



TREASURE VALLEY
DOWN SYNDROME ASSOCIATION

TVDSA Newsletter

Newsletter Editor: [Celena Auger](#)

October 2012

In this Issue

October is dedicated to the families with younger children with Down syndrome. Included in this newsletter, you will find some advice from a mother, some medical information on speech disorders, the importance of play, and overall suggestions on how to approach the many roads ahead.

A TVDSA Family in Parma is hosting a Haunted House, find information on page 4 along with the Social Group Outings.

We look forward to seeing EVERYONE of ALL ages at the Buddy Walk on October 13th!

Monthly and archived TVDSA newsletters are available on our website at: www.idahodownsyndrome.org for viewing and sharing. Notifications will be sent out when the newsletter has been posted each month.



The 10th Annual TVDSA Buddy Walk is right around the corner!

Saturday, October 13th 11:00am-2:00pm

We hope you have registered, organized your teams, and are ready for some family fun!

On-Site registration will still be available for those not yet registered. Tables will open at 9:00am: Adults: \$17, Children under 12: \$7

Teams can pick up their group's t-shirts Sunday, Oct 7th at 4:00pm in the Albertson's parking lot at Eagle road and Hwy 44

The Raffle & Silent Auction will be back this year!
Here is a sneak peak of what you could take home:

Raffle Items: Raffle Tickets will be \$5.00 each or 5 for \$20.00
2 Round Trip Tickets on Southwest Airlines; Spa Package; Boise Hawks tickets; A Cinema Extravaganza; Maid Services; Karate Lessons; Signing Lessons; Dinners all over the Treasure Valley; D&B Gift Card; handmade hair bows; Just Kid'n Around Day Passes; and many more!

Silent Auction Items: 2 Round Trip Tickets on Southwest Airlines; Carrie Underwood autographed guitar; a Direct TV Full Package; Boise State Football tickets; Epionce Skin Care Basket; and more!

For the first time, credit cards will be taken at On-Site Registration, the Information Booth/Merchandise Table and the Silent Auction Table.

Thank you to our 2012 Sponsors:



My Advice to Parents of a Newborn with Special Needs by: Valerie with Friendship Circle

As I began the process of preparing for my oldest daughter's graduation party, I found myself in the basement – cleaning the storage room that had not been touched since the day we moved in to our home over ten years ago.

As I went through box after box of memories, I stumbled across preschool and elementary school drawings and pictures of my girls. Sprinkled among the papers were several homework pages where my girls first demonstrated their gift for language arts.

Continued on Pg 3

October 2nd:

Buddy Walk Committee
Meeting at 7:00pm at Maui Wowi, Meridian
 Contact: Melody Witte

October 9th:

Buddy Walk Committee
Meeting at 7:00pm at Maui Wowi, Meridian
 Contact: Melody Witte

October 10th:

IPUL Parent Support Meeting
 6:00pm-8:00pm
 Topic: Is Your Child the Target of Bullying?
 Contact: parent@ipul.com

October 13th:

TVDSA Buddy Walk, starting at Capitol Park, at 11:00am, walking to Julia Davis Park for food, entertainment, games, raffle & silent auction.
 Contact: Melody Witte or George Taylor

October 16th:

TVDSA Board Meeting
 7:00pm-9:00pm at a New Leaf in Meridian
 Contact: Paul Auger

October 17th:

Best Buds Gathering at 5:30pm at The Farmstead Corn Maze and Pumpkin Festival in Meridian
 Contact: Kristie Yerger

October 17th:

Transitioning to Adulthood
 7:00pm-9:00pm
 St. Luke's Meridian, Lower Level Free, but must register: 706-5549

October 22nd:

Lil' Buddie's Playgroup
 10:00am-12:00pm
 at Journey's house in Kuna
 Contact: Kristie Yerger

October 22nd-23rd:

[r.i.s.e conference](http://r.i.s.e.conference) 7th Annual Building Futures Secondary Transition to College and Employment Portland, OR

October 27th:

AIM & Cool Club – Halloween Party 6:00pm-9:00pm at the Gallas' house in Nampa
 Contact: Freddie Gallas

November 1st-2nd:

Idaho Partnership Conference on Human Services
Restore * Rebuild * Renew Strategies for Success
 Riverside Hotel, Boise, ID

Speech Sound Disorders in Children with Down Syndrome by: Jennifer J. Bekins, MS, CCC-SLP

Speech sound disorders may cause problems making individual sounds or difficulty with groups of sounds. Sounds can be changed, left off, or added. The two speech sound disorders we'll focus on today are *articulation disorder* and *phonological disorder*.

Articulation Disorder: Explanation and Treatment

A child who has only one or a few sound errors may be diagnosed with an *articulation disorder*. For example, a child may substitute the "w" in the word *red* changing the word to "wed." Even a few errors may make it hard for people to understand your child – especially if they don't know the topic!

The underlying cause for this type of speech disorder is largely unknown but in children with Down syndrome this may be related to structural differences in the mouth, persistent ear infections or fluid-filled ears, or other health problems that interrupt development. This type of speech sound disorder is different from dysarthria (muscle weakness), apraxia (muscle coordination), or phonological disorder which is discussed below.

Traditional speech therapy focuses on individual sounds. Treatment may involve showing how to produce the sound correctly, teaching the child to recognize correct and incorrect sound productions, and practicing sounds in different words. The goal is for accuracy of each sound in all positions of the word (beginning, middle, and end), in phrases, sentences, and ultimately in conversation.

Phonological Disorder: Explanation & Treatment

Another type of speech sound disorder is called a phonological process disorder. This disorder is related to the *rules of speech production*. As children grow they learn how to **organize the sounds** of speech. They listen to the sounds around them storing each in their mind. When they begin speak on their own children depend on the stored sound (s), combined with the rules they learned listening to mature speech, to produce sounds themselves.

Children don't start off with perfect speech. Instead, they naturally simplify speech as they are learning to talk – this is called using phonological processes. As they grow and learn the rules of adult speech they replace this child-like form of talking. If the child continues to use these processes past the age when it is considered developmentally appropriate they may be diagnosed with a phonological disorder.

Treatment for phonological disorders involves targeting each process or class of sounds. This starts by targeting the group of sounds that mature or are established first. For instance, your child may leave the ending off of words (*eat* to "ee") and glide sounds (changing "r" and "l" to "w" and "y" – like *love* to "yuv"). So the SLP would first establish a goal to have the child produce final sounds, then later address the process of gliding.

Phonological disorders are not related to difficulty producing sounds because of muscle weakness or poor coordination. Rather, the child exhibits difficulty organizing sounds and understanding the rules that govern their production. Ultimately it's a *language* problem. This is why techniques that focus on strength or coordination often prove ineffective when trying to improve speech accuracy.

An SLP with experience in speech sound disorders will help differentiate these disorders. It is crucial to have an accurate diagnosis in order to effectively improve **your child's** speech.

Source: *Let's Talk Down Syndrome*, June 2011

Ask questions from your heart and you will be answered from the heart.

- **Proverb of the Omaha Tribe**

My Advice to Parents (continued from page 1)

Memories of my little girl

Shuffling amount the papers, I came across a particular picture of my youngest daughter. Gazing at the picture, I could not stop myself from reflecting on my emotions at the time surrounding her diagnosis of Down syndrome and how its impact carried over to her life as a young child.

She was a preschooler in this particular picture and I went back ten years at lightning speed – I sighed.

She was sitting on the top of a slide with her hands above her head and a big smile on her face. She must have been three, maybe four. I quickly remembered the fear I had regarding my selection of this typical preschool program over the developmental preschool program at our local public school.

Focus on your child instead of the disability

At the time it seemed like such a big decision with long lasting consequences if I made the wrong choice. But a I stared at her beautiful little face and those precious eyes, I couldn't help but wish that I had spent less time focused on Down syndrome and more time focused on her.

I can tell you exactly what I was doing and thinking at the time this picture was taken. Therapy, therapy, therapy. Little did I know at the time that eventually she would resist the intrusion at her preschool and insist to attend by herself like all the other kids.

Was I a Special Needs Tiger Mom?

I was so darned determined to give her every opportunity to be the best she could be – perhaps forgetting along the way that she was first and foremost a little kid that just wanted to have fun like everyone else. I wish I would have realized that to everyone around her, she was just Sarah.

Instead, I was afraid the other kids wouldn't like her because she was different. Ironically, she had lots of

friends – her disability invisible to the innocence of other preschoolers.

In fact, I would have to say that my overt actions of trying to protect her from any harm in her school life hurt her far more than the actions of any parent or child. I was holding her back, playing this crazy dance of wanting the most for her while simultaneously removing those very opportunities if they posed to big of a threat.

In the end, I wasted a lot of time trying to control a situation that didn't need to be controlled, and as I looked at the picture, it hit me that I had missed out on a big portion of my daughter's childhood because I wasn't able to enjoy where we were right at the time.

If I could do it again

If I had it all to do over again, I would do everything in my power to simply enjoy who my daughter was at every stage of her life instead of worrying about who she wasn't and if I could somehow hydroplane her into that reality. Sarah is Sarah. And no therapy in the world will ever change that.

My Advice to New Parents

Enjoy the "now" because I promise you, from the bottom of my heart, that someday your child's disability will be the last thing you ever think about.

I know that right now it may be the first thing you think of when you awake in the morning and the last thing you think of before you drift off to sleep, but it simply won't always be that way.

Some day.....it will fade away, regardless of how rigorous your life has become.....and your child will simply become.....your child.

Congratulations on your new baby!

Source: Friendship Circle Blog, Special Needs Resources for Parents and Educators, April 12, 2012

Ask – Don't Assume by Kathie Snow, Disability is Natural

A hallmark of childhood is curiosity; many children spend many years asking many questions. They want to know "how" and "why" and "when" and more because *they don't know and they want to know*. As children grow and mature, however, many lose this curiosity. Perhaps this happens because their parents and teachers have shushed them too often; adults may easily tire of children's curiosity. Or perhaps as children grow, they think asking questions makes them look stupid, so they *pretend* to know even when they don't. This is very sad. If the flame of curiosity has been extinguished, opportunities to learn are lost, whether one is a child or an adult.

When adults assume a position of authority (at home, as a parent or in a job, as a professional), we assume a mantle of arrogance: we think we "know" things. The curious child asks questions because she *doesn't know and she wants to know*, but adults may ask few questions because we think we already know the answers! This is also very sad.

In my article, "Creating Change Through Effective Communication," I reference author Wendell Johnson and his

recommendation to ask three questions: (1) what do you mean, (2) how do you know, (3) what's next. In this article, I'll focus on the importance of the first question.

When my son, Benjamin, was very young, he received many pediatric therapies. The physical therapist had spent a great deal of time trying to teach my 18-month-old son to sit up, but it wasn't happening. At the end of one therapy session, "Cindy" said, "I'm very concerned – if children with cerebral palsy [CP] don't sit up by the age of two, they never will." As I carried my son to the car, I was in a panic, thinking: "*Oh, No – this is terrible! What are we going to do?*" But during the drive home, my natural skepticism and common sense kicked in and I wondered how Cindy could know this. She had been a PT for less than two years, so she couldn't know this from her own personal experience. Had a professor told her this? Had someone studied all children with CP *from the beginning of time*? I thought not. And what if my son wasn't able to sit up until he was three; should we then tell him, "No way, buddy – you missed the deadline, so we won't let you sit up!"

To read the conclusion of this article, please click [here](#).



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DOWN SYNDROME ASSOCIATION

Social Groups Page

Dads Appreciating Down Syndrome (D.A.D.S.) Meeting:

We are sorry, there will be NO D.A.D.S. meeting in October due to the Buddy Walk.

For more information about **D.A.D.S.** please contact [Gus Olmos](#)

Moms' Night Out:

Coming in November!!!

For more information or to help organize, please contact [Kristie Yerger](#)

Treasure Valley Family Signing:

[Treasure Valley Family Signing](#) now offers family and professional classes/workshops through [Saint Alphonsus Family Center](#) in addition to their class offering at Idaho's indoor play place: [Just KidN Around](#).

Treasure Valley Family Signing offers classes with American Sign Language Vocabulary. Each class utilizes the catchy tunes, fun tools, and memorable characters from the PBS Show "Signing Time."

Lil' Buddies Update:

October Play dates:

Lil' Buddies will play **Monday, October 22nd from 10:00am - 12:00pm** at Journey's house (612 W. Ram Hill St.) in Kuna.

Need more information on **Lil' Buddies Playgroup**? Interested in helping organize the monthly gatherings? Please contact [Kristie Yerger](#).



Best Buds (Elementary) Update:

October Outing:

Best Buds will meet on **Wednesday, October 17th at 5:30pm** at The Farmstead Corn Maze and Pumpkin Festival (1020 S. Rackham Way in Meridian)

TVDSA will pay admission for each person with Down syndrome. Due to the number of people that may be present at the Farmstead that evening, please arrive no later

than 5:45pm so we can go in as a group.

Need more information on **Best Buds** Social Group or want to help organize? Please contact: [Kristie Yerger](#).

Adults in Motion (AIM) and Cool Club (Jr./Sr. High),

October Gathering: will be **Saturday, October 27th from 6:00pm-9:00pm**. AIM, Cool Club and the Amazing Amigos group will have a bang up Halloween Party at the Gallas' house - 11368

Greenhurst Rd in Nampa. Please bring a spooky snack (finger food). Drinks, plates, cups and napkins will be provided. Wear a costume (scary or not). There will be games and a hay ride!

For more information about **AIM** contact: [Freddie Gallas](#).

For more information about **Cool Club** please contact: [Kristie Yerger](#)



2nd Annual Bats in the Belfry Haunted House

Proceeds go to TVDSA and the St. Clairs Food Bank

Location: 701 N. Curtis, in Parma, ID (corner of 5th and Curtis)

Hours of Operation:

Friday October 26th: 6:00pm-10:00pm
October 27th-31st: 4:00pm-10:00pm

Additional Matinee October 27th & 28th 1:00pm-4:00pm (for younger children and those more sensitive to anxiety)

Costs: \$5.00 entrance fee. \$1.00 discount with canned food item
Re-entrance fee is \$3.00

Individuals with Down syndrome and a guardian will receive (1) free admittance.

For more information, contact Dennis & Elizabeth Davis: kachina_flats@yahoo.com



Conferences, Workshops, Webinars & TVDSA Scholarship Information

Idaho Parents Unlimited (IPUL) Parent Support Group

October 10th
6:00pm-8:00pm
500 S. 8th Street, Boise

Topic: *Is Your Child a Target of Bullying?*

As part of Bully Prevention and Awareness Month, join us for this important topic

FREE! Please RSVP.
Childcare available upon request.

For more information,
angela@ipul.com

Transitioning to Adulthood Wednesday, October 17th

7:00-9:00pm at St. Luke's Meridian, Lower Level

This course is designed for Parents and caregivers of children with special needs who will be transitioning to adulthood.

Free, but must register:
706-5549 (Elks)

[r.i.s.e conference](#)

7th Annual Building Futures
Secondary Transition to
College and Employment

October 22nd-23rd
Portland, OR

[Idaho Partnership Conference on Human Services](#)

Restore * Rebuild * Renew
Strategies for Success

November 1-2nd
Riverside Hotel, Boise, ID

[Northeast Down Syndrome Education Conference](#)

Nov. 30th-Dec. 1st
Burlington, MA
DSE will be presenting!

[r.i.s.e conference](#)

Respect, Inspire, Support and
Educate 23rd Annual Parent
Conference

January 18th & 19th, 2013
Portland, OR

[ID Miss Amazing Pageant](#) February 8-9th, 2013 Boise, ID

[TVDSA Scholarships](#)

Did you know that TVDSA supports members in gathering information at local and national conferences and/or workshops?

The TVDSA Scholarship program is NOT income based, so everyone is eligible.

Please see our [Scholarship application](#) for the guidelines and how to apply today.

The Importance of Play by Kari Zerbe, M.A., Director, The Rise School of Dallas

Children learn through play. Listed below are samples of learning activities and centers found in preschool programs and what children learn while playing with each.

When I string beads, I am learning...

- Eye hand coordination
- Concept of color, shape, and location
- Number and proportion concepts, such as more, less, longer, and shorter
- To create and reproduce patterns and sequences – a math skill
- Pride in accomplishment

When I play with blocks, cars, and trucks, I am learning...

- Concepts of shapes, sizes, length, and locations – all relative to learning to read and to do math
- To create and repeat patterns - a math skill
- To exercise imagination
- To express my ideas
- To cooperate with others
- To solve problems
- About the properties of wood
- To see myself from a different perspective – that of a giant!

When I play with puzzles, I am learning...

- About relationships of parts to the whole – a basic math concept
- Eye-hand coordination
- Concepts of shape, size, color, and location
- Vocabulary related to the subject of the puzzle
- About negative and positive space; seeing something against its background – math and reading concepts
- Self-confidence as I solve more and more difficult puzzles
- Independence as I use the puzzle without help
- Sorting, as I group "sets" of puzzle pieces belonging to different puzzles or "like" puzzle pieces together

When I do cooking projects, I am learning...

- About nutrition, tastes, and food groups
- How heat and cold changes things
- Concepts of volume and measurement
- Vocabulary
- The relationship between the part and whole relationships – basic math concepts
- An awareness of my own and other cultures

When I play in water, I am learning...

- That some things sink and some things float
- To observe changes as water takes different forms of in different containers
- About different temperatures
- About wet, dry, and evaporation
- What happens when you add soap
- Eye-hand coordination as I learn to pour
- Concept of empty and full, volume and weight

When I paint at the easel, I am learning...

- To develop my imagination and creativity
- Eye-hand coordination – helpful when I learn to write
- The names of color and how to make new colors
- To distinguish shapes and purposely create new shapes
- To notice patterns from background – necessary for learning to read
- To express my feelings and ideas
- That my ideas have value
- Relationships of space and size
- Concepts of symmetry, balance, and design

When I finger-paint, I am learning...

- To exercise my imagination and creativity
- About how colors mix to form new colors
- Concepts of shape, size, and location
- Eye-hand coordination
- An acceptable way to make a mess
- A way to have fun sharing ideas with others who are near

When I play with paste, glue, and collage materials, I am learning...

- To exercise my imagination and creativity
- Concepts of shape, size, location, and design (reading skills)
- About things that are sticky
- About things that have different textures
- How to create patterns and designs
- To distinguish patterns from a background

When I play Rhythm instruments, I am learning...

- To be conscious of rhythms in music
- Concept of fast, slow, loud, and soft
- To express myself in a new way
- Listening and "auditory discrimination" skills necessary to learn to read
- To interpret signals and cues



TREASURE VALLEY
DOWN SYNDROME ASSOCIATION

PO Box 1404
Meridian, Idaho 83680

We're on the Web!

See us at:

www.idahodownsyndrome.org

Check us out on
[Facebook](#) and [Twitter](#)!

Did you pre-order a TVDSA 2013 Calendar?

You may pick them up at the Buddy Walk or at the November TVDSA Meeting.

Did you miss the pre-order?

No problem, you can still get them at the Buddy Walk or November meeting.

Shop With Scrip and Give Back To TVDSA

Purchase Gift Cards for holiday shopping, gifts for friends and family, clothing, dining, gas, entertainment, and more, and a percentage goes to TVDSA!

Visit www.shopwithscrip.com, set up a free account, link to TVDSA by using the enrollment code: BC8651D833664 and start shopping, all while donating money to TVDSA! Questions contact [Malu Mulholland](#)

GoodSearch and TVDSA

Please register for GoodSearch, powered by Yahoo at www.goodsearch.com and select TVDSA as your favorite cause. Simply search Down syndrome, we can be found near the end of the list. Then every time you do an internet search through GoodSearch a donation is made to TVDSA. Tell everyone you know about GoodSearch for TVDSA.

TVDSA & the Idaho Stampede

TVDSA will be teaming up with the Idaho Stampede for a fun night and awareness. Mark your calendars now for January 12, 2013. Tickets will be \$12 each, with proceeds going to TVDSA. More information coming soon.

From the TVDSA Lending Library:

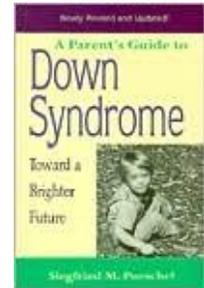
A Parent's Guide to Down Syndrome, Toward a Brighter Future by: Siegfried Pueschel

Parents and others who are new to the world of Down syndrome can benefit greatly from reading *A Parent's Guide to Down Syndrome, Toward a Brighter Future* (2008 edition).

This upbeat book is filled with articles from Dr. Puschel and other leading experts. Nearly every

question or concern a parent might have is addressed in this comprehensive guide. Siegfried Pueschel is Professor Emeritus of Pediatrics at Brown University. This book is dedicated to Dr. Pueschel's son Christian, who had Down syndrome, and to the children of several of the other authors.

This book is available from the TVDSA library. Members may reserve it by contacting the librarian at library@idahodownsyndrome.org.



For a complete list of the books/DVDs available through TVDSA, please check out our [Lending Library](#)

The mission of Treasure Valley Down Syndrome Association is to enhance the quality of life for persons with Down syndrome by promoting inclusive environments, providing accurate information to parents, families, and the community, and by advocating respect, dignity, and appropriate supports for people with Down syndrome.

Board of Directors:

President: [Paul Auger](#)

Advisor: [Lynda Wells](#)

Treasurer & Spanish Contact: [Lucy Olmos](#)

Marketing: [Jason Woodward](#)

Fundraising & Membership: [Malu Mulholland](#)

Vice President and Programs Chair: [Kristie Yerger](#)

Secretary: [Audrey Byrum](#)

Buddy Walk Chair: [Melody Witte](#)

Buddy Walk Chair: [George Taylor](#)

For more information, articles, past newsletter and more, please visit our website: <http://idahodownsyndrome.org>

Mailing: PO Box 1404 Meridian, ID 83680; Check us out on [Facebook](#) and [Twitter](#)