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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.

Supporting Your Child's Executive Functioning Skills

By Sarah Falls, M.S., CCC-SLP

Students with varying exceptionalities, from ADHD to learning disabilities, often struggle with using executive functioning skills. At home and in school, these

students display difficulty with managing time, organizing, prioritizing, and planning. Poor executive functioning skills can significantly impact a student's academic success and independence during daily living routines. Does your child have a disorganized backpack, forget to bring homework to the house, not write down important due dates in his planner, or not study until the day of? Here are some tips to support your child's executive functioning skills at home:

- Find a planner that works for your child. There are so many different layouts- daily, weekly, monthly. Go shopping with your child and see what she is interested in. A daily planner is usually recommended so your child has a designated area to write down daily homework assignments.
- Daily planner checks. Have your child show you what he wrote in the planner. Look to see if there are any upcoming deadlines.

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Upcoming Events


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|-------|------------------------------------|
| 10/27 | CARD 101 (Español) |
| 10/20 | MOSHHHH... Family Sensory Night |
| 10/26 | FALL FAMILY FUN event |

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.

- Create a simple binder system. Again, talk with your child about what she would like. Maybe it's a large binder with dividers for all subjects or a small binder for each subject. At the end of the week, organize the binder (s) and see if anything can be discarded.
- Create a predictable routine at home for homework. Set an organized, designated space with minimal distractions. Would homework first, then tv time work best? Or maybe a set time to play outside and have a snack, then do homework? Whatever it is, try to keep the routine consistent.
- Use a reward system! Your child could earn a reward (extra video game time, Dollar Tree trip, etc.) if he writes in his planner each day for a week. Or if she keeps her backpack organized for two weeks. Choose a goal that is functional and attainable, and of course choose a reward that is of interest to your child!
- Ask your child's teacher or ESE teacher about any recommendations. They see your child on a regular basis and can offer recommendations, especially with determining which strategy to implement first.



Presented by UF Health CARD and FDLRS-MDC.

Sibshops are engaging and interactive workshops where siblings can share the challenges and celebrate the joys of having a brother or sister with a special need.



SUPPORT AND GUIDANCE FOR SIBLINGS

Sibshop is a gathering of siblings across the ages to create community, build support and share in the stories that make us unique as the sibling of individuals with developmental, intellectual, social-emotional, and medical disabilities. Ages 8-12yo+

Location: Via Zoom Meeting
Register for Sibshops online using the link in the description.

For more information contact
Chanel.Baldwin@jax.ufl.edu.



A Very Sensory Summer

By Gwenivere Mauro, M. Ed.

Summer is here! The sun is out longer. The weather is warm. The kids are out of school... The kids are OUT of school!? With summer time upon us there is a mad dash for ways to fill the day. Sensory play is a great activity to integrate into the day. Sensory play allows children to engage in activities that stimulate their senses. Sensory play helps develop language and motor skills along with fostering opportunities for social interactions. Sensory play increases cognitive growth

and allows opportunities for children to experience and explore their environment. Let's look at ways to make this the best sensory summer and remember to use our ***senses!***

Sensory: Tune into all your child's senses. Allow children to move, see, hear, touch, sniff, and taste (when appropriate)! By stimulating a child's senses, brain development occurs. Freeze toys in ice cubes and allow the child to feel the

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coldness of the ice as they work to melt the ice into water. Make playdoh and add coffee beans to explore the texture and smell. Offer kids pudding or yogurt to finger paint. They can taste the “paints” and talk about what flavors they experience.

Exploration: Allow opportunities for your child to explore their environment with opportunities to discover and make sense of the world around them. Children find absolute delight in exploring the world so allow them to get messy. Allow them to make mistakes. Allow them to have fun. While your child engages in exploring the world through their senses they are building a stronger foundation of understanding, problem solving, and creativity.

Nature: As the weather warms up, head outside for sensory experiences. Playing in a sandbox, rolling in the grass, adding water to the dirt to make mud, splashing in puddles after the midafternoon shower, riding a bike, swinging on the playset – all of these activities provide opportunities for sensory play. **Enjoyable:** Make it FUN! Tailor the sensory play to your child’s interest. Create themed sensory bins based on their interests.

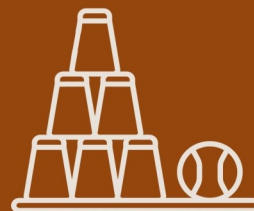
Allow them to use their construction vehicles in kinetic sand or let them make mud outside to roll their excavators through. Fill up a water table and allow them to use ocean animals to swim and splash around. Create an obstacle course with items found around the house that the child can balance on or jump from obstacle to obstacle.

Simple: Keep it simple! Sensory play does not require expensive equipment or extensive planning. Sensory play can be easy to setup. Use what you have on hand! If you have soap, water, toy cars, and an old toothbrush on hand you can easily turn that into a bubble sensory bin that the child can have a car wash. Spray shaving cream on the table and practice making shapes, letters, or numbers. Creative thinking and developing imagination skills can be fostered with engaging in simple activities.

Sensory play can be simple and fun way to fill the day. It provides opportunities for a child to experience the world and build foundational skills.

FALL FAMILY FUN

Oct. 26
6-8:00 pm



A fun event for families to visit our center and indulge in Fall related activities and games. We welcome all disabilities and promote inclusivity. The UF Health Neurodevelopmental Pediatric Center houses the Center for Autism and Related Disabilities (CARD), the Florida Diagnostic Learning and Resources-Multidisciplinary Center (FDLRS-MDC) and the Neurodevelopmental Pediatric Clinic. We will have a variety of vendors present who will make up "Trick or Treat Lane," providing treats and/or an activities for those attending along with providing families with resources. Our staff will also be on site to provide support as needed.

NEW THIS YEAR: Families will have an opportunity to leave their "imprint" for our upcoming partnership with Deck the Chairs of Jacksonville Beach. We want to include our families in the design of our chair and are excited for this upcoming holiday event!

So please come out and enjoy! Feel free to wear costumes.
Looking forward to seeing you!

Questions?
904.633.0917
chanel.baldwin@jax.ufl.edu

Register online using the following QR Code or visit:
www.eventbrite.com/e/fall-family-fun-tickets-718504685857
Location: 6271 St. Augustine Rd., Suite 1, Jacksonville, FL 32217

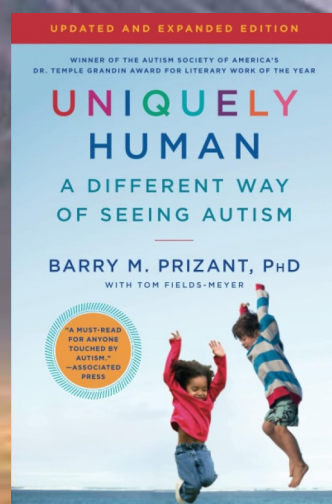


Now available in the CARD Lending Library:

Decoding Dating: A Guide to the Unwritten Social Rules of Dating for Men with Asperger Syndrome & Autism Spectrum Disorder

by John Miller

This book methodically breaks down the steps of dating giving advice on the best places to meet women - whether on or offline, getting ready for the big date, where to go and what to talk about, and how to tell if a second date is on the cards. Written for those with little or no prior experience on the dating scene, the book discusses how to know if you are ready for a relationship, what qualities to look for in a potential girlfriend, and if dating goes well how to make a relationship work.



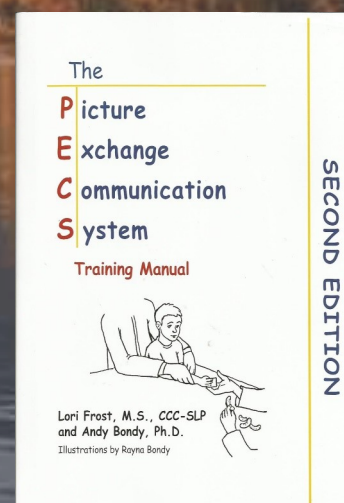
Uniquely Human: A Different Way of Seeing Autism

by Barry M. Prizant

"A must-read for anyone touched by autism...Dr. Prizant's Uniquely Human is a crucial step in promoting better understanding and a more humane approach" (Associated Press). Instead of classifying "autistic" behaviors as signs of pathology, Dr. Prizant sees them as part of a range of strategies to cope with a world that feels chaotic and overwhelming. Rather than curb these behaviors, it's better to enhance abilities, build on strengths, and offer supports that will lead to more desirable behavior and a better quality of life.

The Picture Exchange Communication System Training Manual (2nd Edition) *by Lori Frost, MS, CCC/SLP & Andy Bondy, Ph.D.*

The Picture Exchange Communication System (PECS) was developed by Lori A. Frost, Ms., CCC-SLP and An Bond, PH.D. as a means to teach individuals with autism and related developmental disabilities a rapidly acquired, self initiating, functional communication system. This training manual provides comprehensive instruction in implementing the PECS and includes a detailed chapter on functional communication. These elements combine to make this a comprehensive and essential tool for proper implementation of the PECS.



Building Critical Thinking Skills in Children

by Brett Walden, MPH

Developing critical thinking skills in children is crucial for their overall growth and success. By encouraging and fostering these skills, you are providing your children with the tools they need to navigate the complexities of the world and make informed decisions. To build their critical thinking abilities, allow your children to engage in open-ended discussions where they can express their thoughts and opinions freely. Encourage them to ask questions, analyze information, and consider multiple perspectives. Give them the opportunity to distinguish between fact and opinion. Provide opportunities for problem-solving activities that require logical reasoning and creative thinking. Expose them to diverse experiences and viewpoints, and then encourage them to reflect on their thinking processes. Finally, be a role model by demonstrating critical thinking in your own decision-making processes. With your guidance and support, your children will develop the vital skill of critical thinking, empowering them to become independent, analytical, and adaptable individuals.



What types of activities can parents do to help facilitate this growth?

1. Allow opportunities for play. Use building blocks, puzzles, and board games to encourage deeper thinking.
2. Incorporate STEAM activities into kids' summers, after-school programs, and extracurricular activities.
3. Encourage your child to express themselves through art.
4. Start a story in the middle of the book and ask the child questions to distinguish characters, plot, setting, etc.

If you have questions, please reach out to your local Florida Diagnostic and Learning Resource System - Multidisciplinary Center (FDLRS-MDC). We are available for trainings, consultations, and additional resources.

FDLRS-MDC - 904.633.0770.