



INTERNATIONAL DOWN SYNDROME COALITION

September Newsletter

In This Issue

Game On - Sports Events and Your Child with Special Needs

The arrival of fall marks the beginning of football and soccer season as well as the continuation of the baseball season.

It is a time of year when families might attend sports events on a frequent basis. For some of our children with special needs, however, the attendance of games can cause stress for both the child and the parents.

We hope that the articles below will assist in preparing both your child and yourself for attending events and games.

Self-Advocate Speaks Out Against the R-Word

We often hear a parents' perspective on bullying and how words can hurt our children. The IDSC recently posted an article on Huffington Post with a self-advocate's perspective.

Vision Care

Books and school supplies are not the only things that should be on this school year's supply list. Vision plays a factor in your child's education as well.

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Strategies to Help Children with Special Needs Enjoy Successful Community Outings

Even the most uneventful days at home can be challenging for families who have a child with an autism spectrum disorder (ASD) or another developmental disability. The challenges multiply when parents or caregivers take the child to a dentist or doctor's appointment, the grocery store, or on another outing into the community. For military families, periodic relocations often require frequent readjustments to unfamiliar people and routines and to new and different community settings.

[Read more...](#)

Noise Control

The downside to sound sensitivity is that noise quickly becomes painful and can even trigger a panic attack. When a person can hear everything simultaneously, it becomes almost impossible to pay attention to the task at hand. Separating and prioritizing sounds drains a person's energy, and the constant assault of noise causes a person's anxiety level to escalate.

[Read more...](#)

We Don't Stay Home

Outings aren't always easy. But I have no intention of leaving Leelo home if there's a chance of success. I do not care if other people think he behaves strangely or makes funny noises; as long as he is not harming or interrupting anyone, we carry on with heads raised, meeting stranger's stares with confident and unapologetic smiles that I will admit to having practiced in the bathroom mirror.

[Read more...](#)

Are You Forgetting the #1 Missed Item on Your Back to School List?

Written by Maria Dellapina, [Specs 4 Us](#)

With the start of the school year comes



the question, "Should I have my child's vision checked?" Many parents think that the visual screening given at school is sufficient to determine their child's vision, however it does not test the ability of the eyes to maintain clear vision at varying distances. School screenings miss an estimated 2/3 of vision problems. Your child can have "good" eyesight

and still have vision problems, so you can't just rely on vision testing at schools as your only indicator. Eighty percent of how we learn is done through our vision and many times vision problems go undetected, or are misinterpreted in school as behavioral problems in learning.

Routine eye exams are designed to evaluate the overall health of your child's eyes, and children considered at risk for the development of eye and vision problems should get more frequent, at least yearly, evaluations.

Parents are usually given a list by their pediatrician or other specialists that a child needs to see. One of these is usually a Pediatric Ophthalmologist, and while many are excellent, many hours can be spent in their offices. Did you know that there are Behavioral and Developmental Optometrists who specialize in vision care services to develop and enhance visual abilities and correct many vision problems in infants, children, and adults with special needs? To find out more about these doctors visit [The College of Optometrists in Vision Development](#) website.

8 Headphones for Children with Autism and Auditory Processing Disorder

Children with Autism or Auditory Processing Disorder often have a hard time with noise.

Background noise is a constant nuisance and causes major difficulty when it comes to processing information and sorting the important from the unimportant.

It is for this reason that noise reducing headphones or earmuffs can come in very handy in loud spaces. Headphones can lower the overall decibel rate of background noise while still allowing your child to hear someone speaking to them.

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The Weight of Our Words: Self-Advocate Speaks Out Against the R-word

It's a sad reality that cyberbullies and trolls sit behind the anonymity of computer screens and mobile devices and effortlessly inflict pain that can last a lifetime. It's easy to do and can cause such deep suffering.

Recently, the [International Down Syndrome Coalition](#) posted a photo on our [Facebook page](#) as part of our ["I CAN" photo campaign](#). The "I CAN" photo campaign features the many accomplishments of people with Down syndrome and celebrates life's achievements - from the smallest of goals to the largest of accomplishments - while showing the world what people with Down syndrome CAN do.

[The photo](#) has been very well received and has so far received more than 1,600 "likes", 119 "shares" and more than 30 comments.

But as we all know, one rotten apple spoils the whole bunch, and one hurtful comment can carry more weight than 30 positive comments.

One person commented, "Which one is the retard?"

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