

Center for Autism Spectrum Disorders

www.childrensnational.org/CASD



Children's National: CASD CHAT

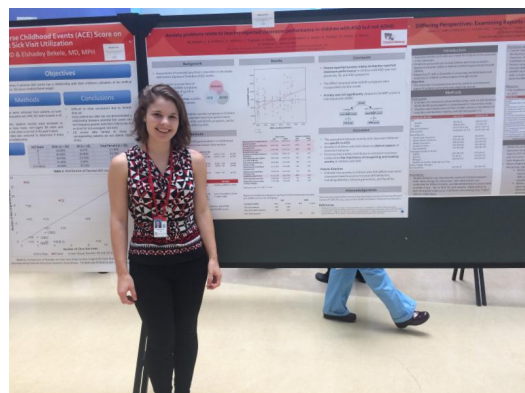
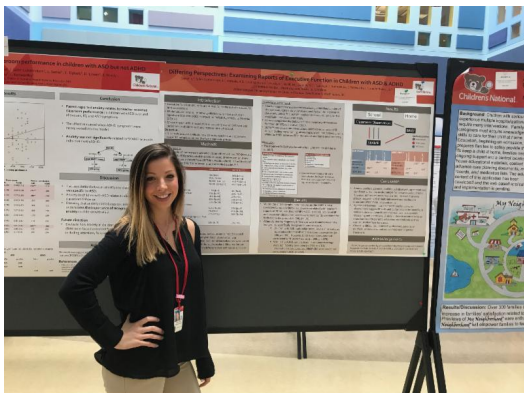
Spring is in full swing, and IEP meeting season is coming to a close. In this issue, you will learn about CASD's contributions to Research and Education Week, tips to develop your child's skills, upcoming events in the autism community, a two-day course on transitioning to adulthood, an opportunity to receive services through an ABA clinic, and a FREE exercise program.

CASD Research Report

Research Week at Children's National

Last week, Children's Research Institute hosted its 7th Annual Research and Education Week. While the week broadly focused on the multidisciplinary nature of research, the theme, "Collaboration Leads to Innovation," highlighted how collaboration across researchers can transform pediatric care.

Members of the Center for Autism Spectrum Disorders (CASD) research team contributed to various aspects of Research and Education Week. CASD's Director, Dr. Lauren Kenworthy, co-organized the District of Columbia Intellectual Developmental Disabilities Research Centers' (DC-IDDRC) Symposium, titled, "Understanding Autism Genes, Circuits and Behaviors for Precision Medicine Treatments" along with Dr. Josh Corbin, Associate Professor and Principal Investigator in the Center for Neuroscience Research. Dr. Cara Pugliese, clinical psychologist and CASD faculty member, presented her poster titled, "Sex Differences in Autism Symptomatology in Adolescents and Adults with ASD without ID: A Multi-site Study," which is work supported by awards from the National Institutes of Health [P30HD040677] and the Isadore and Bertha Gudelsky Family Foundation.



CASD Research Coordinators, Sydney Seese (left), Mary Skapek (right), and Meredith Powers (not pictured) also participated in poster sessions at Research and Education

Week. The research presented on all three posters, titles listed below, were supported by an award from the Patient-Centered Outcomes Research Institute (PCORI). Notably, Ms. Skapek's work was nominated as a finalist in the Community-Based Research category.

- "Differing Perspectives: Examining Reports of Executive Function in Children with ASD and ADHD" - Sydney Seese, 1st author
- "Anxiety Problems relate to teacher-reported classroom performance in children with ASD but not ADHD" - Mary Skapek, 1st author
- "Factors that Drive Access to Services for Children with Neurodevelopmental Disorders in Low Income Populations" - Meredith Powers, 1st author

If you are interested in learning more about CASD Research Opportunities, please call 301-765-5425 or email autism@childrensnational.org with the **SUBJECT LINE: "CASD Research Opportunities"**.

CASD Cares

Allowing Children to Blossom

With IEP meetings wrapping up, you realize another school year is almost over. Where does the time go? Before you know it, your child is a teenager or even young adult. Here are some tips to take advantage of the time you have now to help your child bloom into an adult who will flourish.

1. **Give your child chores.** Can your children put away their toys, set the table, make their own bed, wash laundry, vacuum? It may be easier to just do it for them, but the reality is that parents cannot be with their children forever. Providing your child with age-appropriate responsibilities now, will lay the groundwork for them to take care of themselves when they are adults. Many children with ASD learn through practice. Start small. Help your child to complete a few steps at a time and build on. You will be surprised just how much your child can do if you provide them with the structure. This is not to say that this process will be easy at first, but take it step by step, and over time, you will see progress.
2. **Hold your child accountable.** Oftentimes, parents get so wrapped up in treating the autism, that they often forget what every child needs, boundaries. Your child, whether they have an autism diagnosis or not needs to understand what behavior is acceptable and what is not. As parents, you will need to learn how to separate your child's "can't" and "won't". In doing this, you will learn how to set boundaries for your child and provide appropriate adaptations to assist them in meeting these goals. By doing this, you will be ensuring that your child grows up to be responsible, and able to engage in acceptable behaviors. This task will not be easy, and every child is different, but they deserve a chance to be held accountable just like anyone else, it just may look different in each child.
3. **Allow your child to problem solve.** Everyone makes mistakes, right? This is a normal part of life, why should your child with an autism diagnosis be any different? The next time your child puts his or her shoes on the wrong feet, let it happen, then watch and see if they recognize mistakes. If they still do not "get it," show them their mistake and how to fix it. It may take some time, but be consistent. Also, give your child choices. Let them see what happens when they

make one choice over the other. Your child is very smart, he or she just may need a chance to show you.

Calendar of Events

May 2017

FDA Patient-Focused Drug Development Meeting

Food and Drug Administration

White Oak, MD

Thursday, May 4th at 1pm

The FDA wants to hear from you about living with autism and your treatments. You can contribute in many ways, but attending the public meeting in person, watching the live meeting webcast, or sharing comments through the FDA website. For more information and to register: <https://autismpfdd.eventbrite.com> or call (240) 402-6525.

Autism Family Fun Day

The HSC Pediatric Center

Washington, DC

Saturday, May 6th at 10am

Join DC Autism Parents (DCAP) and The HSC Pediatric Center's Kids in Action Program as they host an interactive autism family fun day. Families will explore the five senses through a sensory rich experience, including interactive activities, quiet space, snacks and more. This event is free, space is limited, and registration is required. For more information, please check out the [flyer](#). To register, email info@dcautismparents.org

Imagination Stage Sensory Friendly Performance

The Jungle Book

Bethesda, MD

Sunday, May 7th at 11am

Sensory-Friendly performances are designed to be more accessible to those individuals on the autism spectrum or to others with sensory sensitivities. Adaptations for Sensory-Friendly performances include: Reduction of the sound level; low lighting; intentionally unsold seats; a social story; designated break spaces; and more. For more information please check out the [Sensory Friendly Flyer](#), call 301-280-1660 or visit <http://imaginationstage.org/shows-tickets/accessibility/>

Kids in Action: Friday Night Fever

The HSC Pediatric Center

Washington, DC

Friday, May 12th at 7pm

Join Kids in Action for Friday Night Fever, a chance for teens with disabilities to hang out with their peers. Designed for teens ages 11 and older, the program provides opportunities to participate in social events and make new friends. Activities vary month to month and include: teen dances, karaoke night, movies, game night, ice cream socials, various educational topics and more! Advance registration required. Email Robyn Winston-Cohen, CTRS at RWinston@Hshealth.org or call 202-557-1851. For more information, please visit, <http://www.hshealth.org/medical-programs-therapy/services-programs/adaptive-sports>

AMC Sensory Friendly Films: Guardians of the Galaxy Vol. 2

AMC Theatres Nationwide

Saturday, May 13th at 10am

The program provides a special opportunity for families to enjoy their favorite films in a safe and accepting environment. The auditoriums dedicated to the program have their lights up, the sound turned down and audience members are invited to get up and dance, walk, shout, or sing! For more information, please visit,

www.amctheatres.com/programs/sensory-friendly-films

The Kennedy Center Sensory Friendly Performances: Nearly Lear

The John F. Kennedy Center for the Performing Arts

Washington, DC

Saturday, May 13th at 1:30pm

Sensory friendly performances are designed to create a performing arts experience that is welcoming to all families with children with autism or with other disabilities that create sensory sensitivities. Accommodations for these performances include: lower sound level, especially for startling or loud sounds; lights remain on at a low level in the theater during the performance; a reduction of strobe lighting or lighting focused on the audience; patrons are free to talk and leave their seats during the performance; designated quiet areas within the theater; space throughout the theater for standing and movement; limited crowds and visitors at the Kennedy Center during the day and timing of the performance; and Kennedy Center staff trained to be inviting and accommodating to families' needs. To purchase tickets for a sensory friendly performance, please call the Instant-Charge Service Desk at 202-476-8528 (voice) or visit, <https://www.kennedy-center.org/pages/accessibility/sensory>

Autism/ID/DD Night Out

Montgomery County Public Service Training Academy

Gaithersburg, MD

Friday, May 19th at 6pm

Join the Montgomery County Police Department, Autism Speaks, Pathfinders for Autism, and the Down Syndrome Network of Montgomery County as they host a Safety Fair for individuals with autism, intellectual and developmental disabilities and their families and/or caretakers. Each family will receive a Safety Kit, Safety T-Shirt, and more! If you have questions, please contact Officer Laurie Reyes at

Laurie.Reyes@MontgomeryCountyMD.gov and register here:

<http://act.autismspeaks.org/site/Calendar?id=100393&view=Detail>

The Parents Place of Maryland

Powerful Parents-Pulling It All Together

Coordinating Care for Your Child with Special Needs

Columbia, MD

Saturday, May 20th at 8:30am

Join the Parents Place of Maryland as they host a free conference for parents where they will learn how to identify key members of the care team, communicate with providers, navigate challenges, organize records, find resources, and cope with stress. Limited space is available on a first come, first serve basis. Lunch will be provided. To register, please visit: <https://www.eventbrite.com/e/powerful-parents-pulling-it-all-together-tickets-33785320804>

Kids in Action: Only Make Believe**The HSC Pediatric Center****Washington, DC****Saturday, May 20th at 10am**

Join Kids in Action as they host Only Make Believe, a non-profit organization that creates and performs interactive theater for children in hospitals and care facilities. Performances at The HSC Pediatric Center are designed for children with varying abilities. Only Make Believe allows participants to take a break from their everyday obstacles, express themselves in their own way, and "let loose" in a safe environment. Advance registration required. Email Robyn Winston-Cohen, CTRS at RWinston@Hshealth.org or call 202-557-1851. For more information, please visit, <http://www.hshealth.org/medical-programs-therapy/services-programs/adaptive-sports>

The Kennedy Center Sensory Friendly Performances: NSO Family Concert Peter and the Wolf in Hollywood**The John F. Kennedy Center for the Performing Arts****Washington, DC****Sunday, May 21st at 1:30pm**

Sensory friendly performances are designed to create a performing arts experience that is welcoming to all families with children with autism or with other disabilities that create sensory sensitivities. Accommodations for these performances include: lower sound level, especially for startling or loud sounds; lights remain on at a low level in the theater during the performance; a reduction of strobe lighting or lighting focused on the audience; patrons are free to talk and leave their seats during the performance; designated quiet areas within the theater; space throughout the theater for standing and movement; limited crowds and visitors at the Kennedy Center during the day and timing of the performance; and Kennedy Center staff trained to be inviting and accommodating to families' needs. To purchase tickets for a sensory friendly performance, please call the Instant-Charge Service Desk at 202-476-8528 (voice) or visit, <https://www.kennedy-center.org/pages/accessibility/sensory>

AMC Sensory Friendly Films: Diary of a Wimpy Kid: The Long Haul**AMC Theatres Nationwide****Saturday, May 27th at 10am**

The program provides a special opportunity for families to enjoy their favorite films in a safe and accepting environment. The auditoriums dedicated to the program have their lights up, the sound turned down and audience members are invited to get up and dance, walk, shout, or sing! For more information, please visit, www.amctheatres.com/programs/sensory-friendly-films

The Kennedy Center Sensory Friendly Performances: Mouth Open, Story Jump**The John F. Kennedy Center for the Performing Arts****Washington, DC****Sunday, May 28th at 1:30pm**

Sensory friendly performances are designed to create a performing arts experience that is welcoming to all families with children with autism or with other disabilities that create sensory sensitivities. Accommodations for these performances include: lower sound level, especially for startling or loud sounds; lights remain on at a low level in the theater during the performance; a reduction of strobe lighting or lighting focused on the audience; patrons are free to talk and leave their seats during the performance;

designated quiet areas within the theater; space throughout the theater for standing and movement; limited crowds and visitors at the Kennedy Center during the day and timing of the performance; and Kennedy Center staff trained to be inviting and accommodating to families' needs. To purchase tickets for a sensory friendly performance, please call the Instant-Charge Service Desk at 202-476-8528 (voice) or visit, <https://www.kennedy-center.org/pages/accessibility/sensory>

You May Be Interested...



**WILLIAM
& MARY**

The Neurodiversity Initiative

Are You Interested in Learning More About Autism?
Do You Have a Child With Autism Who Is Transitioning to College?

The Neurodiversity Initiative at the College of William & Mary is offering a two day course in DC from June 10th-11th! For more information, please view the [flyer](#) and visit <https://wm.irisregistration.com/Home/Site?code=NEU> to register.



Behavioral Directions, LLC
Consulting in Autism & Developmental Disabilities

Behavioral Directions, a consulting firm serving individuals with Autism Spectrum Disorders and related developmental disabilities, is pleased to announce that spaces are available in its ABA Clinic. Interested in these services? Please see the flyer or visit www.BehavioralDirections.com for more information.



KEEN of Greater DC has a new, free program, [KEEN DC Zumba and Fit Program](#) for young adults (ages 18-25) launching this Sunday, May 7, as well as space for more kids and teens in their [Soccer](#) and [Basketball](#) Clinics programs, which are also free. To learn more, please check out the [flyer](#) and register at <http://www.keengreaterdc.org>

Children's National, Center for Autism Spectrum Disorders,
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Try it free today