

## December 2017 News

### Dear CAF Supporter

Season's greetings to all our families!

### Arletta and Gera's tips for Christmas

With the end of Term 4 fast approaching, Gera and Arletta share some ideas on what may be supportive for your child with ASD.

#### End of Term 4

- As there are lots of festivities and out-of-routine activities, use visual planners and calendars, social stories and other preparation tools to explain to your child what will happen.

- Preparing for a new teacher and classroom: ideally you, and your child, will know who the new teacher will be so you can support transitioning. Most schools tell you just before the holidays so you can make connections with your child in the playground, invite them in for little jobs or tasks, or visit the class during this time.

- Make a social story or photobook of the new school, classroom or teacher **before** the end of the year. Preparation will mainly happen during the summer holiday.

#### Summer break

We might look forward to some time to unwind. Be spontaneous and go with the flow during the holidays. For many children with ASD however, being out of routine may be unsettling.

- Keep a routine going and make visual schedules or week planners, and a calendar so the child knows when school starts again.

- Plan 'surprises' or activities to be chosen later, to teach a bit of flexibility and choice-making.

- Christmas may be challenging. Prepare your child well for the festivities, important moments, when presents will be opened (and for some, in what order); also, who will be there and when, and where can they go to have some quiet time?

- Give your child regular breaks to unwind and be by themselves (a quiet space, their favourite activity, sensory toys and foods).



### Community Notices

#### Children's Autism

##### A.S.K Training for support workers Sponsored by Te Pou and Enliven

12 Feb, 7-9pm  
13 Feb, 9am-4pm  
North Shore  
Venue TBC

##### Hands On Autism

24 Feb, 9am-4pm  
Takapuna

##### Dealing with Anxiety

27 Feb, 7-9pm  
Oratia

Register for all our workshops [online](#)

##### Christmas closure

The CAF office will be closed 22 Dec - 15 Jan

#### Disability Connect

##### Support Groups for:

Culturally Diverse  
Chinese Families  
Indian Community

##### Seminars on:

Education Legal Issues  
Individualised Funding  
Living Options  
Planning for Adulthood  
Transitions

[More info](#)

#### PHAB

##### Christmas Carols and Picnic

9 Dec, 12-3pm  
[8 Auburn St](#)  
Takapuna

Sausage sizzle

- There may be a holiday programme suitable for your child. See the documents attached to this newsletter for some activity ideas and organisations to check out.

### Preparation for back to school

- For some children, going to the school playground every now and then is helpful

- Read social stories about the new school or class and keep a calendar going

- Get back into the school routine in the last week of holiday

- Practise wearing the school uniform (and shoes)

- Some schools have 'teacher only' days before school starts. You may be able to visit school with your child to meet the teacher and practise without a crowd. For example, where are the toilets, office, playground, quiet spaces, sick bay, etc?

**Please check in with one of us if you are looking for specific resources on social stories, how to survive Christmas and holiday trips, making a student profile. Gera (Services Manager): [gera@autism.org.nz](mailto:gera@autism.org.nz) and Arletta (Lead Family Consultant): [arletta@autism.org.nz](mailto:arletta@autism.org.nz).**

**Have a great Christmas!**

## Hands On Autism - 24 Feb

'Hands On Autism' is a full day workshop for all who are living or working with a young person on the Autism Spectrum.



Topics include:

- Guide to the Autism Spectrum
- Strategies for Behaviour
- Sensory Issues
- Dealing with Anxiety

Sat 24 Feb 2018, 9am-4pm  
Takapuna Primary School, [23 Auburn St, Takapuna](#).

FREE for families and carers (kindly sponsored by Disability Connect and Te Pou)  
\*\*\$175 + GST per ticket for professionals \*\*Lunch included.

Register [here](#)

Face painter  
Choir  
Visit from Santa

\$10/person  
Friends and family welcome

### Hangout Days

23 - 26 Jan  
For 16 years +

More info:  
488-7490  
or [chewy@phab.org.nz](mailto:chewy@phab.org.nz)

### Mapura Studios

#### Art Group for Teens

For 12+ years  
All abilities, particular provisions for autistic young people. Two new creative art classes for teens in Takapuna and Pukekohe.

Ph 09 845 5361  
e: [alex@mapurastudios.org.nz](mailto:alex@mapurastudios.org.nz)  
[www.mapurastudios.org.nz](http://www.mapurastudios.org.nz)

### Tri Star Gymnastics

Personalised approach to learning. Includes athletes with Autism, Cerebral Palsy, Down Syndrome, developmental delays.

Ph: 09 625 4354  
[team@tristar.org.nz](mailto:team@tristar.org.nz)

[More info](#)

### IDEA Services

#### Young Adult Groups

Papakura and Pukekohe.  
Enable young adults to build on their life skills through sports, recreation, and volunteer work.

More info: Iris Philip on 09 529 8714, 022 010 8243  
or email [iris.philip@idea.org.nz](mailto:iris.philip@idea.org.nz).  
[Facebook page](#)

Websites to Check Out

## Funfest V.I.P Day

We still have a limited number of tickets available for the [FunFest V.I.P day](#).

**Funfest V.I.P Day**  
**10 Jan 2018, 10am-4pm**  
**Vodafone Events Centre**  
**Manukau**

Strict rule of max. 4 guests per ticket (mum, dad, caregiver, sibling) to ensure you enjoy the day without huge crowds.

[To apply for a ticket](#)

## Webfair

WebFair is a new online auction platform with proceeds going to charity. All items start at \$1.00 with no reserve making it a buyer's market with a genuine bargain.

This Christmas, clean out your cupboards and support the Children's Autism Foundation!

Go to our Webfair [online fair](#) > Upload your item > Watch your item being auctioned > Proceeds go to the Children's Autism Foundation

Or if you're just hunting for a bargain, there's items for sale all supporting a range of community causes.

More info on their website: [www.webfair.co.nz](http://www.webfair.co.nz)

## Our Christmas closing hours

The Children's Autism Foundation wishes a wonderful Christmas and summer break to all our families.

The CAF team will be out of the office from 22 December until 15 January 2018.

[www.autism.org.nz](http://www.autism.org.nz)

Children's Autism Foundation

[www.autismnz.org.nz](http://www.autismnz.org.nz)

Autism New Zealand

[www.adhd.org.nz](http://www.adhd.org.nz)

ADHD Association

[www.altogetherautism.org.nz](http://www.altogetherautism.org.nz)

Altogether Autism

[www.aucklanddyspraxia.org.nz](http://www.aucklanddyspraxia.org.nz)

Dyspraxia Association

[www.disabilityconnect.org.nz](http://www.disabilityconnect.org.nz)

Disability Connect

[www.childisplayot.net](http://www.childisplayot.net)

Child's Play OT

[www.ccsdisabilityaction.org.nz](http://www.ccsdisabilityaction.org.nz)

CCS Disability Action

[www.dancetherapy.co.nz](http://www.dancetherapy.co.nz)

Dance Therapy

[www.enrichplus.org.nz](http://www.enrichplus.org.nz)

Enrich+  
Education, Employment,  
Empowerment

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

Everyday OT  
For skate, holidays, adventure,  
surfing.

[www.focustherapy.co.nz](http://www.focustherapy.co.nz)

Focus Therapy O. T. Brain Gym,  
Educ. Kinesiologist

[www.ihc.org.nz](http://www.ihc.org.nz)

Idea Services

[www.mapurastudios.org.nz](http://www.mapurastudios.org.nz)

(Arts)

[www.taikura.org.nz](http://www.taikura.org.nz)

(NASC Auckland)

[www.talklink.org.nz](http://www.talklink.org.nz)

Talklink Trust

[www.yesdisability.org.nz](http://www.yesdisability.org.nz)

Yes Disability

[www.parenttoparent.org.nz](http://www.parenttoparent.org.nz)

Includes Altogether Autism &  
Care Matters

**Attachments:**

[Any age activities - Oct 23.pdf](#)  
[Discounted rates by regions - Oct 23.pdf](#)  
[Preschool activities - Oct 23.pdf](#)  
[School age activities - Oct 23.pdf](#)

**Children's Autism Foundation**

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3pm Monday, Wednesday, Thursday

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