



CHILDREN AND YOUTH WITH SPECIAL HEALTH CARE NEEDS (CYSHCN) PROGRAM

The Children and Youth with Special Health Care Needs (CYSHCN) Program provides families with resources and referrals to access services for their children with special health care needs. To learn more call: 845-364-2500 or visit

<https://tinyurl.com/ybdtxn48>

Agency Spotlight



Rockland BOCES Student Services Division is the premier provider of special education in delivering innovative, instructional programs that support individual needs of the student.

For more information visit <https://www.rocklandboces.org>

2024 STATEWIDE EPILEPSY CONFERENCE

EMPOWERING PEOPLE WITH EPILEPSY

HOSTED BY THE EPILEPSY COALITION OF NEW YORK STATE



November 16, 2024
9am - 1pm
Virtual & In-Person

Coalition Member Agencies



<https://epiny.ejoinme.org/2024NYSEpilepsyConference>



Back to School Tips

Returning to school after a long summer break can be tough, especially for children and youth with special needs. The shift from a relaxed schedule to the structured school routine can be overwhelming. Here are some tips to help your family and child navigate it: Visit: Parent to Parent NY <https://www.ptopnys.org/> for more tips and resources.

Create a Schedule: Create a visual schedule that outlines what to expect during the school day. This can reduce anxiety and help your child understand the structure of their day.

Meet with Teachers: Schedule a meeting with your child's teachers to discuss their needs, strengths, and any concerns you have. Collaborate on strategies that can support your child's learning and emotional well-being.

Establish a Routine: Create a consistent daily routine at home that mirrors the school schedule as much as possible. This can help your child adjust more easily to the school routine.

Practice Social Skills: Practice social skills and interactions that your child may encounter at school. Role-playing scenarios can help them feel more confident in social situations.

Use Positive Reinforcement: Use a system of positive reinforcement to reward your child for their efforts and achievements at school. This can boost their confidence and motivation.

Monitor and Adjust: Keep an eye on how your child is adjusting to school and be prepared to make adjustments to their routine or support strategies as needed.

Seek Support: Utilize the support resources available at the school. The CYSHCN program can guide you in the right direction if you are unsure of where to start. Ask if there is a special education PTA.





Did You Know?

Attention-Deficit / Hyperactivity Disorder (ADHD) is one of the most common neurodevelopmental disorders of childhood. Symptoms start in childhood and often last into adulthood. Identifying signs and symptoms of ADHD can help lead to a diagnosis, which is a process with several steps. Treatment can involve a combination of behavior therapy and medication. For free materials and resources on ADHD visit:

<https://www.cdc.gov/adhd/communication-resources/index.html>

Move More!

Recreation is so important for all children, including children and youth with special health care needs. The New York Department of Environmental Conservation is committed to providing an ever increasing range of accessible outdoor recreation opportunities. Explore the range of wheelchair accessible opportunities statewide including an interactive online map to identify accessible features on DEC lands.

Visit: <https://dec.ny.gov/places-to-go/accessible-recreation>

Earn Cash!

STEPS2 stands for Socialization To Enrich Participation & Support Sexuality is offering a health education study for young people ages 16-27 with intellectual and developmental disabilities (I/DD) living in New York State. People who participate will receive 6 free online health education classes! They will also receive \$25 gift cards to complete surveys (4 surveys = \$100). To learn more visit:

<https://cunyisph.org/steps2-study/>





Nutrition

What Should Kids with Autism Eat?

Some studies have shown that children with autism tend to be deficient in certain nutrients, so focusing on foods that provide the most nutrition is key. Every child is different so there isn't just one autism diet that works. Let's look at some of the most important foods to include in your child's diet:

Omega 3 Fats

Omega 3's can be helpful for children with autism, especially with hyperactivity. One of the best sources of omega 3's is fatty fish like salmon and sardines. They can also be found in foods like chia, flax, hemp seeds, and walnuts.

Fruits and Vegetables

Fruits and vegetables contain powerful antioxidants that can help reduce inflammation in the brain. They are also good sources of fiber, which help improve gut health. Eat at least 2 servings of fruits and vegetables at each meal and 1 at each snack.

Nuts and Seeds

While some kids are sensitive to nuts, almost all children can tolerate seeds. Nuts and seeds are great sources of minerals - magnesium, selenium, and zinc. These minerals play an essential role in metabolic reactions that impact how the brain functions and can be helpful in reducing some symptoms of Attention Spectrum Disorder.

Whole Grains and Legumes

Fiber is a key element to a healthy microbiome. Whole grains and legumes are some of the best sources of fiber. Since grains tend to make up much of a child's diet, they are a great place to start improving nutrition, especially if you have a choosy eater. The key is to make sure you are using WHOLE grains, not refined. That means choosing brown rice, quinoa, and whole-grain bread, cereal, and crackers. Many packaged products that use the words "whole grain" on the label actually blend the whole grains with refined grains and starches, so choosing whole foods instead of packaged foods is the best way to ensure you're getting the entire grain with all the fiber and nutrients.



www.rocklandhunger.org

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