

CARD NEWSLETTER

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The UF-JAX CARD program provides support and assistance with the goal of optimizing the potential of people with autism spectrum disorders and related disabilities. Services are provided at no cost. The UF-JAX CARD program provides services to Baker, Clay, Duval, Flagler, Nassau, and St. Johns counties.

CARD Summer Institute Regional Trainings

This year's annual CARD Summer Institute will take place June 11 - 14, 2018 from 9:00 A.M. to 4:00 P.M. The event begins June 11th with presenter Thomas Caffrey, M.Ed., BCBA., "Teaching Functional Communication Skills to Children with Autism or Other Intellectual Disabilities." June 12th presenter Stacie Dojonovic-Schutzman, Ed.D., lectures on "Opening Doors to Adulthood: Focus on Career Development and Transition Planning for Young Adults with Autism." June 13th the presenter is Jed Baker, Ph.D., "Handling Frustration, Anxiety and Teaching Skills: Reducing the Need for Restraint Seclusion and Punitive Approaches." Then finally on June 14th presenter Jed Baker, Ph.D. lectures on "Overcoming Anxiety in Children and Teens." Location and Registration information coming soon.

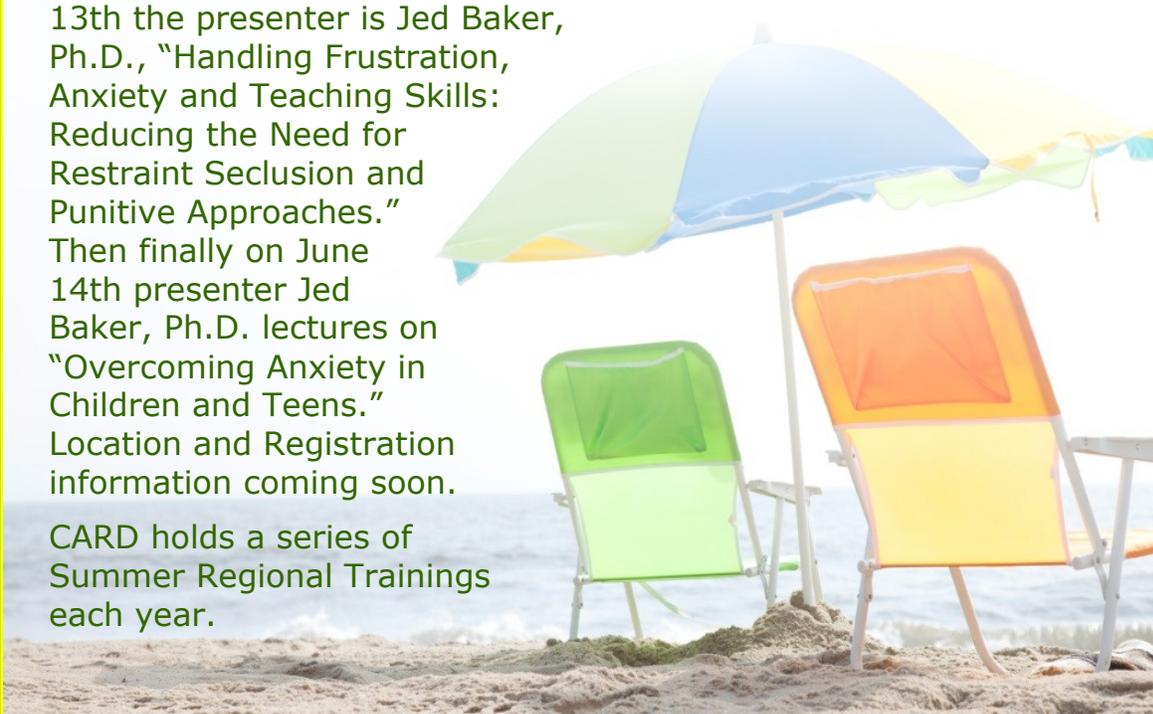
CARD holds a series of Summer Regional Trainings each year.

Upcoming Events

- Apr 14** Microsoft Gaming Party
- Apr 21** Sibshop Event: We Rock The Spectrum
- Jun 11-14** CARD Summer Institute Regional Trainings

Keep up to date on events. Join the CARD Weekly Update Email Newsletter.

To sign up please email Anthony.Rhodes@jax.ufl.edu.



CARD's Mission

To educate and empower individuals and families throughout the lifespan by providing support, assistance, and awareness within the community; with the goal of optimizing the potential of all individuals with autism and related disabilities.

Screen Time Suggestions

by *Chelsea Pierce, M. Ed.*

In a society focused around digital media, how can we encourage our children to detach from their screens and interact with the environment around them? Social skills are built upon meaningful engagement with others and there are numerous opportunities for reciprocal social interaction throughout our daily lives.

Educational apps, games and shows are accessible to children on televisions, tablets and smartphones. There are apps for almost everything from potty training to learning a new language! Common topics in today's field of education include STEM (Science, Technology, Engineering, Math) and Digital Citizenship (responsible use of technology). Learning opportunities facilitated by technology provide children with some of the prerequisite skills they need to be successful in an increasingly high-tech world. However, these apps are in no way a replacement for human social interaction.

Some studies have shown a negative correlation between brain development in young children and the amount of time spent in front of a screen, such as a tablet, TV or smartphone. Dr. Aric Sigman stated, "Too much screen time too soon is the very thing impeding the development of the abilities that parents are so eager to foster through the tablets. The ability to focus, to concentrate, to lend attention, to sense other people's attitudes and communicate with them, to build a large vocabulary—all those abilities are harmed" (Sigman, 2014).

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Others have recognized a relationship between frequent use of social media and depression/anxiety concerns (Vickroy, 2017). Frequent use of social media has been linked to teenagers engaging in sexting and becoming victims of cyberbullying and harassment (O'Keefe & Clarke-Pearson, 2011). To minimize risks of screen time use, the following suggestions have been developed:

- Closely monitor your child's use of digital devices and social media.
- Ensure that you have access to your child's social media accounts.
- Build in opportunities for social interactions by encouraging participation in adult-monitored social activities such as sports, scouts and play dates.
- Encourage open communication between you and your children.
- Set limits for screen time. If you are unsure about how to structure your family's media usage, the following site may be a helpful starting point: <https://www.healthychildren.org/English/media/Pages/default.aspx>

Using these guidelines, you can modify your family's screen time and structure social interactions so your time together is enjoyable and beneficial for everyone!

References:

- O'Keefe, G. S. & Clarke-Pearson, K. (2011). The impact of social media on children, adolescents, and families. *Pediatrics*, 124 (4), 800-804. <http://pediatrics.aappublications.org/content/127/4/800>
- Sigman, A. (2014). Virtually addicted: Why general practice must now confront screen dependency. *British Journal of General Practice*, 64 (629), 610-611. <http://bjgp.org/content/64/629/610>
- Vickroy, D. (2017). Helping teens turn off in a world that's 'always on': The links between technology and depression. *Daily Southtown*, <http://www.chicagotribune.com/suburbs/daily-southtown/news/ct-sta-teens-depression-technology-st-1220-20171221-story.html>

Understanding Your Child's **IEP:** An Interactive Approach

What is an IEP? How do I know if my child needs a 504 or an IEP? What is the process? How do I read these documents?

Join us for an interactive Individualized Education Plan (IEP) training for parents and caretakers! We'll answer many of the questions above, and you'll leave feeling empowered, knowledgeable and ready to collaborate with your child's school. Please bring a copy of your child's most recent IEP.

This training is provided at no cost to the individual or family.

Location: UF Developmental Pediatric Center, 6271 St. Augustine Rd., Suite 1, Jacksonville, FL 32217.

For more information contact chelsea.pierce@jax.ufl.edu.

Register online
understandingiep.eventbrite.com

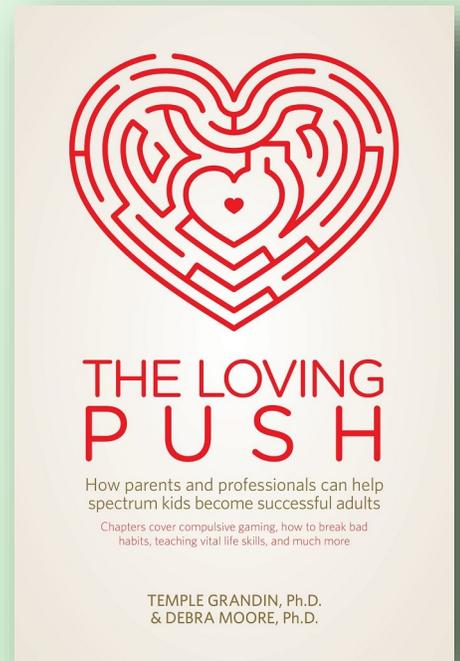
CARD



Now available in the CARD Lending Library:

The Loving Push: How Parents and Professionals Can Help Spectrum Kids Become Successful Adults *by Temple Grandin and Debra Moore*

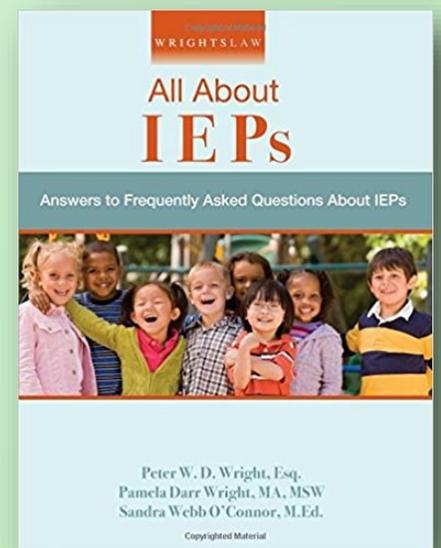
Parents, teachers, therapists, and anyone who cares about a child or teen on the autism spectrum need this essential roadmap to prepare our youth for being successful adults in today's world. Best-selling author, autism advocate, and animal science professor Dr. Temple Grandin joins psychologist and autism specialist Dr. Debra Moore in spelling out which steps you can take to restore your child's hope and motivation—and what you must avoid. Eight life stories told by people on the autism spectrum, including chapters on subjects like how to get kids off their computers, how to build on their strengths and get back to caring about their lives, and how to find a path to a successful, meaningful life make this a "must read book!"

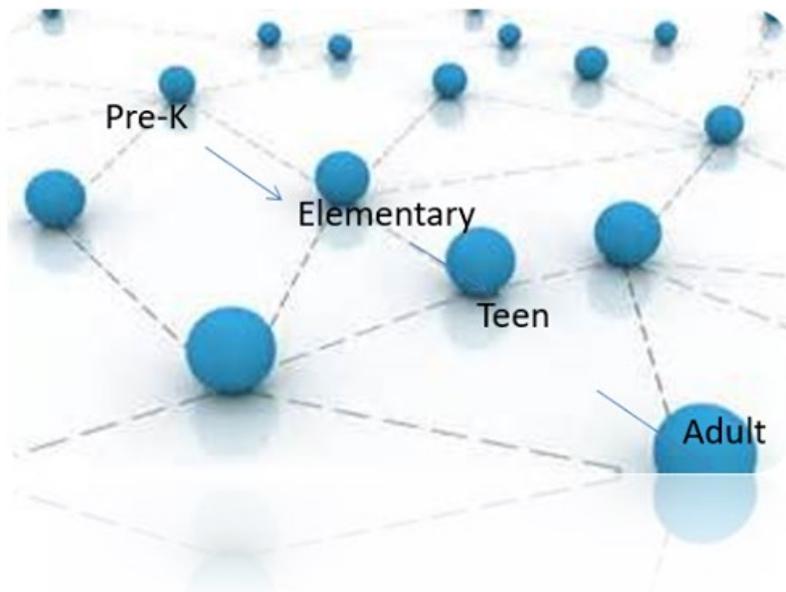


Wrightslaw: All About IEPs

by Peter W. D. Wright and Pamela Darr Wright

Whether you are the parent of a child with special education needs, a seasoned educator, or a professional advocate, you have questions about Individualized Education Programs, (IEPs). In this comprehensive, easy to read book, you will find clear, concise answers to frequently asked questions about IEPs. Learn what the law says about IEP Teams and IEP Meetings, Parental Rights and Consent, Steps in Developing the IEP, Placement, Transition, Assistive Technology and Strategies to Resolve Disagreements.





Family Care Council
Area 4

Connecting the Dots...

Featured speakers : Agency for Persons with Disabilities
Director Barbara Palmer and APD Staff
AND multiple Breakout Sessions

<https://www.eventbrite.com/e/connecting-the-dots-2018-tickets-42987400472>

Wednesday, April 18th, 2018 9-1pm

Schultz Center, 4109 Boulevard Center Drive, Jacksonville FL 32207

Sponsored by:

Family Care Council Area 4, POPIN,

UF-Jax CARD/UF-Jax FDLRS-MDC

Florida Institute on Community & Disability

N.E.F.C.A.N., P.C.A. Plus

Registration now open!



Please join us for conference on disability-related topics. Keynote speaker Barbara Palmer, Director of the Agency for Persons with Disabilities, will present on issues related to APD, the MedWaiver and Waitlist. Other agency representatives will be on-hand to answer questions.

Along with our keynote, the conference offers two subsequent breakout sessions, including a variety of topics such as: Pre-employment strategies for parents, McKay/Gardiner Scholarship information, Emergency Preparation, Dementia Coalition information and updates, Transportation, Waitlist Supports and Services, APD's Foster Care Initiative, Transition Services, Mental Health issues in the IDD population, Guardianship Options, Financial strategies and options, Parent Panel.

Also a great lineup of Community Resource agencies as vendors.

Schedule can be emailed, if needed. Please contact: prewtt.karen@yahoo.com

Conference fee is \$10. Continental Breakfast included. Lunch not provided.

Certificates of completion will be available after the conference via email.

There will not be childcare available for this event.

www.hscj.ufl.edu/pediatrics/autism

