

# CenterLines

Center for Disabilities and Development *Useful News for Families*

## What can your School Nurse do for you?

*June Masbruch, RN, Staff Nurse • Center for Disabilities and Development*

When someone thinks about school nurses they might think about a nurse with a thermometer and Band-Aid. Images of Nancy the Nurse from the Golden Book series come to mind. Did you know nurses take the same human anatomy courses that doctors take? Do you know that they take chemistry, physics and advanced mathematic courses to get their license?

School nurses have a national organization (NASN) that promotes healthy children in the schools. The State of Iowa now has legislation that says every school district should have a school nurse. Schools are not allowed to tell you they don't have a nurse.

What does that mean for your child? It means you and your child have an advocate (someone who will help speak for you). The advocate can help be sure that your child's health care needs are met during the school day, on the



bus, and during "before and after" school programs.

If your child has ADHD the school nurse can give him his medications (or teach someone else how to do it) during the school day. The nurse can take his height and weight and communicate this to the child's doctor. She can show your child's teacher how to look for side effects of medications, as well as tell the nurse what time medication wears off.

If your child has asthma or diabetes she can help make sure the medicines are working well. The nurse can also give emergency medications. The

nurse can show teachers, coaches, and bus drivers how to help your child in an emergency.

If your child has special needs such as catheterization, tube feedings, or breathing treatments during the school day, the nurse can do these, or teach special staff how to do them. School nurses are willing to help children come back to school after they have been gone for a long time, like after cancer treatments or recovering from an accident.

Children who have special health care needs are entitled to an Individualized Healthcare Plan (IHP) which can be part of their Individualized Educational Plan (IEP). They do not need an IEP to have an IHP.

Help your school nurse help you. When you see your medical doctor ask to sign a release of information so your school nurse can talk to them. Here at the CDD our nursing staff often provides education to school nurses. We also send orders to school for medications and treatments to be carried out during the school day.



University of Iowa Health Care



# Prescription to Play

at the Center for Disabilities and Development

Prescription to Play is a new program to lend therapeutic children's equipment to outpatient families seen at the Center for Disabilities and Development (CDD). These items are chosen by CDD clinicians to promote growth and development skills in the following areas:

- Fine and gross motor
- Dramatic play
- Social skills
- Sensory adaptation
- Communication

At our clinicians' discretion, family members are issued a "prescription" in a particular skill-deficit area. The CDD Disability Resource Library then assists the family in filling the prescription by locating and checking out the material for each child's identified developmental need. Families can check out one item for a month, or until the next appointment.

The patient population for this program ranges from age 3 to age 12, with emphasis on young children. Children receiving therapy in any of CDD's clinical services will have the chance to work on their skills at home, bringing continuity to the therapy process. It also helps to encourage the observation and participation of parents in their child's developmental journey.

*A sample from CDD Prescription to Play therapeutic toy catalog:*

|   |                                     |  |
|---|-------------------------------------|--|
|  | <b>Jumbo Animal Play Sets</b> \$29  | <b>Dramatic Play &amp; Language</b><br><a href="http://www.learningresources.com/search.do?query=zoo">http://www.learningresources.com/search.do?query=zoo</a>                               |
|  | <b>Ball Maze</b> \$30               | <b>Motor Coordination</b><br><a href="http://www.amazon.com/Edushape-805801-Rollipop-Starter-Set/dp/B001H80E9G">http://www.amazon.com/Edushape-805801-Rollipop-Starter-Set/dp/B001H80E9G</a> |
|  | <b>Bop-It</b> \$30                  | <b>Motor Coordination &amp; Vision</b><br><a href="http://www.hasbrotoyshop.com/games-bop-it">http://www.hasbrotoyshop.com/games-bop-it</a>  |
|  | <b>Catch &amp; Sticks Mitt</b> \$13 | <b>Motor Coordination</b><br><a href="http://www.alextoys.com/product/773">http://www.alextoys.com/product/773</a>   |

*continued on p. 3*



## University of Iowa Children's Hospital Autism Center Presents:

### Understanding Autism: Practical Help for Parenting Children with Autism 2012 Fall Workshop Series

#### What to Do TOMORROW? Five Keys for Supporting a Child with Autism October 6

The challenges of supporting a child with Autism Spectrum Disorder (ASD) are many, and the amount of research and interventions currently available can be overwhelming. This presentation focuses on what everyone--parents, teachers, extended family, support personnel--can do each day to ensure success for the child and for all involved. This presentation is full of humor, reality, and practical ideas.

#### About Our Speaker Alyson Beytien, MS



**Alyson Beytien** is a popular speaker, parent/teacher trainer and mother of 3 sons with autism. Alyson is the Behavior Specialist for the Mercy Autism Center in Dubuque, IA and has a Masters degree in Education specializing in Autism Spectrum Disorders from the University of Kansas, Bachelor's degree in Early Childhood Special Education and is a Board Certified Behavior Analyst (pending). She is the author of "Autism Everyday" which received the 2012 Literary Work of the Year for the Autism Society of America and a columnist for the Autism Spectrum Quarterly Magajournal.

#### Sexual Education and Your Child with Autism November 17

How comfortable are you discussing issues of sexuality with your children? Do you think your child's needs about issues of sexuality are the same as those of his or her typical peers? Difficulties with social skills often influence how persons with autism interpret others' sexual intentions and how they express their own sexuality. Sexual education is important for persons with Autism Spectrum Disorder to be able to understand their bodies and sexual development, navigate issues of sexuality to prevent exploitation, and to understand boundaries and acceptable behavior. This workshop will be a discussion about parental involvement in the sexual education of their child with an ASD and suggest ways sexual communication can be enhanced.

#### About Our Speaker Melissa Lehan-Mackin, PhD, RN



**Melissa Lehan-Mackin** received her PhD from the University of Iowa in 2011. She is in her second year as faculty at the University of Iowa, College of Nursing. She is currently conducting research projects investigating the sexual education needs of adolescents on the autism spectrum with the goal of creating tailored sexual education resources for parents and their children with ASD.

Changing Medicine. Changing <sup>Kids'</sup> Lives.



*University of Iowa Children's Hospital Autism Center presents*

## Understanding Autism: Practical Help for Parenting Children with Autism 2012 Workshop Schedule

| Topic  | Cost | Date and Time of Workshop    | Registration Deadline |
|--|------|------------------------------|-----------------------|
| "What do I do TOMORROW? Five Keys to Supporting a Child with Autism" | Free | October 6 (10 to 11:30 am)   | October 1st           |
| Sexual Education and Your Child with Autism                          | Free | November 17 (10 to 11:30 am) | November 9th          |

### Registration Information

To register for a workshop call **319-467-5658** or email [lisa-kemmerer@uiowa.edu](mailto:lisa-kemmerer@uiowa.edu).

- Please indicate whether you would like to attend the workshop at the Center for Disabilities and Development or by Webinar on your computer.
- Supervised play for children ages 3 to 10 will be provided for a limited number of families for the workshops.
- Please indicate the number of children you would like supervision for and their ages when registering.

### Directions and Parking

Maps and directions available online at: [www.uihealthcare.org/yourvisit](http://www.uihealthcare.org/yourvisit). The closest available parking is the visitor parking lot in front of the Center for Disabilities and Development. Parking is also available in Ramps 1 or 3. **There is a fee for parking.** Families can use the coined meters in the visitor parking lot or use cash or credit card in Ramps 1 and 3.

### Location

University of Iowa Children's Hospital  
Center for Disabilities and Development  
Rembolt Conference Room (first floor)  
100 Hawkins Drive  
Iowa City, IA 52242

### Contact Information

Questions or more information? Please contact:  
Lisa Kemmerer  
Autism Center Coordinator  
UI Children's Hospital Autism Center  
319-467-5658  
[lisa-kemmerer@uiowa.edu](mailto:lisa-kemmerer@uiowa.edu)

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## Centerlines for Families on the Web!

We have an online copy of this newsletter at [www.uichildrens.org/cdd](http://www.uichildrens.org/cdd). Just click on the "Newsletters" link in the list at the right. We have Centerlines there as well as the Iowa COMPASS News and Possibilities newsletter. We are starting something new with this issue, Centerlines for Families will have color and active links to make it easier for you to go to the resources you want or need!

Soon, we will have a sign-up form on the website so that you can get an email from us when the next Centerlines is posted.

## Transitioning from School to Work

Career Connections is a program that gives students with disabilities extra training and support to become more independent and successful with a job in their local community. It is a school-to-work program between local schools, the Grant Wood AEA, and many local agencies. For more information on this program, go to <http://www.aea10.k12.ia.us/divlearn/careerconnections/index.html>. Or call Lauri Jennisch at 800-332-8488 ext. 6263. You can also email Lauri at [ljennisch@gwaea.org](mailto:ljennisch@gwaea.org)

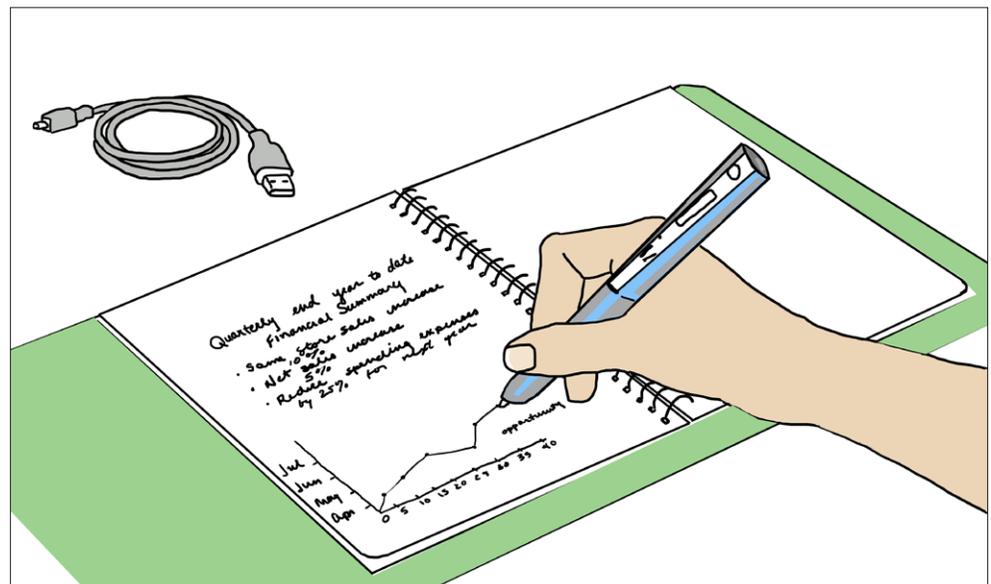
## Assistive Technology for Reading and Writing

Reading and writing is an ongoing issue for students in school and parents are always looking for something to help. Karen Younkin, Occupational Therapist at the Center for Disabilities and Development, put together a great list of software and devices that can help your student do better at school. The flier is called **Assistive Technology for Reading and Writing**. These are products that can be used at school for class work, and they can also be used at home for homework. The list has info on writing, reading, note-taking, and speech recognition.

Karen doesn't just list software, but she lists other devices too. For example, she lists the Livescribe SmartPen. The SmartPen is

a special pen you can use to take notes in class, but it will also record the teacher's voice. When you go back to study your notes, you can touch a place in your notes and the pen plays what the teacher was saying at the moment those notes were written. You can read more about the SmartPen at [www.livescribe.com](http://www.livescribe.com).

If you would like a copy of the hand out, please email newsletter editor Amy Mikelson at [amy-mikelson@uiowa.edu](mailto:amy-mikelson@uiowa.edu) and she will email a copy back to you. We will also put it on the web page. Karen is working on another handout for special apps you can use with the iPad. We will keep you posted on that one in a future newsletter.



# CenterLines

Center for Disabilities and Development  
University of Iowa Children's Hospital  
100 Hawkins Drive  
Iowa City IA 52242-1011

## Subscription is FREE!

A subscription to **CenterLines for Families** is free. If you would like to subscribe, please send your name and address to:

CenterLines@uiowa.edu

or by regular mail:

Barb Thomas  
Center for Disabilities  
and Development  
University of Iowa  
Children's Hospital  
100 Hawkins Drive  
Iowa City, IA 52242-1011



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CenterLines for Families is published quarterly. CDD encourages subscribers to read partner newsletters *Iowa COMPASS News* and *Possibilities in Education and Training*. You can find them all by going to our website at [www.uichildrens.org/cdd](http://www.uichildrens.org/cdd) and then clicking on the link for newsletters on the right.

*CenterLines for Families*, the newsletter of the Center for Disabilities and Development at the University of Iowa Children's Hospital, is published four times a year. It provides families with current information on child and adult development, issues affecting people

#### Newsletter staff

*Editors*  
Amy Mikelson  
Elayne Sexsmith

*Graphics editor*  
Lori Popp

*Editorial board*  
Joni Bosch  
Jennifer Luria  
Barb Thomas  
Susan Szmyrgala

with disabilities, and CDD resources available to them and their families. The newsletter is available in print, in Spanish, and also online at [www.uihealthcare.org/cdd](http://www.uihealthcare.org/cdd). Click on CenterLines for Families.

For correspondence relating to the newsletter, or to request permission to reproduce information from it, please contact:

Barb Thomas  
Center for Disabilities and Development  
University of Iowa Children's Hospital  
100 Hawkins Drive  
Iowa City, IA 52242-1011  
CenterLines@uiowa.edu

*The role of the information in this newsletter is not to provide diagnosis or treatment of any illness or condition. We strongly encourage you to discuss the information you find here with your health care and other service providers.*