



# CST CHATTER BOX



Halloween can be a fun time, but it also has an element of scariness about it for both kids and their parents. Here are some tips to make sure your child enjoys this holiday and stays safe at the same time.

**Tip 1:** Select a costume that makes your child easily visible in the dark. Most costumes are dark colored and make it hard to spot kids while trick or treating. Some ways to help children with special needs to be seen is to have them bring a flashlight, a glow stick, or to place reflective tape on their costume or wheelchair.

**Tip 2:** Double check that your children can see okay with their mask or costume on. If your child with special needs has a Halloween costume with a mask or hood, it may make it difficult for them to see properly. If needed, modify the costume so the child doesn't have obstructed vision.

**Tip 3:** Help your children to become familiar with the trick or treat route. Doing a test run in the day time is a smart way to help your child get to know the route a bit better. It will help ensure they don't get lost. You can also encourage kids to stick to the sidewalks to stay safe.

**Tip 4:** Look to make sure costumes don't trip your child and reduce your child's risk of injury while trick-or-treating.

**Tip 5:** Use the buddy system for children with special needs. If you have a younger child, a parent should always accompany them on their rounds.

**Tip 6:** Review with your child how to call 911 in the case of an emergency or if they become lost.

**Tip 7:** If a sword or cane are a part of your child's costume, ensure it is not sharp or long as a child can become injured by these objects if they trip or fall.

**Tip 8:** Only go to a home with lights on and never enter a home for a treat.

**Tip 9:** A good meal before a party or trick-or-treating will discourage youngsters from filling up on treats.

**Tip 10:** Teach your child to politely turn down home-baked items such as cupcakes and brownies, and never to taste or share another child's food.

([www.aap.org](http://www.aap.org))

([www.parentingspecialneeds.org](http://www.parentingspecialneeds.org))

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## Fall 2018

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### Special points of interest:

© Keyboarding Tips

© Community Resources

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# Struggling with Keyboarding?

Whether you call it “touch-typing” or “keyboarding” these days, being able to “type” makes a difference! So, head in the right direction with becoming more proficient by learning the traditional approach. It’s based on placement of the fingers on the home row and then reaching the finger tips to letters or symbols in the top rows and/or bottom row.

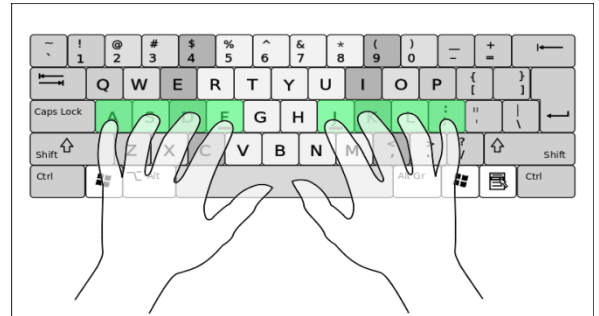
There are KEYBOARDING PROGRAMS to help. Resources can be explored through <http://mamaot.com/keyboarding-programs-to-help-kids-with-typing-practice/>, or you can check out <http://www.abcy.com/> to start playing a game right away! The typing games can provide interactive lessons, tests, and score reporting, depending on which program you select.

You will be headed for a more productive, successful future by improving your skills!

Tasks can be completed in a shorter amount of time.

In many instances, a typewritten document is much easier to read than a handwritten document.

A fine looking finished product makes a lasting impression!



## Obsessive Compulsive Disorder

OCD is an anxiety disorder in which time people have recurring, unwanted thoughts, ideas or sensations (obsessions) that make them feel driven to do something repetitively (compulsions). The repetitive behaviors, such as hand washing, checking on things or cleaning, can significantly interfere with a person’s daily activities and social interactions.

Many people have focused thoughts or repetitive behaviors. But these do not disrupt daily life and may add structure or make tasks easier. For people with OCD, thoughts are persistent and unwanted routines and behaviors are rigid and not doing them causes great distress. Many people with OCD know or suspect their obsessions are not true; others may think they could be true. Even if they know their obses-

sions are not true, people with OCD have a hard time keeping their focus off the obsessions or stopping the compulsive actions.

A diagnosis of OCD requires the presence of obsession and/or compulsions that are time-consuming (more than one hour a day), cause major distress, and impair work, social or other important function. About 1.2 percent of Americans have OCD and among adults slightly more women than men are affected. OCD often begins in childhood, adolescence or early adulthood; the average age symptoms appear is 19 years old.

One effective treatment is a type of cognitive-behavioral therapy known as exposure and response prevention. During treatment sessions, patients are exposed to situations that create anxiety and provoke compul-

sive behavior or mental rituals. Through exposure, patients learn to decrease and then stop the rituals that consume their lives. They find that the anxiety arising from their obsessions lessens without engaging in ritualistic behavior. This technique works well for patients whose compulsions focus on situations that can be re-created easily. For patients who engage in compulsive rituals because they fear catastrophic events that can’t be re-created, therapy relies on imagining exposure to the anxiety-producing situations. Throughout therapy the patient follows exposure and response prevention guidelines on which the therapist and patient agree.



## Community Resources

**Parents have expressed interest on events and activities focused on special needs children that are taking place in the area. We hope the following will interest you and/or your child!**

### **Raising Resilient Teens in Challenging Times**

**Thursday, November 1, 2018 5:00 PM - 9:00 PM Randolph**

This presentation will focus on building strength and resilience in our children and teens with emphasis on the following: How to talk to your teens about difficult topics, empowering parents & guardians through education and awareness, understanding warning signs & risk factors, and cultivating an independent and resilient mindset in your child.

The presentation will be facilitated by The Society for the Prevention of Teen Suicide. The evening will include a panel discussion with local experts and a question and answer period, as well as local resources. **This event is FREE! However, seating is limited.** If you plan to attend, please RSVP by clicking this link:

<https://morriscountynj.wufoo.com/forms/2018-countywide-prevention-forum>

### **Special Needs Across the Lifespan Saturday, November 3, 2018 8:45 a.m. to 2:00 p.m. at Project Self-Sufficiency**

**127 Mill Street, Newton, NJ 07860**

Vendor tables, break-out sessions, activities for kids, guest speakers! Light lunch will be provided and on-site child-care is available at Little Sprouts Early Learning Center, a licensed day care and preschool. Attendance is FREE but registration is recommended for all and required if you plan on using the childcare center. Please call: (973) 940-3500 or register online at: <http://weblink.donorperfect.com/SpecialNeedsFair>

### **Are You Looking For Professional Guidance With Your Child's IEP?**

November 5 at The Arc of Essex

123 Naylon Ave. Livingston, 07039 973-335-1181

The ARC of NJ Family Institute is offering regional IEP reviews for families who may have questions or concerns about their child's plan. Families will have an opportunity to sit down with an attorney from Hinkle, Fingles, Prior, & Fischer to review their child's IEP, ask questions and discuss any concerns they may have about their school district.

### **FREE PARENT FORUM & OPPORTUNITY EXPO- ELIZABETH**

Saturday, November 10, 2018 9:00 am-1:00 pm Community Access Unlimited Contact Info: Jerisa Maseko, [jma-seko@arcnj.org](mailto:jma-seko@arcnj.org), 732-828-0972

This expo will start with an opening session on why planning is critical and how to start a plan for your child with I/DD. The second session will be explaining SSI and Medicaid and why you need to apply. After a break for attendees to visit with our service providers who will have information tables set up, the last session offers a choice of workshops on 3 topics.

Community Access Unlimited

### **Anxiety Mastery Group for Girls**

**Sunday, November 11, 2018 3:00 PM Bridges Counseling Center, 185 Route 206, Flanders 973-668-4806**

Activity based program for girls ages 9-11. Learn skills for coping at school and with peers to improve confidence and self-esteem. \$175 per person for 6 consecutive weeks.



## Community Resources, cont.

### **Nurtured Heart Approach Community Training**

**Wednesday, November 14, 2018**

**9:30 AM - 12:30 PM**

**Caring Partners of Morris/Sussex, Inc.**

**200 Valley Road, Suite 200**

**Mount Arlington, NJ 07856**

***Morris County***

**(973) 770-5505**

The Nurtured Heart Approach® (NHA) is a relationship-focused method founded on “The 3 Stands™” for helping children (and adults) build Inner Wealth™ and use their intensity in successful ways even with the most difficult children. It has become a powerful way of awakening the inherent greatness in all children while facilitating parenting and classroom success. It has a proven impact on every child, including those who are challenged behaviorally, socially and academically.

This is a three-hour community training by certified NHA trainers. It will give you the powerful tools of the Nurtured Heart Approach in a concise, interactive, easy to integrate format. This course has been designed for caregivers, community providers, teachers, and family members who want to gain a better understanding of how to respond to challenging behaviors with intention and purpose and to build the capacities of youth.

### **We Are People! Labels Are for Soup Cans!**

**Wednesday, November 14, 2018**

**6:00 PM - 7:00 PM**

Hosted by The Arc of New Jersey's Planning for Adult Life program, this workshop will educate attendees on the negatives of using labels and how to overcome being labeled and bullied.

<https://register.gotowebinar.com/register/7927925632150830091>





## Shared Services Child Study Team

Wharton Borough Schools  
973-361-3010

Mine Hill Township School (CAS)  
973-366-0590

Rockaway Borough Schools  
973-625-8601



The Shared Services Child Study Team has made it a goal to increase communication and Special Education knowledge with parents as well as teachers and administration within the three school districts. As part of this goal, you will now be receiving newsletters from the team three times a year filled with information on special education practices/law, community resources, special needs tips, etc. We hope you find this helpful!

Leslie Mozulay, LDTC

Stephanie Dzikowski, LDTC

Stacy McCoy, School Psychologist

Brooke Hanenberg, School Psychologist

Armi Clancy, School Social Worker

