



Reflections on Turning 25!

Executive Director's Corner

Kids On the Move celebrates our 25th Birthday this summer! This is a great milestone for any non-profit agency, especially one that was initiated by parents on a shoestring budget serving a handful of families. For me, being 25 years old was a long time ago - but I still remember what it was like. Having survived the teen and young adult years, I began a whole new life by getting married the summer I was 25. This set the course for the rest of my life, both personally and professionally. Kids On The Move is in a similar position - we have developed some measure of maturity and stability as an organization, but are now setting the course for the next 25 years. If you are as excited about the future of Kids On The Move as we are, please become one of our 1,000 friends who are donating \$25+ to advance our work of empowering families, one kid at a time!

-Eileen Chamberland, *Executive Director*



kids on the move.org

Thanks to all of you who came to our 25th Anniversary Party at the Orem Owlz game. It was a great night of fun and baseball. Please consider being one of our 1,000 friends who are donating \$25+ to advance our work of empowering families, one kid at a time!

475 West 260 North
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kids on the move
empowering families, one kid at a time



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happenings

sept-oct 2011



Birdies, Eagles & Kids Charity Golf Event

We have a few spots left for our annual golf event. It is Friday, September 9th at Fox Hollow Golf Club. It is known for its AWESOME prizes and great food. To be involved or for more information visit our website or call Scott Snow at 801.616.5803.

Have you heard about Bridges? Do you know what we do?

Bridges is the newest program at Kids On The Move. Our main focus is to provide the help needed for families and children living with Autism Spectrum Disorders. Call us to learn more! We offer free consultations at your convenience. We know all children and families are unique and need individualized help.

We have the expertise you need:

- We offer thorough Diagnostic Assessments
- Highly qualified staff very knowledgeable with Autism
- We have training in the latest recognized methods, including Early Start Denver Model

We offer Parent Support through:

- Parent University (free classes held the first Wednesday at 6:30 of every month)
- Autism Support Group held monthly after Parent University, free to the public...a great way to connect with others in the same situation
- In-home training for parents on a variety of individualized needs. We can help you come up with a plan for handling behaviors in the home, creating stronger relationships between siblings, enhancing your interactions and play for optimal learning, and potty training, among other topics
- Lending Library with toys and training available to enhance your child's learning

We offer Educational Support through:

- ABA Classes: A recognized science based technique used to help children learn in very simplified ways using positive reinforcement
- Preschool which is a socially engaging and sensory rich class, low child to teacher ratios, small classroom size, with typical peer models
- Social Group with a focus on learning ways to initiate and maintain playing and friendships with others
- Kindermusik with an Autism focus, helps build language and imitation skills in a group setting
- Fun summer classes and adventures

We are here to help! We care about you and your child!

We empower parents with accessible and affordable services and current information.



empowering families, one kid at a time

Activities and Parent Classes



What is Bridges Parent University?

Parent Empowerment through autism focused education topics. All classes are free to the public and are followed by our Autism Support Group. Most topics are focused on children ages 2 to 6 but all are welcome. Feel free to bring friends, family, anyone who may benefit from learning more. **Call ahead for free child care.*

Bridges Parent University Classes

September 7th 6:30 pm

Based Solutions for the Child with Autism. During this class we will address the struggles some children have with sleeping and ways to make this more manageable for both the parents and the child.

October 5th 6:30 pm

Neuro-Science Autism Update: We are excited and privileged to welcome Dr. Erin Bigler, BYU professor of psychology and neuroscience. Dr. Bigler is a renowned brain researcher with expertise in autism. He will share with us the latest findings in neuroscience (brain abnormalities) in individuals with autism. Please invite others that would be interested.

Autism Support Group

Sept. 7th, Oct. 5th, Nov. 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.*

Depression Recovery Program

Sept. 7th - Nov. 7th 7:00 pm

Developed by Dr. Neil Nedley, this seminar is being offered to families who have children enrolled at KOTM. Tuition will be waived for KOTM families, but there is a required \$25 charge for the companion workbook. Check with your program if you need help with the cost of the book. Contact Cassandra 801-221-9930 ext 122 or ccasey@kotm.org.

Hearing Screenings

Sept. 19th, Oct. 17th 10:30 am-noon

Lehi Office:

Sept. 20th, Oct. 18th 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.

Floortime II

Oct 4th, 11th, and 18th 6:00 pm

This series are for parents to learn how to enhance communication between parent and child through play and social interaction with an emphasis in problem solving and complex communication strategies. Contact your provider for more info and please commit to attending all three classes. **Call ahead for free child care.*

Great Beginnings

Sept. 13th, 20th and 27th 7:00 pm

Oct. 6th 13th and 20th 9:30 am

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

Sept. 10th, Oct. 8th 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.

Infant Massage

September 14th 9:30-11:00 am

October 18th 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.*

Strengthening Marriage Class

Starts October 4th

This six week course gives tools to increase marital satisfaction, deal with the stress that comes with kids; keep dads involved with childcare and co-parent effectively; and improve the quality of parent-infant interaction. Call Karen 801-221-9930 ext. 160 if you have any questions.

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. They can also offer assistance in navigating the social service system to find resources and take care of legal issues. For more information contact the Grandfamilies Director Sarah Williams, at Sarahw@wasatch.org or 801-373-5765

Discovery Groups

An opportunity for Early Head Start parents to spend time with their children through play experiences. The evening is held on Wednesday night and begins with a family meal; the children have supervised child care while parents get together for a discussion of their choice, then ends with a joint activity. Contact your Family Educator for information.

Positive Discipline with Love, Limits and Latitude

Sept. 13th, 20th and 27th 7:00 pm

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.*

FACT (Fathers and Children Together)

A group of fathers that plan activities together to interact with other fathers in the Early Head Start program as well as provide opportunities for fathers and their children to interact together. Contact kids@kotm.org for the scheduled activities.

Library Corner

The library is always adding new books to our collection. Check our internet page for some of the latest listings or come in and browse. Have you borrowed a toy from the toy lending library? Two toys may go out at a time and the check out time is for 3 weeks, same as for the books. This is a great way to introduce new toys to your child without the expense of buying them. Come in and look at the great selection.

EHS Policy Council & Parent Committee Meetings

July 6th, Aug. 3rd, Sept. 7th 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.

Researchers at BYU are looking for both parents of a child who has been diagnosed with an Autism Spectrum Disorder to participate in a research study about respite care, individual stress, and marriage.

Couples will receive a \$30 VISA card when they each return completed questionnaires.

See our website for details.

