - Special Education Advisory Committee Meeting 9:00 am - 12:00 pm
 4/13
 5/10 Call for meeting location 586-8126. www.seac-hawaii.org

3/10 Autism Society Sensory Friendly Film
 "A Wrinkle in Time" 9:30 - 11:00 am
 Free for children with autism, \$5 for siblings, \$11 adults at Pearlridge Consolidated Theater. for info/tickets: www.autismsocietyofhawaii.org



Hawaii Theater for Youth

3/10 "Little Big Eye" for ages 2+
5/5 "Shocka: The Story of Energy & Hawaii" 5+
 Shows on these dates will have a sign language interpreter and sensory friendly lights & sounds. \$10 for ages 3-18, \$20 adults. for more info visit www.htyweb.org

3/15 Special Needs Planning Workshops
4/19 "Public Benefits"
 "Special Needs Trusts"
 6:00 - 7:30 pm FREE presentations by Scott Suzuki, Attorney at Law at St. Louis Alumni Hall, 916 Coolidge St., Honolulu. For tickets: www.autismsocietyofhawaii.org

3/15 Day at the Capitol with Hawaii State Council on Developmental Disabilities
 8:00 am - 12:00 pm FREE
 Meet with legislators and celebrate diversity. RSVP 586-8100.

3/21 Honolulu District Families Embracing Autism 6:00 - 7:00 pm FREE
4/18
5/16 245 N. Kukui Street, Honolulu
 Different topics each month. 3rd Wednesday every month, Free parking and childcare with RSVP 536-9684.

Side by Side Parent Support Meeting
3/27 "Managing Challenging Behaviors"
4/24 "Promoting Social Skills Development"
 6:30 - 8:30 pm, FREE, at the Inspire Church Waialeale. RSVP: sidebyside@inspirechurch.tv

3/31 KELII Family Social
 9:00 am - 12:00 pm \$8-14 for 3 hours of mini bowling, mini golf, laser tag and games at Tiki's Family Fun Center. For info and link to tickets, visit www.spinhawaii.org/events or email: haolem002@gmail.com.

4/7 Autism Society Train Ride
 12:00 - 1:30 pm \$9 children, \$10 adults
 91-1001 Renton Rd., Ewa Beach, for more info: www.autismsocietyofhawaii.org.

4/21 SAVE THE DATE!
32nd Annual SPIN Conference
 "SPIN It to Win It!"



8:30 am - 3:30 pm at UH Campus Center
 Registration forms and airfare scholarships available www.spinhawaii.org, call us at 586-8126 or email spin@doh.hawaii.gov.

For more events and happenings around the state, be sure to visit our website events calendar at www.spinhawaii.org/events and like us on Facebook!
 SPIN - Special Parent Information Network

