



## Thank you!

Thank you to **Grace Kohn** who presented at our recent CDS Professional Development morning. Her honest perspective on being mother to a child with autism helps to inspire hope and understanding. The best way to reach her or learn more about the Son Rise program is through her website, [www.childrenofautumn.com](http://www.childrenofautumn.com)

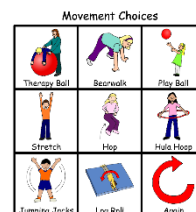


## Indoor/Outdoor Activity Ideas

**Sensory boards** - Get creative! Picture Frame sensory boards are great for children to “touch and feel”. Use what is in your home: beads, feathers, cotton balls, dried beans, etc. Glue them to a simple picture frame and watch your child explore!

**Activity Choice Boards:** Children learn best when it is their idea. Choice boards of different activities to choose from can really motivate little learners. Even better, when you do the activity along with them. You can take turns choosing an activity and make a game out of it!

**Scavenger Hunts:** We find this is a kid favorite! Have your child search for items around the house, in your yard or your community. “**RED** objects”, “flowers”, “things that start with A”, can all be fun themes to keep your little one active, learning and most of all - having fun! What can your child think of to search for?



## Important Dates

### Parents Together with Lead Spring Session

*Tuesdays 9:00-10:30 & 1:00-2:30*

Drop-ins encouraged,

[admin@leadfoundation.ca](mailto:admin@leadfoundation.ca) for more info.

### Victoria Day – Statutory Holiday

*Monday, May 24, 2021 (no programs)*

### IPP Meetings - Alberta Education

*Ongoing in May*

## Looking forward to summer!

**Sensory gardens:** Hannah Miller, gardening enthusiast and aunt to a boy with autism, explores the topic of sensory gardens. She created a site to explore what they are and how to create them. Anyone young or old can enjoy a sensory garden and they will be especially loved by children who are challenged by **sensory processing issues**. For inspiration and ideas- click the link to the right.

**Pedal Heads Bike and Trail camps** are offered in many locations throughout Calgary for ages 2 and up. Their goal is to provide active programs that kids and parents love through fun, safe and engaging instruction that develops life skills, confidence, and independence. Their website link is to the right.

**Just Keep Swimming Calgary's** vision is to enable kids with all levels of ability to enjoy the water, swim confidently, play safely and exercise comfortably in the water. Find out more about their summer camps in the link to the right.

**Between Friends** provides social and recreation opportunities for children with special needs. The programs are staffed and also have trained volunteers that provide support to the children during the program. Their **summer camps** are very popular among many families and can be partially funded through FSCD. More info in the link to the right.

**The Children's Link Society** is known and valued for offering resources, information, connections and hope to families and professionals in the special needs community. Children's Link is staffed by a dedicated team, many of whom have lived experience with disability. Please check out link to their website for more information about summer programs and camps to the right.

## Links

