

# Autism Resources Miramichi Inc.

Newsletter 16

[www.autismmiramichi.com](http://www.autismmiramichi.com)

October 2009

## October is Autism Awareness Month



To purchase the Awareness Merchandise, please contact or drop by the centre, or check out what is available at [www.autismmiramichi.com](http://www.autismmiramichi.com)

### Upcoming **ARM** Events and Important Dates

- |            |                                                                                         |
|------------|-----------------------------------------------------------------------------------------|
| October 21 | Parent Support Meeting<br>7:00 PM at the centre.<br>Information on Autism 911 registry. |
| October 30 | Teen Night<br>6:00 PM to 9:00 PM                                                        |

## Happy Halloween!!!!!!!!!!!!!!



## New Fall Hours of Operation

Monday to Thursday  
9:00 am – 4:30 pm  
Effective October 13, 2009

\*Or by appointment as necessary.

## EMPLOYMENT OPPORTUNITY

Mature male grade 10 student attending James M. Hill required to mentor a male grade 9 student. Approximately 4- 8 hours per week. Training will be provided.

Contact 622-8137 or by email [arm@nb.aibn.com](mailto:arm@nb.aibn.com) or Dr. Theresa MacKenzie at 624-9488.

## VOLUNTEERS WANTED!

If you are interested in volunteering an hour or two, why not join our centre. It might be answering the phones, or any other talent you have.

## Fundraising Committee News

### 2<sup>nd</sup> Annual Penny Sale

**Date:** Sunday November 15, 2009  
**Location:** Kinsmen Club of the Miramichi  
 100 Newcastle Blvd.  
**Time:** 2:00 PM to 4:00 PM  
 Doors open at 1:30 PM

**COME OUT FOR AN AFTERNOON OF FUN  
 AND A CHANCE TO WIN SOME GREAT PRIZES!!!  
 AN EXAMPLE OF OUR PRIZES INCLUDE :**

- **PORTABLE DVD PLAYER**
- **1 NIGHT STAY AT THE  
 FUTURE INN, MONCTON**
- **CHILDREN'S BICYCLE**

And many more.....

All information has been posted on our website.  
[www.autismmiramichi.com](http://www.autismmiramichi.com)  
 Please mark your calendars!



Pizza Coupons are back..... In time for a great Christmas Gift!

Once again this year we are selling coupons for Pizza Delight as a fundraiser. Coupons are \$20.00 each (tax included) and are good for a large pizza (15") and a large garlic fingers (12"). Take out only.

Enjoy a meal, and help our centre at the same time.



**Petro Points**



We now have petro Points cards at all locations in Miramichi. If you are getting gas and want to donate your points, please ask them to swipe Autism Resources Miramichi's (ARM) card and as we accumulate points, we can trade them in on merchandise, etc. Please pass this information on to all your friends and family.

The following article comes from the Sandbox Learning Company, and contains some good tips.....

### Preparing Children for Trick or Treating

Dressing up to go trick or treating is very exciting for children and it creates lasting memories for both children and parents. Help children prepare for trick or treating with these five strategies.

**1. Select a Costume** – Help children select a costume that fits properly and is safe. Children may be uncomfortable with anything on their face especially make up. Some children may not like masks because of sensory issues or limited vision. Keep these factors in mind when selecting an outfit. For children who have difficulties with masks, holding a mask rather than wearing it or not using one at all may make the evening more enjoyable.

**2. Set Costume Guidelines** – Children often want to wear their costume other times than trick or treating. Let them know if/when they can wear it besides trick or treating. Be sure to tell them this before they buy the costume and after it is purchased. Explain why they can wear the costume only at certain times. For example, "You can put it on in the evening for a few minutes to see how you look, but you can only wear it for a little while so it doesn't get dirty before Halloween."

**3. Practice Going to People's Doors** – Role play going to someone's door, saying "Trick or treat," holding a bag out, and saying "Thank you." Remind children to be polite, wait their turn, and take only one piece of candy when they are asked to select something. It is tempting to rush to a door and take a handful of things when offered a basket or bowl to select from so multiple opportunities for review are important. Be sure to practice other things that may happen such as someone not being home or someone complimenting them on their costume.

**4. Establish Guidelines in Advance** – Prepare children for factors such as: What time trick or treating starts and ends; How they know when it ends; Where they can trick or treat (e.g. only houses with lights on, only people the child knows, only homes in a four block radius, etc.); and What the rules are such as staying with a sibling or parent. Be sure to review these guidelines days in advance with a story, visual cards, or written rules. Before trick or treating, review them again so children clearly understand expectations.

**5. Set Candy Guidelines**– Children become very excited about getting candy and other treats while trick or treating. Set rules in advance about eating candy. Let children know before trick or treating that they need to bring all of the candy back for you to check before they can eat it. Make sure children have dinner before trick or treating so they are not hungry. Have guidelines about the number of pieces they can eat per day and create a schedule for when they can eat their candy. Display the candy plan where they can easily look if they have questions



From the story,  
**Halloween**