

Family Faculty

**Moun-
tainside
5348** **Nancy Panarese
Josanne Pearsall
Linda Waddell**

**New
Brunswick
7578** **Kerry Ellmer
Luciana Mendes-
McGuire
Pat O'Hanlon
Carrie Snyder
Lori Velasco**

**Hamilton
2818** **Sharon Clarken
Megan Fennelly**

**Stevens
Rd
3757** **Deidre Genovese
Michele Tomaino**

**Lake-
hurst Rd
3861** **Jessica Krill**

To reach us, please call
888-children and
use the Extension listed

Family to Family

A Newsletter to families from families

A Mother's Intuition By Sharon Clarken

We've all heard the saying "A mother's intuition is never wrong". Allison Floyd can attest to these words. Her son Logan was an amazing active, loving and playful child but at 18 months she noticed changes that didn't sit quite right with her. He stopped babbling and eating, and when it came to play time she noticed things had to be lined up in perfect order. Panic began to set in for her and her husband Mark, they thought they were going to lose him. They contacted Children's Specialized Hospital where Dr. Murolo diagnosed Logan with PDD (Pervasive Development Disorder) and potentially Asperger's; however, nothing was definitive.

This vibrant and outgoing child now had no language communication, no eye contact and low muscle tone. They immedi-

ately began early intervention and Logan was getting PT, OT, Speech, ABA Therapy and Behavioral Therapy. In addition, he was receiving OT, PT and Speech at Children's Specialized. Allison was running to and from appointments when she decided to leave her job to stay home and become Logan's biggest advocate.

For every two steps forward he would take three steps back. Through it all his parents knew that they were so fortunate to have caught all of these warning signs early. Over time Allison saw great strides in OT and PT and she even had a behaviorist come to her home to help implement a behavioral plan. As a 4-year-old, Logan was in a half-day Autistic classroom and a half-day integrated pre-K classroom.



This past summer was an eye opener for their family. Logan, now in second grade, was being bullied at school. So they enrolled him in Dr. Talbot's small social skills group. He had extremely high anxiety and Dr. Talbot recommended seeing him one on one. From that point forward Logan has only excelled in his social skills and has even gone as far as being on the Tyrone Miller show on Trentonian TV.

If you ask Allison what is one thing you would like other parents to know who are going through the same thing she would say, "Parent's know best and stick with your gut feeling. Try and get as much help as you can and become your child's best advocate." You see...a parent's intuition is never wrong.

Hand in Hand by Deidre Genovese

Summer is here and keeping our children active and involved in recreational programs can be challenging. Some of our children may have physical limitations that prevent them from keeping up with peers. Children's Specialized Hospital offers many different recreational programs. There is a Martial Arts class designed for



children with ADHD, neurological impairments and problems with body awareness. Children's also offers overnight and day camps for children with special healthcare needs. Another great opportunity is Children's Lightning Wheels, this wheelchair sports team competes at the re-

Recreational Activities

gional, national, and international levels in track, swimming, archery, table tennis, and weightlifting events. These are just a few of the great programs that are offered to our children. For more information please visit www.childrenspecialized.org, enjoy your summer and embrace the warm weather!

Parent Tips

- During the Summer it is especially important to keep structure to your days. Keep a consistent bed time, meal time and any other activities your child is used to doing. A predictable routine will reduce meltdowns and increase enjoyment of your days.
- Dehydration can lead to heat exhaustion or heat stroke, prevent it by keeping your children well hydrated and keeping them out of the sun during the hottest times of the day.
- Don't forget sunscreen!



Children's
Specialized Hospital

Healthy and Happy

By Jessica Krill

When most people think of health and wellness, they think of physical activity, health and nutrition. The truth is wellness comes in many different forms. Social wellness is the ability to maintain relationships with other people. Emotional Wellness is the ability to manage both positive and negative thoughts, feeling and behaviors. Occupational Wellness is the ability to balance work and leisure time. Intellec-

tual Wellness involves being able to accept and consider new ideas

and experiences. Physical Wellness is the ability to eat healthy and maintain a routine of physical fitness.

Wellness for a special needs parent is extremely important.



Take a minute and think of one way to improve your wellness for today

It is one way to maintain a clear mind and the ability to raise our children. Often, we put everyone else's wellness above ours.

In actuality our wellness is equally important and if we take care of ourselves first we would be more capable of taking care of our loved ones. Which areas of wellness do you do well and which ones can you improve on?

Did You Know?

By Linda Waddell

As of January 2, 2013, Perform Care is your point of contact to assist in coordinating the care for your child that had previously been managed by DDD.

The State of New Jersey has contracted with Perform Care to administer the publicly-funded developmental disability service delivery system for children up to age 21. This transition is a result of the state government restructuring by Governor Christie which

“Perform Care is now administrating services previously managed by DDD ”

moved the responsibility for providing services to children with developmental disabilities from the Department of Human Services' Division of Developmental Disabilities (DDD) to the Department of Children and Families' Children's System of Care (CSOC).

Perform Care has been administering the State's Child Behavioral Health System of Care for

many years. The expansion of this System of Care model to also serve children with intellectual and developmental disabilities is an integrated approach which will allow coordinated care.

To contact Perform Care call 877-652-7624 or online at www.performcarenj.org They are available 24 hours a day, 7 days a week.

Family Fun

By Carrie Snyder

Enjoy the warm Summertime weather without leaving your house. Kids love water parks. It is easy to create your own Backyard Water Park. You can put together different “water rides” in the backyard. You can simply use your hose and your

finger to spray in a variety of ways as your kids can run through. A garden sprinkler for kids to

run through, a small baby pool to splash in or a water table are a few ideas. You are only limited by your imagination. If your

child is sensitive to water play or sitting on grass, you can put a shower curtain or towel down for them.

Maybe before the kids take part in the water rides you can



participate in some fun messy outdoor activities that will stimulate your child's senses. Spray an outside table with shaving cream and let your child smear it around.

Or let your child “paint” themselves with baby food. Then there is my kids' (and my dog's) favorite activity, rolling in a mud pit! When you are all done, just hose everyone off!



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