

April 16, 2010

Hello!

I hope that you found last month's materials helpful as you begin to think about summer activities for the family. I want to thank those of you who completed last month's survey about the materials that you have received. Your feedback is important as this program evolves!

With the kids home for the summer, thoughts turn to nutrition and physical activities for the entire family. The goal of this month's materials is to **provide resources to enhance the health and well being** of the families in your group.

With so much information available, it can be confusing to make good food choices. Fast food advertisements are created to be very attractive to our children, helping to shape the types of meals that they desire. Food labels on the products that we find in the grocery store can be very difficult to understand. I have enclosed a list of websites to help your families find relevant and reliable nutrition information on the internet.

The KATC Director, Rich Mancil, co-authored the article "Physical Activity for Children with Autism Spectrum Disorder". I have included a copy of this informative article for you to share with your families.

I have also included an article that I found on the National Center on Physical Activity and Disability's website entitled "Parental Roles in Facilitating and Supporting an Active Lifestyle for a Child with a Disability". It has good information about ways to support an active summer routine for your families.

As many of you know, I am leaving KATC to assume another role within the University. I want each of you to know how much I have enjoyed meeting you and working with you and the families in your groups. I have considered it a privilege to work with each of you. You have been an inspiration to me and I will miss each of you a great deal. Rest assured that you will continue to be well-served by the KATC in the future. If you have any questions or comments, you can contact the KATC Director, Rich Mancil, by email at [rich.mancil@louisville.edu](mailto:rich.mancil@louisville.edu) or by phone at (502) 852-4631.

I hope you have a happy May...and a great summer!

Debbie