

February 2011

Hello everyone!!!! I hope you are continuing to survive this wintery weather, by staying warm and enjoying the many snow days we have had! February's focus is "New diagnosis...what next?!" If you've been a member for some time now, I'm sure if you remember back to the time when your child was first diagnosed and the emotions and feelings that went along with this new diagnosis. My hope for this month is that we provide information to help you support group parents who have recently had a child diagnosed. Additionally I understand that the stages of grief are fluid and we know that some stages of grief and acceptance will take more time than others. You may also find yourself sliding backwards and re-experiencing certain stages throughout your life. This is normal and expected!

I have also heard from parents that they have a friend or know someone who is having a difficult time moving through the stages of grief, becoming stuck, and unable to "accept" the diagnosis. We know it's so important to accept your child for who he or she is. We know that once you arrive at the point of accepting your child's diagnosis, you see that the diagnosis is a tool to help you understand your child a little more and help. Acceptance moves you to a place where you are better able to recognize your child's unique strengths. To move to a point of acceptance you will need to take care of yourself and your own feelings surrounding the diagnosis. This may feel like a struggle, but imagine the possibilities once you've come to a place where you accept your situation and you and your family can move forward.

Additionally, we have created a packet of information we hope will help your group welcome new members. Within this packet is great information and some new, web based information. (I know how overwhelming large packets of paperwork can be)! I've never done web-based videos before, so this is the first try. I hope you enjoy the overviews we have provided! The links for the online information are:

Overview of new website and family links within website:

Part 1:<http://www.screencast.com/t/M7HoR8ryBB>

Part 2 <http://www.screencast.com/t/1ALsFbYvkrds>

Overview of steps you can take to educate yourself about autism and how to obtain services:

<http://www.youtube.com/user/kyautismtraining>

Take care and stay warm,

Jennifer