



Down Syndrome Association

of West Michigan

SEMI-ANNUAL CONFERENCE & SERVICE PROVIDER INFORMATION FAIR

Saturday, April 26, 2008, 8:30am-1:00pm

GVSU Eberhard Center,
Grand Valley State University, 401 W Fulton St., Grand Rapids

Therapies & Adaptive Activities for Children with Down Syndrome and their Families

Come learn about available therapies and adaptive activities, how they may be beneficial to your child and family and how you can apply them at home and school.

Concurrent Sessions –

Therapies for Your Child with Down Syndrome

- Feeding and Oral-Motor Therapy** - Presented by Linda Kelley, M.A., CCC-SLP, Vision and Sensory Center, Private Practice
Learn how to improve your child's ability to eat in an age-appropriate manner. Through work to improve jaw, lip and tongue function, food will stay within the oral cavity during preparation and be swallowed completely. These skills also improve the musculature required for complex speech sound development. Daily work at home is required for mastery.
- Music Therapy: The Basics and Beyond for Parents and Professionals** - Presented by Louie Morand IV, MT-BC, Private Music Therapy Practitioner
Workshop will describe ♪ Contemporary definitions of music therapy, ♪ The process of receiving music therapy as a "related service" under IDEA, ♪ How a music therapist addresses goals and objectives in a student's IEP, ♪ How treatment is structured to include inclusive ideologies, and ♪ How music therapy treatment augments gains associated with other treatment modalities.
- Physical and Occupational Therapies for Children with Down Syndrome** - Presented by Steve Prins, MS, OTR, Holland Public Schools, Private Practice and Julie Delaney, Physical Therapist, Grand Rapids Public Schools
Therapists will share an overview of what occupational and physical therapists look at and the types of activities they may use in treating children with Down Syndrome. Areas such as gross motor development, conditioning, exercising, sensory issues, fine motor and oral motor skills will be addressed.
- Therapeutic Listening: An Auditory Intervention Facilitating Attention, Regulation and Communication** - Presented by Terri Cooper, MSOT, OTR and Stacy Pulley, MS, CCC, Center for Childhood Development
Participants will learn how the auditory intervention of Therapeutic Listening can positively impact sensory integration, attention, regulation, motor planning, engagement and communication. This will include a simple overview of the science and research behind the intervention, as well as the opportunity to experience the CDs and equipment of Therapeutic Listening firsthand.
- Therapeutic Riding: Understanding the Therapeutic Benefits** - Presented by Julie Suwyn, NAHRA Advanced Therapeutic Riding Instructor, Spirit Farms Riding Center, YMCA Camp Manitou-Lin
Take a look at the way horses can benefit the whole person—physically, cognitively and emotionally. Improve your child's flexibility, balance, muscle tone, posture, coordination, motor development, emotional well-being, patience, confidence and self-esteem.

Schedule:

8:30-9:00am - Registration &
Continental Breakfast
9:00-9:40am - Breakout #1
9:50-10:30am - Breakout #2
10:40-11:20am - Breakout #3
11:30-12:10pm - Breakout #4
12:10 - 1:00pm - Information Fair
1:00pm – Conference Concludes

You will have the opportunity to attend 4 of the 13 concurrent sessions. All concurrent sessions will be presented 4 times except Workshop #6, Understanding and Treating the Picky Eater presented by Wendi Cuson, which will only be presented during Breakout #1 & 2.

Please indicate your workshop selections on the registration form (page 4).

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6. **Understanding and Treating the Picky Eater** - Presented by Wendi Cuson, MS, OTR, Easter Seals - Michigan
Learn about an approach to treat children who have been described as “picky eaters.” You will discover why children have feeding difficulties and learn the top 10 myths of mealtime. In addition, you will be introduced to general treatment strategies used to reduce fear and sensitivity related to food consumption.

*** This workshop will only be presented during Breakout #1 & 2***

7. **Vision and Your Child with Down Syndrome: Signs, Symptoms and Stimulation Activities** -
Presented by Anne Baird, Teacher Consultant for the Visually Impaired, Grand Rapids Public Schools
Sixty percent of children with Down syndrome have vision problems. Discover the signs, how to apply testing and what to do about it. Suggestions for visual stimulation activities will be provided.

For Families of Teen and Young Adults with Down Syndrome

8. **Living in the Real World: Social Awareness and Application of Social Skills** - Presented by Rochelle Manor, Ph.D., Neuropsychologist, Joe Schelling, BSW, Behavioral Resources and Institute for Neuropsychological Services (BRAINS)
In this session participants will ♦ Become familiar with the normal stages of social awareness and “friendship skills”, ♦ Discuss complexity of social development for children/adolescents with Down syndrome, and ♦ Review learning principles necessary for applying social skills (safety awareness, timing principles, intensity).
9. **The Psychotherapeutic Perspective and Assessment and Treatment of Depression in Children/Adolescents with Down Syndrome** - Presented by Tracy Kroeger, Ph.D., Licensed Psychologist, Developmental Enhancement PLC
Children and adolescents with neurodevelopmental differences like Down syndrome are 4-6 times more likely to experience mental health challenges, including depression. Attributable to a number of unique factors, depression can manifest through both typical and idiosyncratic behaviors. This session will discuss early identification of potential symptoms of depression for children with Down syndrome, proactive strategies for prevention of mood disturbance and appropriate psychotherapeutic interventions.

For Families and Siblings

10. **The Power of Cluster Coaching** - Presented by Nicole Beurkens, M.Ed., Horizons Developmental Rehabilitation Ctr.
Learn research-based strategies to positively impact your child’s development, reduce your stress level and improve quality of life for your whole family! This session will provide you with all the information you need to understand how the program works and whether it is right for your family.
11. **A Time for Siblings** - Presented by Dale Ranson, Ed.D.
Siblings experience many different emotions, rewards and challenges growing up with a brother or sister who has Down syndrome. Mix this with the regular challenges of growing up and you have some unique situations! Learn strategies for working with and helping siblings.

Adaptive Recreational Activities

12. **The Arts and Your Child** - Presented by Michele Suchovsky, Executive Director and Katy Schoetzow, Program Coordinator, Very Special Arts - Grand Rapids
The arts are a critical component in the child development process. Learn about research of the role of the arts in the development and education processes. Obtain practical information about easy activities to do at home and what services exist in the community to help you.
13. **Dance as an Adaptive Art** - Presented by Delight Lester, LMSW, Arts in Motion, Living Light Dance Company
Creativity is inherent in all of us. The arts provide a vehicle for expression and the growth of self-esteem. But utilizing the arts, individuals can experience success, thus enhancing many areas of their lives. Come explore the application of arts for all.

Healthy Eating Workshop for Youths At Conference Childcare



Cindy Borders, RD, CSP will present a workshop for youths, age 10 and up, at the David D. Hunting YMCA childcare on healthy eating and nutrition. Attendees will learn about healthy vs. unhealthy food choices, appropriate serving size and, through a hands-on demonstration, will learn how to make a healthy snack. If you would like your child to participate in this workshop, please indicate as such on the registration form (page 4). { Workshop is free }

Registration Form - Please Respond by April 12

Name(s) _____ Telephone No _____
 E-mail _____ Childcare Deposit Enclosed: _____ (\$10/child)
 Names & Ages of Children at Childcare _____ (DSAWM members only)
 No. of children at *Healthy Eating Workshop* _____ No. Attending Conference _____ Please indicate the sessions you will be attending (You may attend 4 of the 13) #1__, #2__, #3__, #4__, #5__, #6__, #7__, #8__, #9__, #10__, #11__, #12__ or #13__ Parent, Educator or Other _____

There is no cost to attend the conference. Additional registration forms can be downloaded from our website.

Mail, fax or e-mail the completed form to—
 DSAWM
 PO Box 888164
 Grand Rapids, MI 49588

Website: www.dsawm.org
 E-mail: dsawm@iserv.net
 Fax: 616-974-9612
 Phone: 616-956-3488

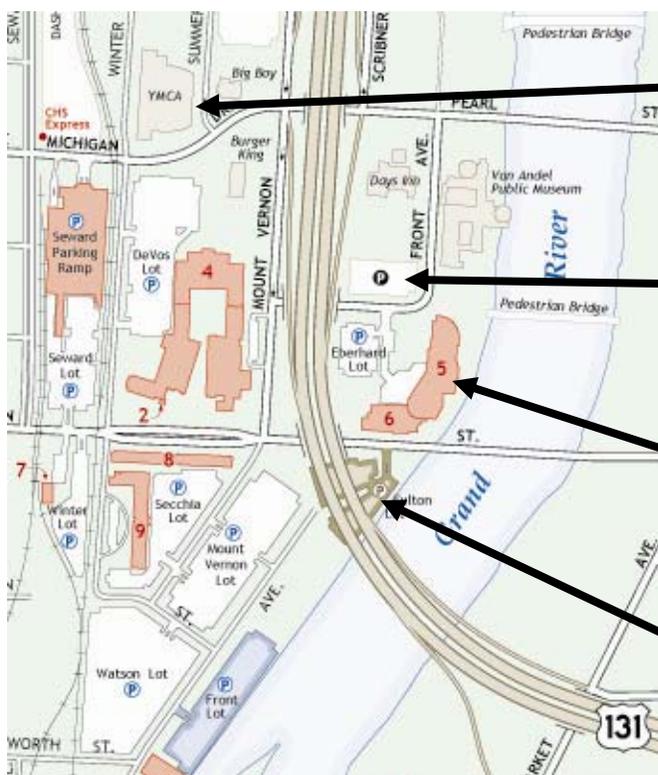
(Registration form must be mailed in with deposit if requesting childcare. Make checks payable to DSAWM)

Conference Childcare – at David D. Hunting YMCA

Childcare will be provided from 8:00am to 1:30pm free of charge for children ages 3 and up for members of the Association at the David D. Hunting YMCA, 475 Lake Michigan Dr, GR (the downtown Grand Rapids YMCA). Children ages 3-14 will be separated into small groups by age and interests and children/young adults age 14 and up will be together. Activities will be offered and may include the outdoor rooftop play area, teen center, and/or gymnasium. See pg. 2 for information on *Healthy Eating Workshop*.

Snacks and beverages will be provided. Please bring a sack lunch for your child(ren).

Limited childcare is available on a first-come, first-serve basis. To hold space for your child(ren), a \$10.00 per child refundable deposit is due with the registration form (see below). The deposit will be refunded upon arrival at childcare Saturday morning or will be mailed if your childcare needs are cancelled prior to 6:00 pm, Friday, April 25 (approximately 12 hours before the event). No refunds will be given for "no shows" or cancellations made after 6:00pm, Friday, April 25.



*****CHILDCARE LOCATION*****
 David D. Hunting YMCA
 475 Lake Michigan Dr
 (entrance to parking/child drop-off is Winter Ave)

PARKING - \$\$ fee \$\$

***** CONFERENCE LOCATION****
 Eberhard Center
 Grand Valley State University
 401 W Fulton, Grand Rapids

PARKING - free—FULTON LOT