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EVERY CHILD ISSUE

Meet Milo

Robotics and other tech tools are teaching kids with special needs in new ways



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INSIDE *learning*



Easy as ABC

Where did summer go? Somehow it's back-to-school season and we're talking all things education, from cradle to college. From best lunch box recipes to the great homework debate, ParentMap is your go-to destination this fall. Ace this hectic time of year: parentmap.com/education. And find our education coverage easily on Facebook with [#cradletocollege](https://www.facebook.com/cradletocollege).



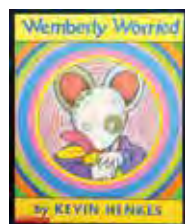
Ten-hut!

Whether you're a Seahawks fan or, wait, is there another option? Regardless, you don't have to love football to love a good meal. We've picked out 12 kid-friendly destinations perfect for everyone in your family, Hawks fans or not. parentmap.com/seahawks



You don't know Crossroads

With rain on the horizon for, oh, the next seven to eight months, you'll be clamoring for some indoor entertainment. Consider Crossroads. The Bellevue destination has plenty of free shows (including magic!). Learn new ways to nosh, learn and play at this local favorite. parentmap.com/crossroads



The cure for anxiety? A good book

If your little one is battling back-to-school butterflies this fall, try something new: Read one of these four books. Children's literature at its finest, these reads will help when your child fights drop-off, struggles with transitions or hates going to class.

parentmap.com/anxiety



Beyond the page

It takes a village. Join ours by attending one of our upcoming fall events. Movies, lectures and more will upgrade your parenting toolbox to face whatever's ahead.

parentmap.com/fall-events



play list

October is a great month to...

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Find the best farms for super squash, pumpkin catapults, corn mazes and more. parentmap.com/pumpkins



2 GET A CLUE

Solve mysteries and time-travel to Victorian England at Pacific Science Center's Sherlock Holmes exhibit (opens Oct. 15). parentmap.com/sherlock



3 SPOT SALMON

Grab your waders and head to one of these creeks. parentmap.com/salmon



4 HIT THE ROAD

Take a colorful drive (and hike) along the North Cascades Highway before it closes shop for winter. parentmap.com/roadtrip



5 HIDE A ROCK

Forget about Pokémon Go: The new treasure-hunt craze is all about painted rocks. parentmap.com/rocks



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Keeping our compassion this fall

My bestie girlfriend with her four active school-age kids seems to masterfully juggle their various school curriculum nights, schedules and inevitable doctor appointments while I, with just one delightful dancing high schooler gracing our presence, most often feel dazed, disorganized and short on patience.

My empathy and understanding is elevated as I read each article in this issue devoted to raising kids with learning differences and special needs. Before we're parents, we envision near-perfect babies. Once we're blessed to have our children, we begin to understand each of their unique gifts and challenges. We devote much of our prime years supporting them as they develop into their best selves, while also bettering ourselves along the way.

Our October cover boy is the never overwhelmed Milo. Milo is a socially assistive robot (SAR) with the patience to repeat things as many times as necessary without frustration. (Can you imagine?) He's programmed to adapt to the needs of his young human friends, helping kids emotionally and socially connect while expanding the landscape of possibility for those with special needs. ("Meet Milo," p.17)

There are also myriad therapies, programs and specialists to engage every child's body, heart and mind. Take our piece on equine-assisted therapy ("Horses heal," p. 27). The mood-boosting effect of the horse empowers these kids, and the horses don't judge. "While everyone else is still stuck on my unfocused eyes . . . horses see me for who I am on the

inside" say Ali Steenis, who's been visually impaired since birth.

To feel the pain of parents who observe the most uncomfortable things — to know that their child is extremely visible, but to see her treated as if she is invisible — is crushing.

No doubt, we will be better role models to our kids by being more overtly kind, outgoing and accepting when we observe, meet or interact with a child or adult with special needs. By reaching out to hear all voices, we will learn important lessons about others and about ourselves.



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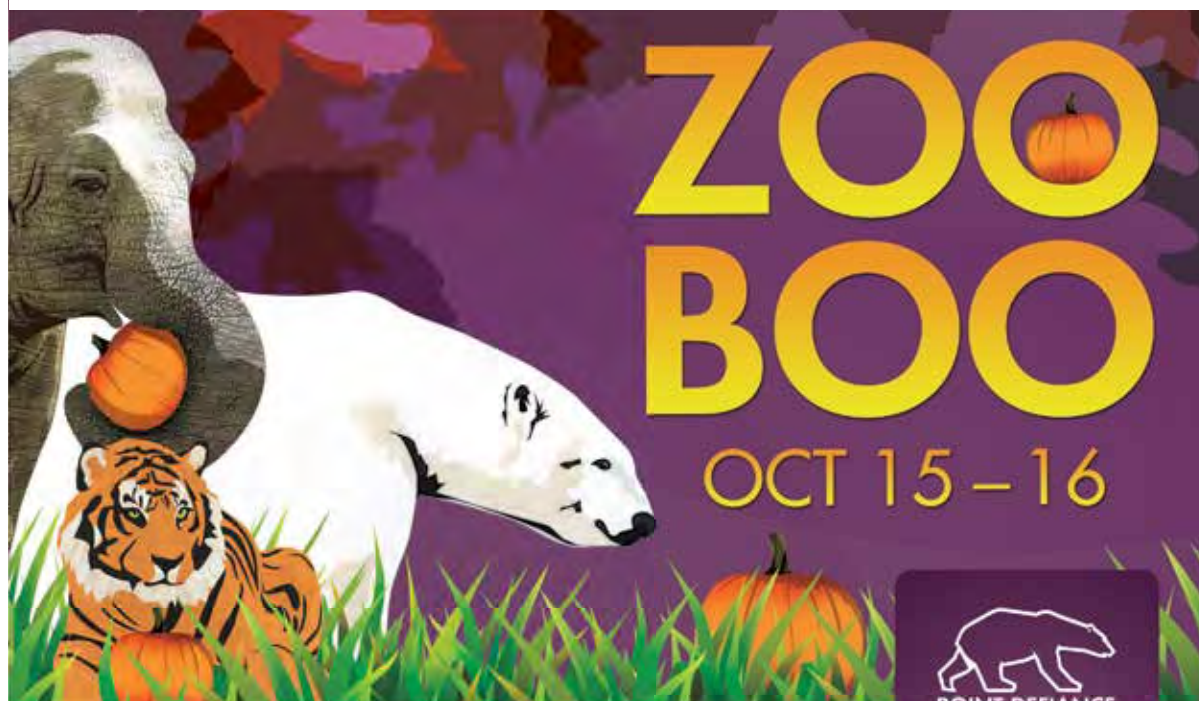
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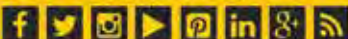
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Connect With LLS



Could food allergies soon be a thing of the past?

What doctors are doing to find a cure for these common conditions

By Nancy Schatz Alton

Whether or not you use EpiPens, you've likely heard a lot about them recently. News broke in August that the cost of the life-saving medication had spiked more than 75 percent, frustrating caregivers and putting patients in a tough position.

"There are a lot of families who are not able to use the [provided discount] coupons and either have to pay out-of-pocket or just don't replace expired EpiPens," says Megan Deines of Seattle, whose 12-year-old son is allergic to eggs, salmon and peanuts. "This is a life-saving medication. Kids have died because they didn't have access to one."

Some alternatives are available — including King County Emergency Medical Services' popular (and cost-effective) "Check and Inject" program — but critics say they don't do enough, leaving families in trouble.

The EpiPen news is particularly important for families like Deines'; her son is actively fighting for a fix for common food allergies as one of nearly 500 people participating in the PALISADE clinical trial.

What you need to know about PALISADE

Conducted by Seattle-based clinical research center Asthma Inc., PALISADE (which stands for Peanut Allergy Oral Immunotherapy Study of AR101 for Desensitization in Children and Adults) attempts to teach the body to lessen the severity of its reaction to peanuts.

How exactly does it do that? By carefully and strategically introducing small amounts of peanuts to a person in a process called oral immunotherapy. As a participant in the PALISADE trial, Deines' son Mick eats a small amount of peanut protein powder mixed into applesauce every evening.

"Finding an essential treatment tool is no longer 10 years in the future," says Dr. Stephen Tilles, principal PALISADE investigator and clinical professor of medicine at the University of Washington. "A way to help people is really



coming right up, with possible FDA approval in late 2018 or early 2019." That's tentative approval; Dr. Tilles and his fellow researchers are in the final stage of research before they present the results to the FDA.

That's good news, as the number of children living with peanut allergy tripled between 1997 and 2008, and it's not an allergy many outgrow. Thankfully, there's been a surge of new information surrounding the allergen.

"We used to tell parents of kids with severe eczema or an egg allergy to wait until age 3 to feed their kids peanuts, but a recent study suggests that after the family meets with an allergist, it's better to introduce peanuts between 6 and 12 months," Tilles says. "Our knowledge has changed 180 degrees in the past year."

A new era

The PALISADE trial is part of that shift. It's one of two major peanut immunotherapy studies that's currently in phase 3 (the other, Pepites, involves a "peanut patch" applied to the skin of children ages 4–11). Of the two, PALISADE is the only one still recruiting participants, both minors ages 4–17 and adults ages 18–55. When her son qualified, Deines was relieved and excited. She had been trying to get him into such a study for more than four years.

"He's been dealing with [a life-threatening peanut] allergy his whole life," Deines says. "I would just love to have his food allergies resolved by the time I send him away to college so I don't have to worry so much. Being the constant helicopter mom is not really who I wanted to be, but it's how I've had to be." >>

find your food allergy community

When her son was first diagnosed with food allergies, Megan Deines says she was completely overwhelmed. While the national advocacy group Food Allergy Research and Education (FARE; foodallergy.org) is a great place to gather factual information, Deines craved support from other parents. She found it on Facebook. Deines recommends the following groups:

- **No Nuts Moms Group Washington** (facebook.com/groups/nnmgofwa)
- **Washington FEAST** (facebook.com/groups/wafeast)



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Could food allergies soon be a thing of the past?

continued from page 11

Deines discovered Mick's peanut allergy when he was 7 months old. She'd had her concerns — Mick had severe eczema as a newborn — but doctors told her not to worry about food allergies. Then, one day she was eating trail mix while making her son a bottle. Soon, Mick began projectile vomiting and grew so lethargic that Deines called 911.

Mick perked up once firefighters arrived. "They realized I was a first-time mom and left," she says. But Mick kept throwing up, and eventually Deines found herself at Seattle Children's Hospital. There, he got the medicine epinephrine and was kept overnight.

Soon after, Deines switched pediatricians and had her baby tested for food allergies.

Finding a fix

This spring, the now 12-year-old Mick began participating in PALISADE by taking a two-day food challenge to prove he is, in fact, allergic to peanuts. The test: Mick ate peanut protein powder (the amount equivalent to an eighth of a peanut). Afterward, Mick said his throat felt tight and his stomach hurt. Tilles administered epinephrine.

Approved for the study, Mick then began the yearlong process. Every two weeks, he spends three hours at a Seattle food allergy research center ingesting a dose of peanut protein powder while a medical team monitors his reaction. If

participants experience severe reactions, they may have to stop participating, but so far, Mick has been able to return home every evening.

The hardest part of the study?

Mick says it's not being able to be active for four hours after he eats the protein powder, a necessary precaution to avoid raising his heart rate and potentially causing an allergic reaction. That means no jumping on the trampoline with his younger brother, and once having to cancel a weeklong overnight camp.

Of course, despite all this effort, Mick may be receiving the placebo used in the study as part of a control group. His family won't know until June. **The good news:** If Mick is, in fact, receiving the placebo, he'll have a chance to try the peanut oral immunotherapy further along in the study.

Mick is game for that, but his mom hesitates. She's watched him miss camp, school and family activities, among other sacrifices. Still, it's what Mick says he wants.

"At every visit, they ask him, 'Do you still want to do this?' and he says, 'Yes,'" Deines says. "He says he really wants to do this not just for him, but for other people with food allergies to have this treatment available for them." ■

Nancy Schatz Alton is the co-author of The Healthy Back Book and The Healthy Knees Book, and is currently working on a memoir about her daughter's learning journey.

not just peanuts

There's more good news for the one in 13 children who have food allergies in the U.S.: Food immunotherapy re-search is progressing at a rapid clip. Here's a roundup of current and upcoming studies that could change treatment options for the better.

- **The second phase of the MILES milk-patch study for children with IgE-mediated cow's milk allergy is still recruiting participants.** If there's a third phase of the study, Dr. Stephen Tilles of Asthma Inc. estimates it could start as early as mid-2018.
- **Another peanut patch study will be initiated in the next one to two months at Asthma Inc.** This post-phase-3 study is sponsored by DBV Technologies, the company that makes the patch, to obtain more safety information and data.
- **The first phase of a peanut DNA vaccine study sponsored by Astellas Pharma** will enroll a small number of adult patients beginning in one or two months.
- **Asthma Inc. recently completed enrollment in a multi-center study treating patients with multiple food allergies with oral immunotherapy** plus Xolair, an anti-IgE injection therapy that may make it safer for patients to receive oral immunotherapy. A second similar study is in the planning stages and may begin enrollment in 2017.

The best place to start for people interested in any of these studies: Sign up for patient studies through the **Seattle Food Allergy Consortium** (seafac.org) or call **Asthma Inc.** at 206-525-5520.



See
pg 19

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—Gabriel Greenstein, 13-year old attendee

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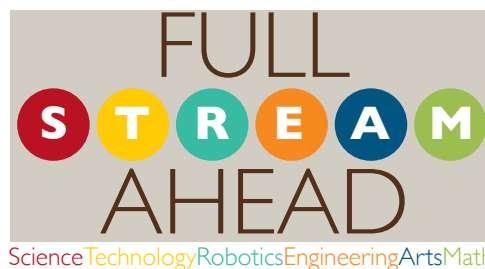
Meet Milo

Robotics and other tech tools are teaching kids with special needs in new ways

BY REBECCA HILL



Milo, a robot that teaches social behaviors to students along the autism spectrum created by RoboKind



Editor's note: Science, technology, robotics, engineering, art and math: In our schools and communities, there is more demand than ever for STREAM. Yet only about a third of eighth-graders score "proficient" in math and science. In this ongoing series, sponsored this month by **King's Schools**, we'll explore how schools and organizations are approaching STREAM in new, game-changing ways.



In many ways he looks like a typical teenage boy: T-shirt and glasses, close-cropped hair and a casual smile. But when 14-year-old Cole sits down at a table with a therapist named Danielle and she begins speaking to him, Cole's eyes quickly drift away. While Danielle tries to talk with him and keep his attention, Cole gazes off to the side and fiddles his fingers, not meeting her gaze.

Later, when Cole sits down across from a new friend named Milo, things are very different. Cole's eyes are glued to Milo's. He leans in, he nods, he answers Milo's questions, raising his eyebrows and widening his eyes. When Milo lifts his arm in the air, so does Cole, never losing eye contact, a mirror of engagement.

Milo is a robot.

Two feet tall with a shock of chocolate brown hair and a friendly, open face, and wearing a gray spacesuit and clunky shoes, Milo is programmed to speak 20 percent slower than most humans and to prep his friends with explanations of what is coming next.

"Today we are going to learn about saying 'Hi!' Smile and say 'Hi!'" he says in a video from RoboKind, Milo's manufacturer.

Milo and other similar adaptive and robotic technologies are rapidly becoming key tools in improving learning for kids who have autism, like Cole. With the patience to repeat things as many times as necessary without frustration, and the programming to adapt to the needs of his young human friends, Milo helps kids emotionally and socially connect and interact. Within this new landscape, technology is helping kids in therapy, in school and in life. >>

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3 special outings for kids with special needs



If you have a child with special needs, you know those needs extend beyond the controlled confines of your home and school. Everyday trips to the grocery store and neighborhood park may carry special challenges, and don't even get us started on visiting a busy museum or overwhelming playground.

Fortunately, the number of destinations catering to the unique needs of children with disabilities is growing. Here are a few ideas for indoor and outdoor fun.

- 1 Seattle Children's Playgarden** — This fully-accessible public playground believes all children deserve a chance to play. The veggie and flower garden offers spaces to dig and explore while a tree fort and musical sculpture offer hours of entertainment, living up to the playgarden's mission of providing a garden open to all.
- 2 Seattle Public Library story times** — Sensory story times offer all the joys of reading in a group without the often unpredictable nature of a large gathering. These librarian-led story times are limited to 12 families and are for kids ages 10 and under, with special attention paid to limiting sensory stimulation.
- 3 Seattle Sensory Garden** — Located in the northwest corner of the Rose Garden at Woodland Park Zoo, the Seattle Sensory Garden is an oasis in the city. The garden's design and features cater to the senses without overwhelming. Enjoy raised beds, Braille guides, water features and more.

Discover the rest of the outings. parentmap.com/specialneeds

— Lauren Braden

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Ages 3 - 15

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THE STUDIO
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Meet Milo

continued from page 15

The robotics frontier

Under the federal Individuals with Disabilities Education Act (IDEA), created in 1975 and reauthorized in 2004, public schools must provide special education services at no cost to families with children ages 3–21 who have mental, physical and emotional disabilities falling into 14 categories. The goal of this mandated support, which served 6.4 million students in the U.S. in 2012–2013, is to help students achieve in school, life and work settings.

In recent years, the percentage of students served by IDEA who have autism has been on the rise — 7.7 percent of students in 2012–2013 had autism, compared to 4.5 percent in 2007–2008 — even as the number of total students served (which include those with intellectual disabilities, developmental delays, emotional disturbances and other disabilities) has stayed relatively stable. The act also covers students with hearing, vision and speech impairments and chronic health problems.

Typically, special services are carried out by school social workers or therapists. Now, these intervention teams are turning to a range of technology to better reach and teach kids with special needs.

Enter the devices

In 2013, *The New York Times* reported on a young girl who had a chronic heart disease that weakened her immune system, forcing her to stay out of the classroom. She used a VGo telepresence robot (vgocom.com/educators), a robot that moved from classroom to classroom and which the 9-year-old South Carolina girl dressed in a tutu and controlled from her home computer, to attend class and continue her learning. Other school districts also have invested in these robots to meet the needs of students.

Robots are a subset of a growing technology toolkit being tapped for therapy and teaching. Tablet computers are increasingly being used by many therapists and teachers to help increase task completion by students with autism. A recent study reported in *Learning Disability Quarterly* found that iPads as an intervention, when



NAO (pronounced "now") interacts with children through voice commands and dance

coupled with instruction, served as a promising instructional method for fifth-grade students with learning disabilities. It also found that the iPads helped to improve math fact fluency.

Virtual reality (VR) is another treatment and teaching tool that is becoming popular. When Facebook purchased Oculus VR for \$2 billion, Mark Zuckerberg announced that VR would have “far-reaching implications” for a range of applications, including classroom learning. A Florida State University study found that children demonstrated improved social competence, increased facial expressions with body gesture recognition and improved interactions during VR intervention sessions. Parents reported that they witnessed positive changes in their children as a result of the VR intervention.

The landscape of possibility for students with special needs has expanded rapidly, but perhaps one of the most exciting tools being studied and used is socially assistive robots (SARs). Autism therapy was one of the first applications of such technology.

Playmate and teacher

Autistic children can experience a variety of challenges in social interactions, such as difficulty holding eye contact, challenges making and reading facial expressions and struggles with other social engagement behaviors. They may

have issues with attention and problems demonstrating shared interests. A robot is, in many ways, the perfect partner and can play many roles, from teaching to modeling behavior to mediating social behavior between the student and others. Mostly, however, a robot for a student with autism can succeed because it is a unique hybrid of human and machine: While it is not human, it can elicit human responses and interactions, often with fewer stimuli than humans create. This, in turn, helps students feel safer and less threatened during treatment.

At the McCarthy Tetzler School in South Carolina, Elena Ghionis works with students with special needs and has been a certified autism spectrum disorder (ASD) specialist for 22 years. Along with Amy Fichter, a certified ASD specialist for the Chester County Intermediate Unit for Chester County Schools, Pennsylvania, Ghionis has been working extensively with Milo, a SAR that uses Robots4Autism, a research-based curriculum created for students with autism by RoboKind (robokindrobots.com).

Ghionis, who works with kids ages 3–21, says that Milo creates a very important bridge between technology and human interaction. “A child can interact with Milo and play a game. Then Milo asks questions, and the child communicates with Milo. Milo will then answer the question or redirect the child,” she explains. Ghionis uses Milo to help teach students social, emotional and communication skills and also to help improve speech production for students who have difficulty.

Fichter, who works with kids ages 5–8, has seen her students get extremely excited when instruction with Milo begins, and she says they have demonstrated real success, including increasing the time that they are able to participate in lessons and increasing the number of lessons that they complete within a session. Thanks to Milo, family and staff members have reported that students are demonstrating these learned skills in school, community and home, Fichter says. >>

Meet Milo

continued from page 17

At the Daniel Felix Ritchie School of Engineering and Computer Science at the University of Denver, Mohammad Mahoor, Ph.D., is leading an interdisciplinary team of researchers in exploring whether the NAO (pronounced "now") and Zeno robots can improve communication and social skills of children with autism.

At 22 inches tall, NAO is a semi-autonomous humanoid robot with immovable eyes, which responds to voice commands, can dance and mimics human behavior. NAO is made by SoftBank Robotics (softbankrobotics.com/en/cool-robots/NAO) and uses programming called Autism Solutions for Kids. Zeno is a 2-foot-tall humanoid robot with movable eyes, made by Hanson Robotics (hansonrobotics.com/robokind-robots-theyre-just-like-us-fast-company), a company known for its use of "frubber" skin, which contracts and folds much like human skin.

Working with 75 kids with high-functioning autism, ages 6–17, Mahoor's team has studied eye gaze attention, facial recognition and emotional recognition skills with NAO and Zeno. With NAO and its immovable eyes, the focus was on children's *own* gaze, says Mahoor. "Initially . . . the research question was how children with autism shift their eye gaze when they speak and communicate with people face to face," Mahoor says.

Then the team, in conjunction with University of Denver's Department of Psychology, used Zeno, with his movable eyes, to study how children with autism perceive or recognize *other people's* gazes. These two studies are critical because they illuminate how children with autism can learn to focus, increasing their attention span with peers, parents and others.

Currently, Mahoor's team is using the robots to focus on intervention, instead of trying to correct social responses, and teaching social and emotional recognition skills. "In some cases, parents have said that they have never

seen their son hug a stranger, but saw him hug a robot," says Mahoor. "Ninety-nine percent of the kids we studied liked the robot. They wanted to come back and play with the robot for more sessions."

For infant and toddler patients who need pediatric rehabilitation for motor disabilities, such as cerebral palsy, a University of Delaware research team using NAO has developed the Grounded Early Adaptive Rehabilitation (GEAR) program. According to Herbert Tanner, Ph.D., the goal of GEAR is to program a robot specifically to be used in the rehab environment to boost motor exploration and coach a child through assisted mobility.

It would look like this: A child is secured in a harness much like a jumper swing, which lets them explore what they can do with their muscles while being supported. The device is coupled with sensors to monitor movement, and the child's motion is recorded primarily by a network of surrounding cameras, which collects data from multiple perspectives, Tanner

says. NAO can then be programmed based on information collected by the cameras and sensors, adapting its behavior to each child's level of performance. This, in turn, gives caregivers the chance to create more personalized interventions. Tanner hopes that GEAR will work not only for institutionalized rehab settings, but for home use, too.

Not just using robots, but building them

Rather than using robots for treatment, some kids with special needs take robotics one step further. They build them. In 2015, Seattle teen Delaney Foster was a high school senior and member of the CyberKnights robotics team at King's High School when she decided to find a way to help her sister, Kendall, also get involved in robotics. So Foster created Unified Robotics to welcome students with special needs from Roosevelt High School to work with King's CyberKnights team. Every week during robotics season, the CyberKnights take a bus from King's to Roosevelt to collaborate with the students there, who have a range of skill levels, to design and build robots.

At first, some students were hesitant about whether the program could work. Some of the students with special needs were nervous because they had never worked with robots before. CyberKnight students were concerned because they had never worked with students who have special needs. But by emphasizing fun and a motto of "no experience necessary," a collaboration was built.

Adult mentor and Foster's mother Nicolle Foster, says the program initially had 29 students participating from both schools. But by the end of the season, they had built six different robots and created eight teams of from two to six students who worked together to build a robot. The final competition, formatted like those on "BattleBots," welcomed more than 100 people, who cheered the teams on. "NPR covered it. The community was invited," says Foster. "It was so fun!"

The idea of connecting students with special needs with those who are typical learners is



At 22 inches tall, NAO offers a pint-sized playmate for kids with autism



Unified Robotics runs its competition season Oct. 1 through Dec. 3

expanding to other schools, Foster says. She says 36 Pacific Northwest teams are interested in starting a Unified Robotics program and inquiries have come from as far as Maine, Texas, Canada and China. According to Foster, schools interested in starting a Unified Robotics club can receive support from the Special Olympics in Washington. A teaching manual can be found at the Unified Robotics website, unifiedrobotics.org, and its 2016 season is from Oct. 1 through Dec. 3.

The Robotics Education and Competition Foundation (REC) (roboticseducation.org) also welcomes students with special needs to the global VEX IQ Challenge, VEX U activities and VEX Robotics Competition, the world's largest robotics competition.

"Each program offers a unique experience to design, build and program a robot for competition," says Vicki Grisanti, senior director of communications and community relations for REC. "We accommodate students with special

needs at our events by encouraging anything from noise-canceling headphones, if noise is a concern, to offering students parental support during the judging process." The foundation strives to maintain an inclusive environment to meet the needs of all students participating, Grisanti says.

For children with special needs, technology is becoming more than just entertainment — it is evolving into a game changer in learning and development. Parents, researchers and engineers hope that one day soon a wide range of options will be available to parents and students at every school, not only to ensure that these students' educational needs will be met, but to evolve students' life skills in ways we are still discovering are possible. ■

Rebecca Hill is a freelance writer who writes about education, literacy, libraries, parenting/family and science. She has been published in a variety of national and online publications. She lives in Zionsville, Ind. and is the mother of two high school boys.



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PICKS



Every Child Resource Fair and Dr. Hallowell lecture, Seattle, Oct. 17



St. Demetrios Greek Festival, Seattle, Oct. 7-9



Carnation Farms Harvest Festival, Oct. 14-16



BrickCon 2016, Seattle Center, Oct. 1-2

SUNDAY



The International Exhibition of Sherlock Holmes at Pacific Science Center, opening Oct. 15

2

BrickCon 2016. Gather to build and marvel at creations from around the world. Saturday-Sunday, October 1-2. \$10-\$12; ages 4 and under free. Seattle Center Exhibition Hall. brickcon.org
Cedar River Salmon Journey. Witness spawning salmon work their way upstream. Saturday-Sunday, October 1-23, 11 a.m.-4 p.m. **FREE.** Renton Library, Cedar River Park, Cavanaugh Pond and Landsburg Park, Renton. seattleaquarium.org/salmon-journey

9

Seattle Children's Festival. "Celebrating Our Big Neighborhood" is the theme of this multicultural family fest showcasing an array of music, dance and activities, presented by Northwest Folklife. 10 a.m.-5 p.m. \$20/ family suggested donation. Seattle Center. nwfolklife.org
Fusion Fest. Fused glass art-making, music and more at this one of many fantastic Tacoma Arts Month events today and all month long. Noon-4 p.m. **FREE.** All ages. Tacoma Art Museum. tacomaartmuseum.org

16

Jubilee Farm Harvest Festival. Hayrides to the U-pick field, cooking demos, farm animals and more fall fun. Saturday-Sunday, Oct. 1-30. **FREE** entry; pumpkins and food for purchase. Jubilee Farm, Carnation. jubileefarm.org
Apple Festival. Bob for apples, pick your pumpkin, take a wagon ride and more. Saturday-Sunday through Oct. 30. **FREE** entry; items for purchase. Lattin's Country Cider Mill & Farm, Olympia. lattinscider.com

23

Fright Fest. Try the rides in the dark, enter the haunted houses if you dare. Select dates through Oct. 30. \$10-\$23. Wild Waves & Enchanted Village, Federal Way. wildwaves.com

30

Día de Muertos. Celebrate the art, culture and traditions of Mexico. Saturday-Sunday, Oct. 29-30. **FREE.** Seattle Center. seattlecenter.com/festival

MONDAY



Día de Muertos, Seattle Center, Oct. 29-30

3

Early Childhood Art Studio. Dress for mess and dig into paints, crafts, gluing, sculpting and more at this drop-in session. Mondays, 10-11 a.m. \$10. Ages 2-4 with adult. Kirkland Arts Center. kirklandartscenter.org **ONGOING EVENT**
Let's Play: Snow White. Olympia Family Theater invites little ones to enjoy an excitement-filled, 30-minute show, just the right length for young attention spans. Oct. 3, 6, 7, 8; 10:30 a.m. \$5. Ages 0-5 with caregiver. Olympia. olyft.org

10

Toddler Time at the Aquarium. Stop by for fishy fun and marine-themed activities for little kids. Oct. 9-11, 23-25; 9:30 a.m.-noon. Included with admission. Ages 0-5 with caregiver. Seattle Aquarium, Seattle. seattleaquarium.org
Meet-up Monday. Meet up with a friend to receive \$3 off admission plus free coffee for adults, while it lasts. Mondays, 10 a.m.-noon. \$7 with discount; adults and under age 1 free. WiggleWorks Kids, Bellevue. wiggleworkskids.com **ONGOING EVENT**

17

Every Child Resource Fair and 'The Power and Gifts of ADHD' Lecture with Dr. Edward Hallowell. Join ParentMap and dive into resources to support children with learning differences, followed by Hallowell speaking on mastering the power of ADHD. Resource fair; 5-7 p.m. **FREE;** RSVP requested. Lecture, 7-9 p.m. \$25-\$30. University of Washington Husky Union Building, Seattle. parentmap.com/hallowell

24

Halloween Spooktacular. Wear your costume for spooky science and more. 5-8 p.m. \$10-\$12; preregistration recommended. KidsQuest Children's Museum, Bellevue. kidsquestmuseum.org

31

Hallo-weee! Story Time. Not-so-scary stories and a costume parade. 10:30 a.m. **FREE.** Ages 1½-6 with families. King County Library, Woodmont Branch. kcls.org

TUESDAY



Beyond Measure film screening, Seattle, Oct. 26

4

Happy Babies Educational Support Group. Help and support for the transition to parenthood. Tuesdays, 10:30 a.m.-noon. \$10-\$16. Babies to 12 months with caregiver. Center for Birth, Seattle. happybabiesparenteducation.com **ONGOING EVENT**
Story Time for Kids. Get comfy and listen to dramatic readings of great kids' books, old and new. Tuesdays, 11 a.m. **FREE.** Ages 3-7. University Bookstore, Seattle. ubookstore.com **ONGOING EVENT**

11

Classical Tuesdays in Old Town. New York-based percussion ensemble Loop 2.4.3 performs as a part of Tacoma Arts Month. 7 p.m. **FREE.** All ages. Slavonian Hall, Tacoma. classicaltuesdays.blogspot.com
Easing Anxiety at Any Age. Parent coach Jenni Pertuset equips parents with tools to better handle anxiety, their kids' and their own. 7 p.m. **FREE.** Adults. Seattle Waldorf High School. seattlwaldorf.org

18

Play to Learn. Kids and caregivers gather for community play. Tuesdays, 10-11:30 a.m.; additional weekly times and locations. **FREE.** Ages 6 and under with caregiver. Charles Wright Academy and Puyallup Public Library. playtacoma.org **ONGOING EVENT**
Pump Boys and Dinettes. Young people celebrate life's simple pleasures with music in Grand Ole Opry country. Through Oct. 23 (Oct. 28-Nov. 20 in Everett). \$35-\$70. Ages 9 and up. Village Theatre, Issaquah. villagetheatre.org

25

Tuesday Play Day. Drop-in play time just for families of children with special needs. Tuesdays, 10-11:30 a.m. Pay-as-you-will admission. Ages 1-6 with families. Children's Museum of Tacoma. playtacoma.org **ONGOING EVENT**
Carleton Farm. Visit the pumpkin patch to pick your pumpkin and try out the corn maze (additional activities weekends). Daily 10 a.m.-6 p.m. through Oct. 31. \$6 maze; ages 3 and under free; pumpkins for purchase. Lake Stevens. carletonfarm.com

Good Growing

A Seattle Children's Publication | Fall 2016

Getting Beyond 'How was your day?'

As children grow up, their lives expand — with friends, school, sports, hobbies and part-time jobs. It's too easy to lose touch. What are they doing? How are they feeling? How are they *really* feeling?

Getting children, tweens and teens to engage in meaningful conversations isn't always easy. Rare is the kid who eagerly downloads you. (If you're lucky enough to have one of these, soak it in!) Most kids dislike being peppered with questions the minute they get home from school. They're apt to clam



up until they've had time to unwind. You can help them transition by offering a warm welcome home, a snack and some space. This is also a smart approach for those kids who need to get their homework done first thing and can't relax until it's finished. In any case, respect their needs.

When your child is in a talking mood, let them begin the conversation if possible, so you can learn what's on their mind. If you need to get the talk flowing, ask a specific

question or share something personal from your own day. Then, let them talk. Be a good listener. Don't interrupt, criticize or lecture. If your child brings up a problem, resist the urge to dictate a solution. Instead, brainstorm some ideas together.

Many kids are more talkative while something else is going on: riding in the car, preparing dinner or walking the dog. If your child loves to have their back scratched, their feet rubbed or their nails painted, that's an ideal time to open up a discussion. And for some kids, bedtime is when they crave a heart-to-heart talk.

If there's a proven time and place for meaningful conversations, it's family meals — as long as all phones are banned from the table. You might even start the daily tradition of sharing what 'Seattle Mama Doc' Wendy Sue Swanson calls BPOD: best part of the day. (Check out the links referenced below for more on BPOD, plus some great conversation-starters.)

If your child approaches you and needs to talk, give them your full attention. They need to know that they are your priority. Honest and meaningful conversations will build your child's self-esteem and self-knowledge, and strengthen your relationship — now and in the future.

TO LEARN MORE:

Visit <http://seattlemamadoc.seattlechildrens.org/bpod-a-new-acronym> and <http://drkristiwolfe.com/conversation-starters>.

39th Annual Festival of Trees

Sunday, Nov. 20 from 1 to 4 p.m.
The Fairmont Olympic Hotel
411 University Street, Seattle

Mark the beginning of the holiday season by viewing a display of designer Christmas trees. Each tree is dedicated to a courageous Seattle Children's Hospital patient. Guests enjoy the lighting of the Fairmont Olympic's grand lobby tree, live musical entertainment, a holiday boutique and pictures with Santa.



TO LEARN MORE:

For more information and to view and bid on the trees, please visit www.seattlefestivaloftrees.com.



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Returning to Play After a Concussion

It takes children and teens longer than adults to get better from concussions and go back to normal activities. Their brains are still growing and developing, so they need more time to heal. If a child returns to play before the brain heals, any additional bump or blow can cause more damage. This can make the symptoms last longer or cause 'second impact syndrome' — a rare but devastating brain injury that happens when the

brain has not fully recovered and is injured again. This is why, before returning to sports or other physical activity, children and teens in Washington state must get written approval from a doctor or other licensed healthcare provider trained to evaluate and treat concussions.

TO LEARN MORE:

Visit www.seattlechildrens.org/concussion.

Parenting Requires Being Consistent with Rules

Being a parent means being consistent. When parents are wishy-washy and bend the rules, it's confusing for kids, who need and crave consistency. So stick to the rules you've made, and be sure that all your child's caregivers do the same. If you are going to make a special exception to a rule, explain it to your child ahead of time so they understand it's a one-time change. As kids get older and become more responsible, they earn new freedoms and new rules. Be sure they understand the reasons behind these changes. Also

remember that no means no. Once you've said no, you can't give in to begging or tantrums. So think things through before you answer a child's request. Finally, keep your promises. If you say you'll go to the park after naptime, stick to your word. Only announce it as the plan ahead of time if you're certain you can follow through. Being consistent isn't always easy, but it's better for everyone!

TO LEARN MORE:

Visit www.seattlechildrens.org/goodgrowing.



Making the Most of School Conferences

From preschool through high school, parent-teacher conferences are a powerful way to learn more about your child — and to gain insights that go far beyond their academics. For a regular conference, the timeline will be tight and the meeting will be very brief. So plan ahead. Make a short, prioritized list of topics you hope to cover. If one parent can't attend, get their input. And ask your child if there's anything they'd like you to ask about: their answers can be very revealing.

At the conference, let the teacher take the lead. They have their own list and will convey what's most important in the brief time you have. While it may be tough to hear about areas where your child can improve, resist any impulse to be defensive. Listen carefully and



take notes for later. When your time is up, respect the schedule and the other parents who are waiting their turn. If you need more time, ask how you can best communicate further, or schedule a follow-up meeting.

After the conference, debrief with your

spouse or partner and compare your takeaways. Then at home, talk with your child about what you learned. Start with the positives, touch on areas that need improvement and problem-solve on how to improve, then restate the positives.

Teachers are experts who have special insights into your child. Most teachers wish they had more time and resources to help your child. After your conference, a personal thank-you note from your family will be appreciated more than you can imagine — and will set a wonderful example for your child.

TO LEARN MORE:

Visit www.greatschools.org/gk/articles/parent-teacher-conference.

Kid Bits



FDA Says E-cigs are Tobacco Products

Electronic cigarettes (e-cigs) and vape pens are devices that mimic tobacco smoking, delivering nicotine in vapor form. Kids can quickly become addicted to nicotine, and e-cigs can deliver dangerously high amounts. The U.S. Food and Drug Administration (FDA) now considers these devices to be tobacco products. So nationwide, it's illegal to sell them to anyone under age 18. Sellers must now verify a buyer's age with photo ID. This is an important safeguard, because e-cigs had been too easy for kids to buy. But clever kids have always found ways around the law. That's why there's no substitute for vigilant parenting. Be sure to talk with your child about the health risks and consequences.

TO LEARN MORE:

Visit <http://teenology101.seattlechildrens.org/fda-regulation-e-cigarettes>.



Safe Cribs are Bare, Basic and Boring

SIDS (Sudden Infant Death Syndrome) most often happens between the first and fourth months of life. To reduce the risk, remember the letter B. Cribs should be bare, basic and boring. Never place pillows, stuffed animals, comforters, bumpers or sleep positioners in an infant's crib. And infants should always be placed on their backs to sleep. If you swaddle your baby, back sleeping is even more crucial, and swaddling should stop when the baby shows signs of being able to roll over, at about 3 months of age. This is because new research shows that swaddled infants may be at higher risk for SIDS when they are placed on — or roll themselves onto — their sides or tummies.

TO LEARN MORE:

Visit <http://seattlemamadoc.seattlechildrens.org/swaddling-side-tummy-may-increase-risk-sids>.



It's Flu Shot Time

Everyone age 6 months and older needs a flu vaccine every year. It's the best way to reduce the chances that you will get the flu and spread it to others. Get the vaccine as soon as it's available so you'll be protected when the virus arrives. Because the virus itself varies each year, so does the vaccine. Last year's vaccine will not protect you against this year's virus. This year, the U.S. Centers for Disease Control and the American Academy of Pediatrics are recommending the flu shot only, because the nasal vaccine was not effective the last two flu seasons. If you have any questions about vaccines, ask your child's doctor. Visit the link below for tips on helping your child prepare for a shot.

TO LEARN MORE:

Visit www.seattlechildrens.org/safety-wellness/growth-development/immunizations.

Quick Tip

Most kids are unable to judge how fast or how close oncoming cars are until about age 10. Children under 10 need to cross the street with an adult.

Regional Clinic Locations

- Bellevue
- Olympia
- Everett
- Tri-Cities
- Federal Way
- Wenatchee
- Mill Creek

Primary Care Clinic

- Odessa Brown Children's Clinic

Main Hospital Numbers

206-987-2000
866-987-2000 (Toll-free)

Online Resources

Visit www.seattlechildrens.org for the following:

- Child Health Advice
- my Good Growing email newsletter
- Doctor Finder
- Seattle Mama Doc, Teenology 101, Autism and On The Pulse blogs
- Medical condition information
- Safety & wellness information
- Ways to help Seattle Children's
- Research Institute information

 www.facebook.com/seattlechildrens

 www.instagram.com/seattlechildrens

 www.twitter.com/seattlechildrens

 www.youtube.com/seattlechildrens

Heather Cooper is the Editor of *Good Growing*, which is produced four times a year by the Marketing Communications Department of Seattle Children's. You can find *Good Growing* in the January, April, July and October issues of *ParentMap* and on our website www.seattlechildrens.org. For permission to reprint articles for non-commercial purposes or to receive *Good Growing* in an alternate format, call 206-987-5323. The inclusion of any resource or website does not imply endorsement. Your child's needs are unique. Before you act or rely upon information, please talk with your child's healthcare provider. © 2016 Seattle Children's, Seattle, Washington.



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Classes and Events

To register or view more information, please visit www.seattlechildrens.org/classes. A phone number is provided for those without Internet access. No one will be denied admission if unable to pay the full amount. If you need an interpreter, please let staff know when you register. These classes are popular and often fill up several months in advance, so register early.

PARENTING CLASSES

Autism 101

WHEN: Thursday, Oct. 27, 7 to 8:30 p.m.

FEE: Free

WHERE: Seattle Children's main campus,
4800 Sand Point Way NE, Seattle

CALL: 206-987-8080

For parents and caregivers of children recently diagnosed with autism spectrum disorder who wish to better understand this disorder. The class is also available through Children's video and teleconferencing outreach program in various locations throughout Washington and Alaska.

Autism 200 Series

Autism 210: Benefits of Mindfulness

WHEN: Thursday, Oct. 20, 7 to 8:30 p.m.

Autism 211: In Our Own Words: A Panel of Adults with Autism Spectrum Disorder

WHEN: Thursday, Nov. 17, 7 to 8:30 p.m.

FEE: Free

WHERE: Seattle Children's main campus,
4800 Sand Point Way NE, Seattle

CALL: 206-987-8080

For parents and caregivers of children with autism who wish to better understand this disorder. These classes are also available through Children's video and teleconferencing outreach program in various locations throughout Washington, Alaska and Oregon.

Babysafe

WHEN: Sunday, Nov. 20, 9:30 a.m. to 1:30 p.m.

FEE: \$65 per family

WHERE: Seattle Children's admin. building,
6901 Sand Point Way NE, Seattle

CALL: 206-789-2306

For new and expectant parents and infant caregivers. Topics include infant development, baby safety, injury prevention and treatment. Infant CPR is demonstrated and practiced.

Heartsaver First Aid, CPR and AED

WHEN: Sunday, Nov. 13, 8 a.m. to 2:30 p.m.

FEE: \$60

WHERE: Seattle Children's main campus,
4800 Sand Point Way NE, Seattle

CALL: 206-987-9879

For parents and caregivers. Topics include how to treat bleeding, sprains, broken bones, shock and other first-aid emergencies. Also includes infant, child and adult CPR and AED use.

Infant Car Seat Class for Parents

WHEN: Saturday, Nov. 12, 10 a.m. to 12 p.m.

FEE: \$45 per family

WHERE: Seattle Children's main campus,
4800 Sand Point Way NE, Seattle

CALL: 206-987-9879

For new and expectant parents and infant caregivers. Come learn from child passenger safety experts how to properly restrain your baby's car seat, how to select the safest car seat, and how to safely secure your baby in the car seat.

PRETEEN AND TEEN CLASSES

Better Babysitters

WHEN: Saturday, Oct. 29, 9 a.m. to 2 p.m.

WHERE: Overlake Medical Center,
1035 116th Ave. NE, Bellevue

WHEN: Saturday, Nov. 5, 9 a.m. to 2 p.m.

WHERE: Pavilion for Women & Children,
900 Pacific Ave., Everett

WHEN: Saturday, Nov. 19, 9 a.m. to 2 p.m.

WHERE: Seattle Children's South Clinic,
34920 Enchanted Pkwy. S., Federal Way

View more dates online

FEE: \$45 per person

CALL: 206-987-9878 for all locations

For youth, ages 11 to 14. Topics for responsible babysitting include basic child development, infant care and safety, handling emergencies, age-appropriate toys, business hints and parent expectations.

CPR and First Aid for Babysitters

WHEN: Sunday, Nov. 6, 9 a.m. to 2:30 p.m.

FEE: \$60 per person

WHERE: Seattle Children's main campus,
4800 Sand Point Way NE, Seattle

CALL: 206-987-9878

For youth, ages 11 to 15. Topics include pediatric CPR, treatment for choking, and first-aid skills. Students receive a 2-year American Heart Association completion card.

For Boys: The Joys and Challenges of Growing Up

WHEN: Mondays, Oct. 17 & 24, 6:30 to 8:30 p.m.

WHERE: Overlake Medical Center,
1035 116th Ave. NE, Bellevue

WHEN: Tuesdays, Nov. 22 & 29, 6:30 to 8:30 p.m.

WHERE: Seattle Children's main campus,
4800 Sand Point Way NE, Seattle

WHEN: Sunday, Nov. 20, 1:30 to 6 p.m.

WHERE: Federal Way Community Center,
876 S. 333rd St., Federal Way

For Girls: A Heart-to-Heart Talk on Growing Up

WHEN: Wednesdays, Oct. 19 & 26, 6:30 to 8:30 p.m.

WHERE: Seattle Children's main campus,
4800 Sand Point Way NE, Seattle

WHEN: Tuesdays, Nov. 15 & 22, 6:30 to 8:30 p.m.

WHERE: Overlake Medical Center,
1035 116th Ave. NE, Bellevue

WHEN: Sunday, Nov. 20, 1:30 to 6 p.m.

WHERE: Federal Way Community Center,
876 S. 333rd St., Federal Way

View more dates and locations online

FEE: \$80 per parent/child pair;

\$60 per extra son or daughter

CALL: 206-789-2306

These classes use an informal and engaging format to present and discuss the issues most on the minds of pre-teens ages 10 to 12 as they begin adolescence; conversations about body changes, sex, and other growing up stuff. Content outlines and short videos available at www.greatconversations.com.

EVENTS

Free Car Seat Check

WHEN: Saturday, Oct. 22, 10 a.m. to 1 p.m.

WHERE: Seattle Children's main campus,
4800 Sand Point Way NE, Seattle

CALL: 206-987-5999

Come learn how to safely secure your child in the car. Child passenger safety experts will check your child in a car seat, booster seat or the seat belt and answer any questions you may have. First come, first served. No appointments needed.

Free Safe Gun Storage Event

WHEN: Saturday, Oct. 29, 10 a.m. to 1 p.m.

WHERE: Sportsman's Warehouse,
611 Valley Mall Pkwy., East Wenatchee

CALL: 206-987-4653

Come learn about the importance of safe gun storage and get a free lock box or trigger lock, with hands-on training on proper use. Supplies are limited. First come, first served. One free lock box or trigger lock per person (maximum two items per household). Must be present to receive free item. Recipient must be 18 or older. No ID required.

Ski Helmet Fitting and Giveaway

WHEN: Saturday, Dec. 10, 10 a.m. to 12:30 p.m.

FEE: Free

WHERE: Seattle Children's admin building,
6901 Sand Point Way NE, Seattle

Come get your child properly fit for a new ski helmet. Kids must be 1 to 18 and present to receive a helmet. First come, first served. No appointments needed. Visit www.MakeSureTheHelmetFits.org to learn more.



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PICKS



Every Child Resource Fair and Dr. Hallowell lecture, Seattle, Oct. 17



St. Demetrios Greek Festival, Seattle, Oct. 7-9



Carnation Farms Harvest Festival, Oct. 14-16



BrickCon 2016, Seattle Center, Oct. 1-2

SUNDAY



The International Exhibition of Sherlock Holmes at Pacific Science Center, opening Oct. 15

2

BrickCon 2016. Gather to build and marvel at creations from around the world. Saturday-Sunday, October 1-2. \$10-\$12; ages 4 and under free. Seattle Center Exhibition Hall. brickcon.org
Cedar River Salmon Journey. Witness spawning salmon work their way upstream. Saturday-Sunday, October 1-23, 11 a.m.-4 p.m. **FREE.** Renton Library, Cedar River Park, Cavanaugh Pond and Landsburg Park, Renton. seattleaquarium.org/salmon-journey

9

Seattle Children's Festival. "Celebrating Our Big Neighborhood" is the theme of this multicultural family fest showcasing an array of music, dance and activities, presented by Northwest Folklife. 10 a.m.-5 p.m. \$20/ family suggested donation. Seattle Center. nwfolklife.org
Fusion Fest. Fused glass art-making, music and more at this one of many fantastic Tacoma Arts Month events today and all month long. Noon-4 p.m. **FREE.** All ages. Tacoma Art Museum. tacomaartmuseum.org

16

Jubilee Farm Harvest Festival. Hayrides to the U-pick field, cooking demos, farm animals and more fall fun. Saturday-Sunday, Oct. 1-30. **FREE** entry; pumpkins and food for purchase. Jubilee Farm, Carnation. jubileefarm.org
Apple Festival. Bob for apples, pick your pumpkin, take a wagon ride and more. Saturday-Sunday through Oct. 30. **FREE** entry; items for purchase. Lattin's Country Cider Mill & Farm, Olympia. lattinscider.com

23

Fright Fest. Try the rides in the dark, enter the haunted houses if you dare. Select dates through Oct. 30. \$10-\$23. Wild Waves & Enchanted Village, Federal Way. wildwaves.com

30

Día de Muertos. Celebrate the art, culture and traditions of Mexico. Saturday-Sunday, Oct. 29-30. **FREE.** Seattle Center. seattlecenter.com/festal

MONDAY



Día de Muertos, Seattle Center, Oct. 29-30

3

Early Childhood Art Studio. Dress for mess and dig into paints, crafts, gluing, sculpting and more at this drop-in session. Mondays, 10-11 a.m. \$10. Ages 2-4 with adult. Kirkland Arts Center. kirklandartscenter.org **ONGOING EVENT**
Let's Play: Snow White. Olympia Family Theater invites little ones to enjoy an excitement-filled, 30-minute show, just the right length for young attention spans. Oct. 3, 6, 7, 8; 10:30 a.m. \$5. Ages 0-5 with caregiver. Olympia. olyft.org

10

Toddler Time at the Aquarium. Stop by for fishy fun and marine-themed activities for little kids. Oct. 9-11, 23-25; 9:30 a.m.-noon. Included with admission. Ages 0-5 with caregiver. Seattle Aquarium, Seattle. seattleaquarium.org
Meet-up Monday. Meet up with a friend to receive \$3 off admission plus free coffee for adults, while it lasts. Mondays, 10 a.m.-noon. \$7 with discount; adults and under age 1 free. WiggleWorks Kids, Bellevue. wiggleworkskids.com **ONGOING EVENT**

17

Every Child Resource Fair and 'The Power and Gifts of ADHD' Lecture with Dr. Edward Hallowell. Join ParentMap and dive into resources to support children with learning differences, followed by Hallowell speaking on mastering the power of ADHD. Resource fair; 5-7 p.m. **FREE;** RSVP requested. Lecture, 7-9 p.m. \$25-\$30. University of Washington Husky Union Building, Seattle. parentmap.com/hallowell

24

Halloween Spooktacular. Wear your costume for spooky science and more. 5-8 p.m. \$10-\$12; preregistration recommended. KidsQuest Children's Museum, Bellevue. kidsquestmuseum.org

31

Hallo-weee! Story Time. Not-so-scary stories and a costume parade. 10:30 a.m. **FREE.** Ages 1½-6 with families. King County Library, Woodmont Branch. kcls.org

TUESDAY



Beyond Measure film screening, Seattle, Oct. 26

4

Happy Babies Educational Support Group. Help and support for the transition to parenthood. Tuesdays, 10:30 a.m.-noon. \$10-\$16. Babies to 12 months with caregiver. Center for Birth, Seattle. happybabiesparenteducation.com **ONGOING EVENT**
Story Time for Kids. Get comfy and listen to dramatic readings of great kids' books, old and new. Tuesdays, 11 a.m. **FREE.** Ages 3-7. University Bookstore, Seattle. ubookstore.com **ONGOING EVENT**

11

Classical Tuesdays in Old Town. New York-based percussion ensemble Loop 2.4.3 performs as a part of Tacoma Arts Month. 7 p.m. **FREE.** All ages. Slavonian Hall, Tacoma. classicaltuesdays.blogspot.com
Easing Anxiety at Any Age. Parent coach Jenni Pertuset equips parents with tools to better handle anxiety, their kids' and their own. 7 p.m. **FREE.** Adults. Seattle Waldorf High School. seattlewaldorf.org

18

Play to Learn. Kids and caregivers gather for community play. Tuesdays, 10-11:30 a.m.; additional weekly times and locations. **FREE.** Ages 6 and under with caregiver. Charles Wright Academy and Puyallup Public Library. playtacoma.com **ONGOING EVENT**
Pump Boys and Dinettes. Young people celebrate life's simple pleasures with music in Grand Ole Opry country. Through Oct. 23 (Oct. 28-Nov. 20 in Everett). \$35-\$70. Ages 9 and up. Village Theatre, Issaquah. villagetheatre.org

25

Tuesday Play Day. Drop-in play time just for families of children with special needs. Tuesdays, 10-11:30 a.m. Pay-as-you-will admission. Ages 1-6 with families. Children's Museum of Tacoma. playtacoma.org **ONGOING EVENT**
Carleton Farm. Visit the pumpkin patch to pick your pumpkin and try out the corn maze (additional activities weekends). Daily 10 a.m.-6 p.m. through Oct. 31. \$6 maze; ages 3 and under free; pumpkins for purchase. Lake Stevens. carletonfarm.com



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The Highland Community Center provides programs that give people with disabilities opportunities for recreation, socialization and learning, which help these people to participate more successfully in the community.

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bellevuewa.gov/highland_center.htm



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Hay there: Humans and horses connect at Little Bit Therapeutic Riding Center in Redmond

HORSES HEAL

The benefits of equine-assisted therapy for all children

BY NICOLE J. PERSUN

On a Saturday morning, Calum, a 7-year-old boy with autism and sensory processing disorder, steps into the Empowering Strides arena with Fred, a 1,000-pound quarter horse. During his weekly lessons at the Woodinville riding center, Calum brushes Fred's coat, rides and practices skills such as focus, balance and more.

From barn to arena and back, Fred is kind and grounded with Calum. He walks calmly, dragging his feet a bit; even his blinking is slow. Calum picks up on Fred's relaxed nature. "This is the calmest I've ever see him," says Calum's mother, Arianne Fowler. "When he's in the car, his mouth and his body are always moving. Once he gets [to the barn], he's just focused."

Today, as part of his riding lesson, Calum knocks traffic cones off the arena railing with a pool noodle. At one point,

he says, "This is easy!" His instructor, Empowering Strides founder Laura Gorcester, answers him with a challenge: "How about using your left hand to hold the noodle?"

Games like this might seem simple, but they help Calum build strength and coordination while learning skills such as following directions.

His mom watches from the sidelines, a smile on her face. "Before riding, he used to be this kid who would say, 'I can't do this,' 'I can't do that.' This program gave him a lot of confidence," she says.

Gorcester, who has been working with Calum for two years, says this kind of progress is common. She takes pride in making her program feel like a big family, where Gorcester, volunteers and children all connect through their interaction with the horses. >>

HORSES HEAL

continued from page 27

Large animals with a big task

Empowering Strides is one of a growing number of equine-assisted therapy programs around Puget Sound that are benefiting kids with a variety of special needs. While it might seem counterintuitive to mix large, powerful animals and children with challenges ranging from autism to blindness, the size of these gentle creatures is one of the factors that make them ideal therapy animals.

For families considering incorporating horses into their child's emotional and physical development, it's important to know there are two primary kinds of equine-assisted riding therapy: hippotherapy and therapeutic riding.

According to the American Hippotherapy Association (AHA), hippotherapy occurs when occupational therapy, physical therapy and speech

language pathology professionals use equine movement to "engage sensory, neuromotor and cognitive systems to achieve functional outcomes." In a layperson's terms, hippotherapy is simply occupational therapy, physical therapy or speech-language pathology conducted on horseback. In order for a session to be considered hippotherapy, it must be taught by a licensed therapist in conjunction with more typical treatment strategies. Locally, Redmond's Little Bit Therapeutic Riding Center is the most well-known provider of hippotherapy services in Puget Sound, and one of the largest such programs in the United States. Therapeutic riding, which falls under the umbrella of recreational therapy, looks more like typical riding lessons, but is carefully designed to address specific physical, emotional and behavioral challenges. It does not require an occupational therapy, physical therapy or



Horsing around at Changing Rein in Graham

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Finding an equine-assisted therapy program

Interested in exploring equine-assisted therapy for your child? Find a sampling of local riding centers at right; other resources include certification organizations such as the **Equine Assisted Growth and Learning Association** (eagala.org) and the **Professional Association of Therapeutic Horsemanship International** (pathintl.org). Equine-assisted therapy programs typically list their instructors' official certifications and note liability insurance, so parents can be sure their child is in safe and knowledgeable hands.

You may have to wait for a spot. **Little Bit Therapeutic Riding Center**, for example, the largest equine-assisted riding center in the Pacific Northwest, currently has a six-month to two-year waiting list for new clients. Fees at centers vary, with therapeutic riding lessons starting at around \$50 an hour. Many centers are nonprofits and some offer classes at a nominal cost, with scholarships available. Hippotherapy may be covered by insurance.



Calum riding Fred at Empowering Strides

SEATTLE/EASTSIDE

Little Bit Therapeutic Riding Center
littlebit.org

Unbridled Counseling
unbridledcounseling.com

NORTH SOUND/KITSAP

Stanwood Therapeutic Riding

Facebook, "Stanwood Therapeutic Riding"

Hope Therapeutic Riding Center
hope-whidbey.org

Equestrian Crossings
equestriancrossings.org

Empowering Strides
empoweringstrides.com

Northwest Therapeutic Riding
nwtrc.org

Scooter's Place
scootersplace.org

Native Horsemanship Youth Program
nativehorsemanship.org

SOUTH SOUND

Changing Rein
changingrein.org

Healing Hearts Ranch
healingheartsrancholy.com

Equest Special Riders
equestspecialriders.org

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Jack-o'-lanterns on front stoops: They're a sure sign of fall! To help you choose where to pick your passel of pumpkins this year, we've rounded up the best patches in the Puget Sound area.

We're talking corn mazes, hot cider, haunted houses, zombie paintball and other spooky (but not too spooky!) fun in Snohomish, King, South King and Kitsap counties. Look for details on dates, hours, price and any must-see stops at the listed farm. Honestly, you may just want to visit them all!

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parentmap.com/pumpkins

— ParentMap staff

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HORSES HEAL

continued from page 29

speech-language pathology professional, although therapeutic riding instructors also go through a rigorous certification process.

Activities for therapeutic riding lessons vary. Kids who need to build strength might practice standing up in their stirrups, while children who need to improve focus might ride through an obstacle course. Lessons often incorporate caring for the horse, which builds emotional connection and a sense of responsibility.

Engaging the body, heart and mind

How do these large, gentle animals help kids with special needs? From a physical standpoint, riding can help kids develop their sense of body awareness and improve balance, core strength,

posture and other mind-body coordination issues.

Riding can even help children learn to walk: The rhythmic movements of the horse simulate the walking gait of humans, which can help kids build the balance and strength to take steps on their own. Riding can also lead to improvements in breathing, speech, bladder control and bowel function.

Kids also benefit mentally from developing a connection with a social animal known for being responsive to human emotional states.


Instructors say that kids can improve their emotional expression and self-regulation, as well as reduce anxiety. Research bears this out, including studies conducted by Ellen Kaye Gehrke, Ph.D., on heart rate variability between humans and horses, whose outcomes

point to the mood-boosting effect of the horse.

Less tangible, but just as important, is the sense of empowerment children gain. Ali Steenis, a college student who has been visually impaired since birth, has been taking equine-assisted therapy riding lessons at centers including Little Bit Therapeutic Riding Center since she was 5. "My idea of what I was actually capable of changed completely once riding became a central part of my life," she says.

"The special thing about horses is that they do not judge," Steenis adds, saying that the horses offer a "liberating kind of freedom" both in the saddle and in her daily life. "[While] everyone else is still stuck on my unfocused eyes . . . [horses] see me for who I am on the inside." >>

H A R V E S T U N



See pg 19

The Power and Gifts of ADHD

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HORSES HEAL

continued from page 31

Equine-assisted therapy for every child

Horseback riding can help kids without special needs, too. “We teach individuals of all abilities,” says Miriam Burke, cofounder and instructor at Whidbey Island’s therapeutic riding center Equestrian Crossings. “We don’t just teach horse lessons — we teach life lessons.”

Burke tells story after story of progress — small and large. She has had children who have had difficulty expressing emotions run up and tell her they missed her after a summer break; she’s seen people in wheelchairs go from being unable to sit up on the horse to only needing two volunteers for balance assistance.

Burke also speaks of the

extraordinary ability of horses to meet the children where they are. Kirby, one of her lesson horses, is the epitome of a “gentle giant”: He’s a Percheron (a breed of draft horse) with hooves the size of dinner plates who is unfazed by electric wheelchairs. He greets every visiting student with bright eyes and perked ears.

Burke says the trainers are “just the facilitators. The horses are the true teachers.” ■

Nicole J. Persun grew up riding horses and spent her teen years volunteering at a therapeutic riding center. She is an award-winning author and experienced writing instructor with a Master of Fine Arts degree. nicolejpersun.com



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Teens on board

Local gaming group builds social savvy for kids on the autism spectrum

By Malia Jacobson

On the second and fourth Thursdays of each month, a staid beige-and-white conference room at Sound Mental Health (SMH) in Bellevue is transformed into a gamers' haven, albeit a surprisingly low-tech one: Not a Pokémon Go player is in sight. At promptly 5 p.m., a number of teens ranging in age from 14 to 19 start trickling in, greeting their peers and SMH clinician Katie Jo Graves, a marriage and family therapist, with full eye contact, strong handshakes, high-fives and smiles.

This is significant because these teens all identify as being on the autism spectrum, although a formal diagnosis isn't required for membership in this group. The group was created to help address social struggles commonly experienced by kids on the spectrum, from difficulty in understanding others' social cues and emotions to knowing how to adjust their behavior for different environments.

These kids don't seem socially hesitant, though; sly grins and good-natured teasing dominate. They've come to play cooperative board games: games requiring players to work together toward a goal, such as Castle Panic and Forbidden Desert, and role-playing games, such as The Quiet Year and Fiasco, which allow the teens to step outside of their comfort zones and into various roles and team-play scenarios.

During the two-hour session, they'll play their way to increased empathy and social awareness, doing something — gaming — that they'd likely be doing anyway, says Graves. However, the sessions offer even more value, she says, because the games themselves promote social skills. The teens, who are here by choice, don't play just any game; the group emphasizes those games that require teamwork, dialogue and an understanding of hidden emotions, instead of video games or individual pursuits.



Over the first hour, the teens ease into role-playing via Fiasco. As the kids take on the characters they helped create, their gestures become more emphatic, they grin and break into funny expressions. Their personalities seem to grow as laughter carries into the hallway. After a little while, a couple of kids stake out a corner of the room for a game of The Quiet Year with an intern clinician, seeking a more relaxed, less animated interaction. Though this game is less animated than Fiasco, the trio's play proceeds easily with a comfortable back-and-forth interspersed with smiles, jokes and discussion about favorite songs.

Keeping it fun

While video games are super popular among teens, board games have a few distinct advantages over video games when it comes to boosting empathy and social cognition, according to research by Kansas State University: Board games require face-to-face interaction and the ability to read facial expressions and build “social capital,” or trust and rapport, in order to succeed.

Games like Fiasco — a group favorite in which players imagine potentially contentious scenarios between different members of a social group, then role-play the scene in real time, trying to figure out other players' thoughts and motives — are particularly valuable for the development of empathy, Graves notes. That's because the requisite “overacting,” or overly exaggerated social cues, stimulate the “mirror” neurons that spur the development of empathy. “Empathy grows when you mirror the expressions of other people. Most people do it naturally, but kids on the spectrum have to learn it,” she explains.

Graves established the group two years ago after hearing one of her spectrum counseling clients, a middle school student from Sammamish who wishes to go by the name of Scott, complain that the social skills class required by his IEP (individualized education program, a written plan for a student's special education services) was deathly boring. So boring, in fact, that Scott skipped it. So Graves, his therapist, had to find other ways to relay the same information Scott would get in a middle school social skills class while upping the entertainment and engagement factors and building a meaningful dialogue between herself and Scott.

Graves, an avid player of board games, decided to try using games to connect with Scott, engaging him in something fun while practicing vital social skills: the easy back-and-forth of a natural

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Teens on board

continued from page 35

conversation, the motivations involved in various role-playing scenes, and the art of graceful winning and losing.

The games give players a chance to practice cognitive flexibility, says Graves. "As kids continue with the group, I'm looking for them to develop the flexibility to be able to accept something someone else did on the board" without flipping out. But everyone has a bad day now and then, she notes. "Everyone in the group has had a day when they" weren't doing well, when they couldn't handle a game loss or the sensory stimulation of the group setting.

But through those challenges, the teens learn to speak up and make adjustments, says Graves. "Maybe they need to step out and cool down. That's a key step to learning how to self-manage emotional highs and lows."

Over Scott's two years of group attendance, he's honed just this type of flexibility.

"A year and a half ago, someone killed my character in Fiasco in the first scene, and I was out of the game. I was irritable and I left the room," says Scott. "But I came back."

"I was proud of that," responds Graves, "because you used to have a bad experience in a class at school and never go back."

Benefits that build

Although a few attendees drop in and then drop out, Graves

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hopes to see each student spend a year or two in the group, because the social skills they're practicing take time to master. According to a 2012 Italian

study presented at the European Conference on Developmental Psychology, engaging children in story-based conversation — that is, supplementing stories with a dialogue around the character's hidden feelings and motives — leads to increased levels of empathy and social cognition, or awareness of the connection between emotion and behavior. The positive effect increases over time, notes Graves, hence her goal of keeping each participant in the group for a couple of years.

Afterward, participants may be ready to "graduate" to a community board game group. "It doesn't need to be a spectrum group, because in this social context, spectrum individuals can easily fit in," Graves says. In other words, with boosted levels of social cognition and empathy, group graduates can go on to

develop meaningful social relationships in a variety of settings — and have some honest-to-goodness fun.

It's a goal worthy of a roll of the dice. ■

Malia Jacobson is a health and family journalist based in Tacoma.

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Reading up

6 books about special needs and learning differences for adults

By Nancy Schatz Alton

When my daughter was first diagnosed with severe developmental delays, I couldn't read a whole book on the topic. Six years later, I relish gleaning knowledge from books about kids with special needs.

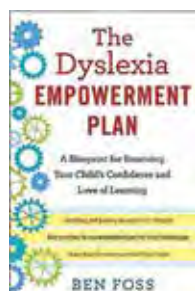
Again and again, I sigh in recognition while reading and think: *Yes, me, too.* I know what it's like to be a parent of a girl with specific weaknesses and strengths that I need to know well in order to help her succeed. The following are a few new titles on my bookshelf.



My Heart Can't Even Believe It: A Story of Science, Love, and Down Syndrome

Author Amy Silverman examines Down syndrome with a mother's heart and a reporter's brain. The NPR contributor gives a thorough, compelling synopsis of numerous issues, including puberty, IQ, special education and the word "retard." But it is the narrative of her daughter Sophie's life that serves as the book's backbone.

Throughout the book, Silverman doesn't let her own, or anyone else's, biases off easy. Take this quote from Chris Rush, a Tucson artist who paints portraits of people with disabilities. "What this all comes down to is, do people want to be smart or kind?" Rush says. "I'm pretty smart, but I had to question my kindness when I ended up in this community."



The Dyslexia Empowerment Plan: A Blueprint for Renewing Your Child's Confidence and Love of Learning

In this book's introduction, the reader learns that the level of shame someone with a reading disability experiences "often matches, in intensity, the shame experienced over incest." Considering this, it's surprising that this book is actually one of the least depressing ones you'll ever read.

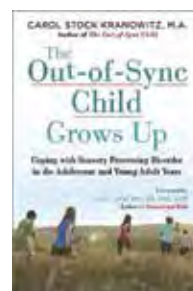
Ben Foss, founder of nonprofit Headstrong Nation, is the best kind of cheerleader: He explodes myths about learning differences, helps parents diagnosis their children's strengths and gives step-by-step instructions on creating accommodations for their kids. Listening to rather than reading a story can level the playing field, for example.



Ketchup Is My Favorite Vegetable: A Family Grows Up with Autism

Author Liane Kupferberg Carter brings all of herself to the page, which makes this memoir a quick read. Particularly relatable: her trying to find a "why" for her child's autism diagnosis. Of course, no one is at fault in such a situation, but to see someone's mirrored thoughts on a page is such a relief.

Carter takes us through her family's two decades of living with her son Mickey's diagnosis. She shows us his empathy despite the world's insistence that autistic children are not empathetic. She navigates epilepsy, bullying, even the ups and downs of becoming his court-appointed temporary guardian — all important topics in a country where one in 45 children is diagnosed with autism today.



The Out-of-Sync Child Grows Up: Coping with Sensory Processing Disorder in the Adolescent and Young Adult Years

Even if your child hasn't been diagnosed with sensory processing disorder (SPD), Chapter Two of this follow-up to the best-seller *The Out-of-Sync Child* is a must-read. Carol Stock Kranowitz, M.A., interviews teens and adults, letting them tell their stories in their own words. She also addresses common concerns, from dealing with daily activities and sleeping to coping with relationships, finding treatment and moving into adulthood. Plus, Kranowitz gives readers a new term to love: extrasensory grace, which "arrives when individuals with SPD learn to love their quirky selves and discover what they are meant to do and do well."



Love That Boy: What Two Presidents, Eight Road Trips and My Son Taught Me About a Parent's Expectations

When political columnist Ron Fournier's son Tyler is diagnosed at age 12 with Asperger's, his wife gives him the task of taking Tyler on trips to build a better relationship between them. The result takes us from a White House Christmas party with the Obamas to meet-ups with former President Bill Clinton.

This page-turner makes good reading for any parent because, as the author notes, every parent's unconditional love comes with caveats: "You love your kid no matter what, but you expect them to be something: smart or popular or successful . . . Parenthood is the last chance to be the person we hoped to be." Fournier helps us erase such high expectations. >>

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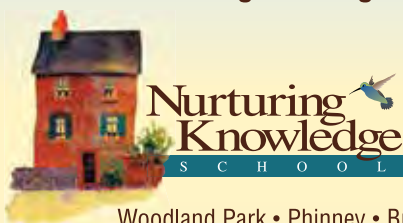
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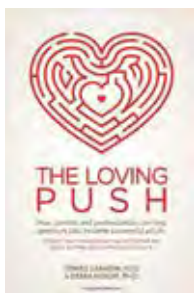
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Reading up

continued from page 39

The Loving Push: How Parents and Professionals Can Help Spectrum Kids Become Successful Adults

If helping a teen on the special needs spectrum succeed feels hopeless, this book helps rewrite your definition of hope. Expect real-life examples interspersed with practical advice from world-renowned professor Temple Grandin, Ph.D., and autism and Asperger's psychologist Debra Moore,



Ph.D. "The house of hope is built brick by brick, calamity upon hardship upon mishap upon mistake. With each trial, our children have the opportunity to develop their own resilience, skills, flexibility and adaptability." ■

Nancy Schatz Alton is the co-author of *The Healthy Back Book* and *The Healthy Knees Book*, and is currently working on a memoir about her daughter's learning journey.

4 more titles to add to list



Writing Your Own Script: A Parent's Role in the Gifted Child's Social Development by Corin Barsily Goodwin and Mika Gustavson



The Special Needs School Survival Guide: Handbook for Autism, Sensory Processing Disorder, ADHD, Learning Disabilities & More! by Cara Koscinski



Dyslexia Advocate! How to Advocate for a Child With Dyslexia Within the Public Education System by Kelli Sandman-Hurley



Behavioral Challenges in Children With Autism and Other Special Needs: The Developmental Approach by Diane Cullinane, M.D.

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Uncovering answers

What happens when parents recognize the symptoms of ADHD in themselves?

By Sara Lindberg

One of the hardest things about being a parent is watching your child struggle in school, at home or with personal relationships. Now, imagine being a parent who realizes, for the first time, that the issues your child is facing are the exact ones that have plagued you for most of your own life. For many parents, this is the moment of awareness when they suspect, while trying to help a child with attention deficit hyperactivity disorder (ADHD), that they, too, struggle with it.

According to the Attention Deficit Disorder Association, ADHD is a relatively common, often unrecognized condition in adults. About 4 percent of, or 8 million, U.S. adults have been diagnosed with the disorder, and the association estimates that many more adults with ADHD live with the symptoms and suffer the often devastating effects without identifying the source of their struggles.

In adults, ADHD symptoms often include an inability to focus, forgetfulness, disorganization, difficulty completing tasks, a tendency to get bored easily and struggles with relationships. These symptoms often start in early childhood and continue into adulthood, and can be mistaken for emotional, disciplinary and academic problems early on, according to the National Institute of Mental Health.

After seeing the signs of ADHD in their children, some parents realize they had been dealing with similar struggles.

"Most have had lifelong difficulties, but hit the wall in their 30s and up, when life becomes more stressful with more responsibilities," says Terry Matlen, a nationally recognized expert on ADHD in women and the author of two books about the subject, including *The Queen of Distraction*.



Seeking help

As the pressures increase and the coping strategies that worked for so many years start losing their effectiveness, adults with ADHD might begin to feel as though things are unraveling, especially if they are also dealing with their child's challenges. As a result, relationships, work performance and parenting abilities might suffer. This downward spiral of feeling out of control is what often leads adults to finally seek help.

That's exactly what happened to Stephanie*, a Bremerton mother who decided to seek help after experiencing a series of surgeries, a second divorce

and menopause all within a short period of time. These major life changes pushed her symptoms over the edge and made her realize that she couldn't continue to manage everything. It wasn't until her diagnosis that she realized the struggles with ADHD had been apparent most of her life.

"I always wondered what was wrong with me and why everything felt off. It wasn't until my ob-gyn began looking at my hormone levels and other health-related issues that the possibility of ADHD came up," says Stephanie, who has one son. "She encouraged me to seek more information, and when I was diagnosed, it felt like all of the dots finally connected. For the first time in my life, I had a strategy and road map to help me manage all of my symptoms."

Often, attention deficit problems are a family affair, and the symptoms affect the entire household. "The biggest challenge parents often face is consistency. Usually many of these parents [if untreated] struggle just getting through their day and cannot pay attention to details. We have treated parents and grandparents when their children and grandchildren get diagnosed, and it is definitely a lightbulb moment for many," says Dr. Niran Al-Agba, a pediatrician at Silverdale Pediatrics.

Diagnosing ADHD can be a complex process; symptoms can change over the course of a person's life, and ADHD can also mimic other conditions that are similar in nature, so a physician or mental health specialist must analyze various data points before making a diagnosis.

Sometimes there are other mental health issues, such as depression, anxiety and substance abuse, that accompany ADHD, which an adult might have been dealing with over an extended period. "Therapy can be a huge help in sorting things out and working on a lifetime of struggles adults often have from undiagnosed, untreated ADHD," Matlen says. Some patients, with the guidance of their doctor, might opt for stimulant medication.

After her diagnosis, stimulants "helped tremendously, and I got in fewer situations at work," says Stephanie. "They basically help me from blurting out and give me an extra check."

Stephanie found that all parts of her life

the gift of adhd

Edward Hallowell, M.D., author of *Driven to Distraction* and the cofounder of the Hallowell Todaro ADHD Center in Seattle, talks about unwrapping the gift of ADHD. See our interview with Hallowell about supporting kids with ADHD at parentmap.com/hallowellonADHD.

changed dramatically after her diagnosis, treatment and medication management. “I discovered that having ADHD is like being in perpetual kid mode, but rather than let it frustrate or prevent me from being successful in life, I have found ways to manage the symptoms and even use it to help me better understand my son,” she says.

Strategies for support

Once a diagnosis has been made, and in addition to possible medication, lifestyle changes can help keep families functioning smoothly.

“Parents and children need consistency and a home routine,” says Al-Agba. She recommends that families dealing with ADHD try to make their lives as simple as possible.

Ideas for creating structure, consistency and routine include the following:

Work together as a team. Let family, friends and coworkers whom you interact with frequently and trust know what’s going on. The non-ADHD partner needs to understand the diagnosis and hopefully support changes at home to simplify routines and encourage consistency. The non-ADHD partner also needs to be careful to take over too many responsibilities.

Use visual cues for parents and children.

White boards are an excellent way to list all family members’ schedules. Use a different color for each person and hang it in an area that everyone sees as they enter and exit the house. There are also

organizational apps available that work extremely well for children and adults with ADHD (check out parentmap.com/orgapps).

Enlist the kids to help. Teach children responsibility for their own belongings, and have chore lists or charts, and a personal list for mom or dad, for the week’s tasks (check out parentmap.com/chorecharts). This supports the idea of working as a team.

Consider hiring a life coach or organizational specialist to help come up with a system or structure to work with.

Sometimes, having an outsider help with the logistics can eliminate the emotions that come with adjustments to the home environment.

It is important to understand that ADHD can create difficulties within the family, but it can also have many advantages as well. “People with ADHD tend to be more creative, more sensitive and empathetic, fun-loving and they think outside the box,” Matlen says.

“Everyone has a gift,” Matlen continues. “ADHD makes it harder to access those gifts, so getting the proper help will make it easier to get to those gems within you, so you can become a happier, more productive person.” ■

Sara Lindberg is a freelance writer and secondary-school counselor who lives in Kitsap County with her husband and two children.

how to get help

If you have concerns about ADHD in yourself or your spouse/partner, Terry Matlen recommends taking the following steps:

See your primary care physician to rule out possible medical reasons for the ADHD symptoms.

Read as much as you can on the subject, ideally with your partner.

Seek out a professional who can do a full evaluation. It is important to find someone with expertise in adult ADHD, as some doctors might miss ADHD but pick up on depression, anxiety, and other issues. Look online for ADHD directories (addconsults.com, chadd.org, add.org).

Go to support group meetings: CHADD (Children and Adults with Attention-Deficit/Hyperactivity Disorder) hosts them throughout the country, and MeetUp (meetup.com) lists many, as well. Also, go to Facebook and type in “Adult ADHD.” For women, there is a popular Facebook group, Women with ADD ADHD (<https://www.facebook.com/groups/womenWithADD>).

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