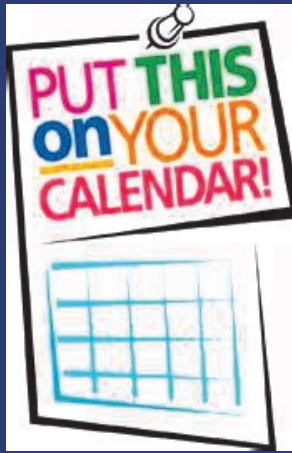


Upcoming Community Events

- **Cute Smiles 4 Kids**
Saturday, February 9, 2013
Westside Family YMCA
2900 Ruiz St. San Antonio, TX 78228
210-433-6391
- **2013 Recreation and Support Resource Fair**
Saturday, February 9, 2013
The ARC of San Antonio
6530 Wurzbach Road, San Antonio, TX 78240
210-490-5196 hlong@arc-sa.org
- **Autism Family Night at Joe's Crab Shack**
February 15, 2013 11:00am - Midnight
I-10 and De Zavala Road
- **TAPPestry Conference 2013**
Saturday, February 23, 2013 Region 20
www.esc20.net



Any Baby Can
217 Howard St.
San Antonio, TX 78212
210 227-0170
www.anybabycansa.org

Reaching Families Facing Autism February 2013 Newsletter



Reaching Families
Facing Autism

Any Baby Can is proud to offer families of children with autism a wide variety of supports and training.

This newsletter is one way we support families and those interested in autism.

Upcoming community events and special news will be featured along with tips, ideas and recipes. Thank you for inviting this newsletter into your home or office.

Please share it with anyone interested.

Find

Any Baby Can on Facebook.



Visit our website:

www.anybabycansa.org

210 227-0170



this issue

Monthly Support Activities P.1

Behavior Strategy P.2

Walk for Autism P.3

Local Community Events P.4

Upcoming Monthly Autism Speakers Series

Date: **February 19, 2013**

Time: 6:30 - 8:00pm

Place: Any Baby Can Boardroom

Speaker: Elisa Carranza

Topic: "Do you know how to help a child who is choking?"
First Aid Tips for Parents



Date: **March 19, 2013**

Time: 6:30 - 8:00pm

Place: Any Baby Can Boardroom

Speaker: Michael Lopez

Topic: Asperger's from the Perspective of Adults with ASD

These informative sessions are provided at no cost to anyone interested in attending. Free child supervision is also available. Please call 210-547-3013 to register.

Mom's/Dad's Night Out

Join other moms and dads for this two hour fun-filled and supportive night.

Bring your favorite food to share with others and make new friends.

Mom's/ Dad's Night Out is held every first Friday of the month.

Date: **February 1, 2013**

Time: 6:30 - 8:00

February Activity for Moms:

Paper heart wreath

All materials are provided.

Dads will "hang out" together.

Please call 547-3003 to register.

Child Care is provided by Respite Care of San Antonio. Please call 210-547-3013 for more information.



Toilet Training

Tips:



We all know how difficult it is to toilet train any child, however,

toilet training a child with ASD may be even harder! Here are some tips that you may find helpful during this journey.

- Make sure that **YOU** are emotionally ready.
 - Be sure that there are no other added stressors such as moving to a new house, a new baby, a sudden illness, etc.
 - Record all data! This will help you see elimination patterns as to when your child eliminates most often and during what times of the day.
 - If you see that your child's feet dangle, use a stool or a box to help elevate their feet so they can feel more stable while on the toilet.
 - Have a bathroom basket ready. This is a basket full of toys, books, magazines, or other items the child enjoys in order to help alleviate some of the stress of this toileting process.
- If you need more information or want to register for this 4 session training, please feel free to contact us at 210-547-3003 or 210-547-3013.



TOILET TRAINING SESSIONS

RFFA is providing a 4 session toilet training class free of charge to families who have a child with ASD. Classes are offered in a group setting every Tuesday from 10 am-11:30 am. Free Child Supervision is provided. Follow up support is also provided after the 4 sessions. Parents receive a free toolkit as part of their training. Please call 210-547-3003 for more information.

Circle of Support Family Counseling Sessions

Purpose: To provide a safe and non-judgmental place to express your feelings and concerns.

- Sessions are provided in group and individual settings.
- Learn how to cope with family and marital issues.
- Learn from other parents in similar situations.
- Keep your engine running by taking care of your emotional needs.

Time: 5:30 - 7:00pm

Date: Every Monday

Location: Any Baby Can 217 Howard St. 78212

Individual Sessions are available.

Please call (210) 547-3013 to register for monthly sessions.

Child supervision available.
Sessions are free of charge.



Rios Golden Cut Autism Awareness Training

We are pleased to announce that we have begun training within the community at local Rios Golden Cut Salons for children with autism. The goal of this is to raise awareness of autism and how it not only effects our children but our community as well and how the local businesses can help support our families who have children with autism.

Tips to Use in the Community:

If your child does not like wearing the "cape" when getting their hair cut, take a large t-shirt for the child to wear over their clothing. Also, bring the child's favorite toy or object to help keep their attention away from the scissors or other sensory issues they may have.



Any Baby Can and RFFA are proud to announce that we have partnered with **Joe's Crab Shack** located off of I-10 and De Zavala Road in an effort to make the restaurant a more comfortable environment for families and their children with ASD. The RFFA

team has met with management at the restaurant and will be providing autism awareness and sensitivity training for their host and wait staff. Money raised from the 2012 Walk for Autism is being used to provide this restaurant with **Sensory Buckets** filled with sensory toys for families to use with their child with autism as they enjoy their delicious seafood meal. Mark your calendars for **February 15th** (11am—Midnight) **Autism Family Night at Joe's Crab Shack**. Come by our office for free appetizer cards and free kid's meal cards!



Our 9th Annual Walk for Autism is right around the corner! It will be held on Saturday, April 13, 2013 at the AT&T Center. Families will have access to over 100 community resources and service providers at our resource fair that we have extended to adults with ASD. Please come and support the RFFA program. All funds raised go directly back in the RFFA program in order to provide FREE services to our families that include group counseling, individual counseling, parent training, education group, and our toilet training self-care series. You can register at walkforautismsa.com or stop by Any Baby Can and we will be happy to assist you! Hope to see you there!

Visit website to register! www.walkforautismsa.com

Autism Awareness Jewelry & Magnets Sale begins February!

Come by our office to get your autism jewelry to show your support for our autism community.



RAFFLE TICKETS ON SALE NOW!

Tickets are only \$1.00!

Great prizes you could win:

- \$2,500 diamond pendant from Americus Diamond



- iPad 2
- iPad 2 (this is not a typo you could potentially win 2 iPad 2's)



- Any Body Can Exercise Kit
- Blue Cat PIES Educational Kit

Come by our office to get your tickets!

217 Howard
210 227-0170

\$1.00