

Family Faculty

**Moun-
tainside
5348**

**Nancy Panarese
Josanne Pearsall
Melva Smith
Linda Waddell**

**New
Brunswick
7576**

**Kerry Ellmer
Pat O'Hanlon
Carrie Snyder
Lori Velasco**

**Hamilton
2816**

**Sharon Clarken
Megan Fannelly**

**Stevens
Rd
3757**

**Deldre Genovese
Michele Tomaino**

**Lake-
hurst Rd
3961**

Jessica Krill

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

Family to Family

A Newsletter to families from families

Check out our New Website!

By Linda Waddell

Positive patient friendly changes are always occurring at Children's Specialized Hospital. As computers continue to improve our ability to communicate, we took this as an opportunity to assist families and patients by redesigning our website. One new feature is that our website now has the capability for families to request an appointment at Children's Specialized Hospital by inputting their information online. You can indicate the preferred time to be contacted, the type of appointment you are interested in scheduling and the desired hospital facility location. Once the information is received a member of the scheduling team will call the family/patient

with the appointment details. Also, just as user friendly as requesting an appointment is, the website also has a feature where you can cancel appointments.

Other helpful additions to our website are sections specifically designed to help you prepare for upcoming appointments. "Frequently asked Questions" and "Tips to Best Prepare for Appointments" assist families' preparation for their visit to Children's Specialized Hospital. The website also highlights a section where you can find other important information regarding appointments such as Autism Evaluations & Assessments, Audiology, and Feeding Evaluations to name a few.



As a parent of a special needs child, I am always looking for ways to save time and be more efficient. Visit us at www.Childrens-Specialized.org to schedule appointments and access other pertinent information. It is a great way to best prepare for an appointment and gain a clearer idea of what you and your child can expect.

Hand in Hand by Dee Genovese

Summer is here and keeping your children active and involved in recreational programs can be challenging! This is a great opportunity to partner with your child's team at Children's Specialized Hospital. Ask your doctor or therapist for some suggestions for activities. While working with your child, the therapists can give you many ideas for activities that are appropriate for your child's spe-



cial needs. You can also reach out to our resource boards located at all of our sites in the main lobby area. Partnering with

Keep Your Children Active.

your child's team can give you various ideas and information on recreational events in the community. You will be able to find working with your child's team will not only offer you options and activities for your child but also the time to embrace the warm weather as a family and enjoy it!

Parent Tips

- With the days getting longer, our children are out walking, skate boarding, bike riding, and simply enjoying the extended sunlight and warm weather. Please remind them to watch out for cars, and for us as drivers remind ourselves to be more aware of children playing.
- Remember to restock sunscreen and bug spray. And don't forget to keep some in the car.
- Have a routine for everyday and post it where the whole family can see it! With the summer months generally being a less heavily scheduled time, this will help your child know what is going on.



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Healthy and Happy

By Megan Fennelly

When you have a child with special needs, it is easy to get caught up in the daily routine of running to therapy and doctors appointments. It's important to remember that part of your child's health and wellbeing is doing what all kids do - play and have FUN! With summer quickly approaching, it is a great time to add some FUN into the day by doing activities that you and your child will both enjoy. You can start small by adding a new fun game, craft, or activity to each day. Some ideas are making

yummy popsicles, planting a garden, or having a sprinkler party or better yet, take a break from your daily routine and en-



Don't Forget the Fun!

joy a day at the beach, playground, or amusement park.

Summer is a great time of year to enjoy all kinds of fun activities to promote the health and wellbeing of your child and also make lasting childhood memories.

A few great websites for fun ideas:

www.the-special-needs-child.com/Special-needs-activities.html
www.familyfun.go.com/summer/summer-games/
www.crafts.kaboose.com/holidays/seasons/summer/
www.marthastewart.com/274922/60-summer-activities-for-kids

Did You Know?

By Josanne Pearsall

Summer can be a time for learning that's fun for you and your child. Try all or some of these fun yet educational tidbits:

Memory: Ask your child to close their eyes and describe their bedroom, den, kitchen, or backyard.

Observation: Encourage your child to go outside at different

times of the day, stand in the same spot and look at how their shadow changes.

Follow Directions: Engage your children to bake cookies, put together a model or any other activity that requires them to read and follow directions.

Read: Have your child to read or read to them interesting tidbits

from a website, magazine or newspaper.

Write: Persuade your child to write a letter to a relative or friend that describes some activity they like.

Thinking: When watching television together, discuss the shows your child views.

Family Fun

By Lori Velasco

Summertime is my family's favorite time of year. The weather is nice, school is out and it is sooooo much easier to get everyone dressed in the morning than in the colder months! Just shorts, tops and a pair of sandals and we are ready to go!!

about camping in your own backyard? A few hot dogs, some smores and a small tent and you can make the most of a summer night. We have caught and released fireflies, taken out our flashlights to play manhunt, made a small fire in our fire pit to roast marshmallows and tell ghost stories. The best part of camping in your yard is that you can run in and out of the house to grab an extra sweater



or jacket if the night air gets chilly not to mention, use the bathroom which is a huge plus!!

Besides the fact that my husband and I had sore backs from sleeping on the ground in sleeping bags, everyone had a great time, including the dogs! Another tip - Don't forget to leave the back door open. I can guarantee that you are going to need a cup of hot coffee to wake you up in the morning!!

So, how do you have fun in the summer without spending a fortune? How



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