



Executive Director's Message
Our Goal Is To Be The Best!

At Kids On The Move, we often focus on WHAT we do - like making home visits and teaching parents. In the past 6 months we have shifted to talking about HOW we do things. Thanks to Franklin Covey training, all staff are working to demonstrate the following behaviors so that we can have relationships of trust:

- Listen First - We seek to understand, listening with our ears, eyes, and heart.
- Talk straight - We'll be honest and tell the truth.
- Demonstrate Respect - We'll treat every person with kindness and respect.
- Keep Commitments - We will do what we say we will do.
- Deliver Results - We will make things happen. We will make a difference.
- Right Wrongs - We will apologize when we are wrong and correct our mistakes.

If we fail to demonstrate these qualities in our relationship with YOU, please kindly bring it to our attention. At Kids On The Move our goal is to be the best we can be!

-Eileen Chamberland, *Executive Director*

Volunteer Opportunities

If you have some free time on your hands, give us a call and come volunteer. We need volunteers most evenings and also some days. Small groups are welcome. Please contact our volunteer coordinator at 801-221-9930 or email kids@kotm.org for more information.

November Volunteer Schedule

Tuesday, 1st	5:45 to 8:30pm
Wednesday, 2nd	4:15 to 9:00 pm
Tuesday, 8th	5:45 to 8:30 pm
Wednesday, 9th	5:45 to 9:00 pm
Tuesday, 15th	5:45 to 8:30 pm
Wednesday, 16th	5:45 to 8:00 pm
Tuesday, 22nd	5:45 to 8:30 pm
Wednesday, 23rd	5:45 to 8:00 pm
Tuesday, 29th	5:45 to 8:00 pm

December Volunteer Schedule

Wednesday, 7th	4:15 to 9:00 pm
Tuesday, 13th	6:45 to 8:00 pm
Wednesday, 14th	5:45 to 8:00 pm
Thursday, 15th	6:45 to 8:00 pm
Wednesday, 21st	5:45 to 8:00 pm
Wednesday, 28th	5:45 to 8:00 pm



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Preparing for the holidays when your child has autism or other special needs:

Here we are on the threshold of another holiday season. This is the time we gather with friends and extended family and come together to participate in a flurry of celebrations. Many of us really feel that "flurry" effect. Schedules increase rapidly, shopping and spending money accelerates, and there is a lot more food EVERYWHERE!

Parents often tell us that this season is even more stressful when you have a child with autism. Sometimes parents feel isolated, embarrassed and worn out during this time of year. It can feel uncomfortable when your child is not responding to their grandparents the same way that their cousins are. It can be awkward when a tantrum occurs in a public place. It is frustrating when a child refuses to eat what is served at dinner. It can be embarrassing when a child is more interested in the ribbon on the package than the contents of the present.

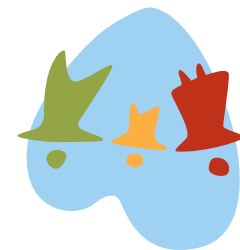
We've included tips below to help you feel more of the "ho-ho-ho's" rather than the "oh-oh-oh's!!!"

Simple Tips to prepare your child with autism for the holiday season:

- Create a social story with pictures of your relatives and the holiday. Go over the story often. Talk about the family you are going to see, and how to greet them with a hello or a hug.
- Bring food and snacks that your child is comfortable eating. A new setting with new people may be too much of a stress already to also require new foods.
- Practice unwrapping presents. Some children become more interested in the ribbon on a package than the actual gift. Spend time unwrapping items beforehand to help your child learn what to do when they are given a present.
- Consider the sensory needs of your child.
 - Go early to a party, so the noise level increases can be tolerated more easily.
 - Find a child safe room away from all the chaos in case your child needs a place to de-stress
 - Be sensitive to the fact that shopping centers and parties can create a "sensory overload" for your child with autism. Try to find a way to slow things down for them or limit time in these settings.
- Create a team of support: be honest with your family and friends. Share with them some of your concerns regarding your child; tell them in advance that your child might act differently than others at holiday events. This can provide more understanding for you and your family, rather than the isolation that often occurs.



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 Orem, UT 84097

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Activities and Parent Classes

Sign Up Now for Christmas Parties!

Now it the time to call and reserve a spot at one of our Annual Christmas Parties! Activities are geared to children up to age 6, but older children are also welcome. Don't miss the music, treats, and photo with Santa! Call Maryann at 221-9930, ext. 100 to reserve your place at one of the following party times:

Tuesday, Dec. 13th	7:00-8:00 pm*
Wednesday, Dec. 14th	11:00 am -noon, 1:00 -2:00 pm or 7:00-8:00 pm*
Thursday, Dec. 15th	7:00-8:00 pm*

*There will be a bilingual Santa (Spanish/English) at the evenings parties.



Bridges Parent University Classes Individuals with Autism Panel November 2nd 6:30 pm

You are invited for a special treat! This will be our second annual panel. Adults and older children who currently live with autism and other spectrum related disorders share their unique perspectives and insights in a panel format. Parents are able to ask questions throughout.

Infant Massage Nov. 9th, Dec. 14th 9:30-11:00 am

A one-time class which helps promote relaxation, increases circulation, promotes attachment and bonding between caregiver and child. This class is taught by Christina Judd 801-221-9930 ext. 149 or cjudd@kotm.org. *Call ahead for free child care.

Hearing Screenings Nov. 21st, Dec. 12th 10:30 am-noon Lehi Office:

Nov. 22nd, Dec. 13th 10:30 am-noon
It is recommended that all children enrolled in services at KOTM have an annual hearing screen, unless the child is being attended to by a physician for specific concerns about hearing. No appointment is necessary.

Autism Support Group November 2nd 7:30 pm

This support group meets monthly and allows parents to see how autism has affected the lives of others and provide a sense of hope to those that may be discouraged in regards to their child's future. If you would like to be on the Autism Support Group email list, email KFairchild@kotm.org. *Call ahead for free child care.

Great Beginnings Nov. 15th, 22nd and 29th 6:00 pm

Great Beginnings is a three week course for parents on communication, hearing, language development and how to incorporate these skills into daily routines at home. All parents of children enrolled at KOTM are strongly encouraged to attend.

*Call ahead for free child care.

Sibshops Nov. 12th, Dec. 10th 10:00 am

A fun monthly activity for kids ages 7-13 who are typically developing siblings of children with special needs, meets on the second Saturday of each month. The cost of \$5 per child includes all materials and light lunch. Families with children currently enrolled may have the fee waived — check with your service provider. Call Jessica at 801-221-9930 ext. 156 with questions.

Positive Discipline with Love, Limits and Latitude Nov. 1st, 8th, and 15th 7:00 pm

A three week series class to help parents develop skills to manage their young child's difficult behaviors. Linda Stanton and Jenna Measom will be teaching specific strategies that will help families solve problem behaviors in a positive way. *Call ahead for free child care.

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www.kidsonthemove.org

we are aiming for one thousand donors times \$25,000 \$25.00 each

Grandfamilies Class Every Thursday 6:30 pm

This ten week course is to help grandparents (or other adults) who are raising grandchildren, nieces and nephews, etc. The class meets weekly and is for the entire family, and includes a meal. Children under 5 go to free child care, children 6 and older have their own class, and the adults have a class as well. The classes are a series of educational seminars that help the grandfamilies with a variety of issues - including setting boundaries with children, legal ramifications and protections (guardianship), etc. For more information contact the Grandfamilies Director Sarah Williams, at Sarahw@wasatch.org or 801-373-5765

EHS Policy Council & Parent Committee Meetings Nov. 2nd, Dec. 1st, Jan 4th 5:30 pm

Parent committee includes all parents in Early Head Start. They plan future activities and review past events. The Policy Council is the EHS governing body made of up members who are elected twice a year at the "Baby Buck" Auctions.



Kids On The Move needs your help as we celebrating 25 years of success!

In the beginning, Kids On The Move was inspired by 2 young children and today we've grown to serving more than 2,000 children every year. That impact on so many local families is only possible due to the generous support of our friends, partners and donors.

Today, Kids On The Move still has critical needs to meet, including our new Bridges program which helps young children living with autism and similar developmental delays. We need your help to continue to support the development of young children and families in our community.

Our goal is to raise \$25,000 or more by collecting a donation of \$25+ from 1,000 donors. Join in the effort and lend your support to our cause:

FIRST, Make a donation online, by phone, mail a check or drop by a cash donation at our office. You'll be listed among all of those making a donation towards our 25th Anniversary campaign.

NEXT, ask your friends, family, neighbors and colleagues to join you in donating to Kids On The Move. You could send out an e-mail message or post it on Facebook. Any way you do it, share your commitment and ask them to join in the effort to raise \$25,000 and get 1,000 donors giving at least \$25 each!

We know it takes effort and time, but after all, these children are your neighbors, your friends and perhaps even your family - please help and donate today! It WILL make a difference!

Thanks for all you do to help us empower families, one kid at a time.

kids on the move.org