



PARENTING WITH A DISABILITY BULLETIN

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PDN UPDATE

By Nancy Barry



PDN Picnic 2011

I think this year's picnic went extremely well. Once again, we met at High Park, but this year we were able to secure a permit for the covered area, which is especially nice when the sun is extra hot.

We had a great turnout, with lots of games for the kids. Everyone went home with a loot bag, including the parents.

Once again, we'd like to acknowledge 'The Lunch Box' for catering the event, with a great assortment of sandwiches and veggies. We topped it off with a real summer treat — watermelon!

Thanks everyone, for making this year's PDN Picnic better than ever! Here are a few pics from the day:





PDN Photos

Often times at our events, PDN or otherwise, CILT likes to take photos of our 'consumers in action' primarily because it allows people (particularly funders) to see the kind of work that we do and how it benefits the consumers that we serve. It really helps us to secure continuous funding.

Many PDN members have already been asked to sign a waiver granting CILT permission to display event photos on CILT'S peer support page and/or for displays being used to promote our programs. It is only required that you sign a waiver once, and not before each event. Once that waiver has been signed by you, the consumer, it remains on file forever. If you have NOT signed a waiver, and your photo has been taken, we apologize. However, it is also YOUR responsibility, as a consumer, capable of making your own decisions, to speak up and state at the time the photograph is being taken that you wish NOT to have yours or your child's photo taken.

CILT staff are very busy at events, doing our best to make sure that everyone has what they need and is having a good time, that we can't be expected to remember off the top of our heads who has and who has NOT signed a waiver. That's where you come in, as an adult,

and make sure that you are not in the photographs at the time they are being taken.

In the past, members have asked us to send them copies of photos that they have been in, which is another reason why any peer support photos that are taken are now posted on CILT's Peer Support Facebook page. It allows you to copy the photos that you want without CILT having to spend both time and money sending copies out to everyone.

I think the best thing for us to do from now on, is post event photos for up to two weeks after the event has occurred. At the end of the two week period, the photos from the event will then be removed. If you are not on Facebook, and still wish to receive copies of the photos that YOU are in, then please contact myself or Carling.

Thank you for your understanding and cooperation in this matter. SAY CHEESE!!





How To Talk to Kids About Back-to-School

Fears © Lorryne Anthony; The Canadian Press, September 3, 2010. ParentsCentral.ca

For many children, heading off to class with brand-new running shoes and a backpack filled with notebooks and sharpened pencils can be exciting. But for others tummy troubles or sleepless nights begin as the calendar flips to September.

They might be encountering new teachers, a new school building and they could be in a situation where they'll have to make new friends. Going to school in the fall can be a time of anxiety.

"You've got many fearful students in September," said Robin Bright, a professor of education at the University of Lethbridge.

Younger children may feel anxious about a new teacher and ask themselves, "Will the teacher like me?" said Bright.

But for older kids, she said, the stresses are more diverse.

Students may be concerned about where to catch the school bus. Or they fear they may not be able to sort out new schedules or new lockers. And at the top of the worry list: Will any of my friends be in my class?

Play dates, judo lessons, music camps and Facebook might fill the summer, and many children would appear to have plenty of social engagements and friends.

But some experts say none of those get-togethers can replace daily, face-to-face interactions. "It is very important to nurture relations within their own school community," said Ester Cole, a psychologist who works with children and adolescents in Toronto.

She stresses that children need to have good relationships with the peers they meet daily during recess or in the cafeteria, adding that this teaches children about community, how to negotiate and co-operate.

"Parents can be excellent facilitators of school contacts by making sure their children know they are welcome to invite peers over, either before school begins or during the first couple of weeks," she said.



Even something as seemingly simple as an agenda — the notebook-sized calendar handed to students during the first week of school — can cause problems.

“The agenda came into play to help alleviate stress — to record things they might not remember,” said Bright. “The intent is to organize and help manage their lives.”

“But (the agenda) can have the opposite effect. It can be just one more thing to do, forget or lose.”

More extreme reactions to a new school year may result if it is just one of many changes at the end of a summer. For example, the family may have moved into a new home. There may be a new addition to the family, such as a baby. Or perhaps there was a death in the family.

Any one of these situations can make going to school all the more worrisome. Bright said the best way to deal with back-to-school stress is to talk about any fears. It may be as simple as parents taking time in the weeks before school starts to walk the route to school with their child and spend a few minutes in the school yard to help familiarize kids with what they will be seeing in their new daily routine.

Kids Help Phone, a youth counselling service for those aged five to 20, offers

some advice to parents trying to help their kids deal with heading off to school in the fall at kidshelpphone.ca.



[Kids Help Phone](#) has seen an increase in online activity in the past five years. This may indicate that the way kids are reaching out for help is shifting; if they are uncomfortable talking to parents, they may be trying to get help in other ways. In fact, Cole said many parents talk about the transition to school with their kids.

But while some parents may be telling their children how proud they feel, the parents themselves may be stressed about their little ones starting a new class.

“Children look to their parents for reassurance. However, when they see worry, it doesn’t help them calm down,” said Cole, chair of the Parenting for Life program with [the Psychology Foundation of Canada](#).

One way to minimize pre-school jitters — for both students and parents — is to work in some down time. “Many families tend to maximize summer holidays,” she said. “Before school starts it is important to be mindful of the cost/benefit of extending the holiday to the time right before school begins.”

"This is especially true with very young children and those prone to worry." Bright added that parents shouldn't discount the importance of good habits in the days leading up to the first day of school.

"Staying healthy — getting enough sleep, exercise and good food — makes a huge difference."

Back-to-School Checklist

Buying School Clothes and Supplies:

- paper, folders, pens, pencils, markers, crayons, etc.
- shop ahead of time for sales throughout the year
- buy extras of "essentials" and put them away for later
- buy off-brands whenever possible to cut costs
- simplify your child's wardrobe to "mix-and-match"
- take an inventory before heading out to the stores; shop with a list to avoid buying things you don't need.

Clearing Out the Clutter:

- go through closets and give away clothes / shoes that don't fit
- help your kids let go of old toys and outdated interests

- clean out old school supplies to make room for the new
- spend one day before school starts organizing your child's storage
- do it "with" your kids, and not "for" them have each child's room spot less by the night before school starts.

Contact the School:

- find out if any physical examinations or immunizations are required
- see if there are any new registration requirements this year
- get your child's schedule and names of teachers
- names and contact info for your child's classmates' parents
- give the school emergency phone numbers to reach you
- designate others who may care for your child in your absence
- get copy of school policies (absence, illness, discipline, etc.).

Creating a Launch Pad:

- set up a spot near the door for items that need to go to school
- backpacks, school books, sports equipment, instruments, etc.
- spend 15 minutes each night gathering supplies for tomorrow
- use a cubby for each kid if you have several children; no more hunting for missing books and supplies in the morning.

Getting Ready Ahead of Time:

- make lunches the night before to save time in the morning
- do "non-perishables" (juice box, chips, fruit) a week at a time
- put in pantry in lunch bags labelled with child's name and day lay out your child's clothes for the entire week on Saturday or Sunday
- collect school supplies for next day before going to bed; plan out and shop for a week's worth of dinners at once.

Making Bedtime Easier:

- have a set schedule (homework, dinner, play, bath, etc.)
- spend 15 minutes before bed straightening up
- gather all supplies for the next day before bed
- create "calming" rituals (bath, reading, soft music) before bed
- help kids get up in time by insisting on a strict bedtime; stay away from TV late at night.

Morning Rituals:

- set an alarm clock allowing plenty of time to get ready
- complete your AM routine before the kids start to get going
- simplify your morning routine as much as possible
- complete as many "getting ready" chores the night before as you can

- have a set schedule (shower, dress, breakfast, chores, etc.)
- make mornings fun with music, but stay away from TV distractions
- create a sense of structure to start off the day
- put breakfast supplies within kids' reach to make things easier
- develop consequences for not being ready on time.

Putting Your Schedule in Order:

- set up a central family calendar in a high-traffic area
- family meeting once a week to discuss each person's schedule
- record each person's appointments in a different color marker
- make each child responsible for reporting his/her activities
- schedule in regular appointments (soccer practice, piano lessons)
- immediately transfer dates from other schedules to your calendar; be sure to block off family time at least once a week.

Teaching Kids to Set Boundaries:

- limit the number of extra-curricular activities at one time
- limit amount of artwork that may be displayed at one time when a new piece of art work goes up, one must come down.



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Ramona Creel is a modern Renaissance woman and guru of simplicity -- traveling the country as a full-time RVer, sharing her story of radically downsizing, and inspiring others to regain control of their own lives. As a Professional Organizer and Accountability Coach, Ramona will help you create the time and space to focus on your true priorities -- clearing away the clutter other obstacles and standing in the way of that life you've always wanted to be living. As a Professional Photographer, Ramona captures powerful images of places and people as she travels. And as a travel writer, social commentator, and blogger, she shares her experiences and insights about the world as we know it.

Indoor Activities You Can Do With Your Kids On a Rainy Day

© Cool Parent 101 Fun Things to Make Your Kid Say WOW; Alicia T. Devantier, Source Books Inc., January 2011.

Magazine Picture Puzzles: Create your own simple jigsaw puzzles with your children from large magazine pictures.

What You Need:

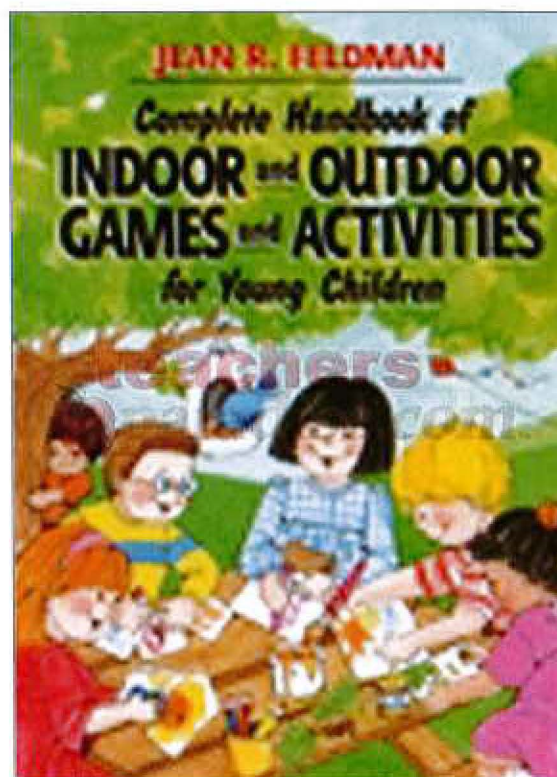
- Large magazine pictures
- Scissors
- Glue
- Thick cardboard

What to Do:

Look through magazines with your children and let them choose some pictures from which they would like to make puzzles. Help them cut out the pictures and use a strong glue to stick onto thick cardboard.

When it is dry, cut it into puzzle shapes. With younger children begin with four or five pieces. As they master the skill, cut the pictures into more pieces.

Store and label the puzzles in plastic lunch bags in a shoe box.



I Went Shopping: A memory game to play with the rest of the family or some of your children's friends. A good game to play in the car on long trips too!

What You Need:

- A few players



What to Do:

Sit all the players in a circle. The first person says, 'I went shopping and I bought ...' The next player says, 'I went shopping and I bought...', and then says what the first player bought. Keep going around to see who has the best memory. Vary it by choosing specific shops – 'I went to the toyshop and I bought ...' or 'I went to the fruit market and bought....'

Outdoor Activities You Can Do With Your Kids While On Summer Vacation

© Cool Parent 101 Fun Things to Make Your Kid Say WOW; Alicia T.

Scavenger Hunt Challenge: Send the children on a more challenging scavenger hunt.

What You Need:

- Lists written before you leave.

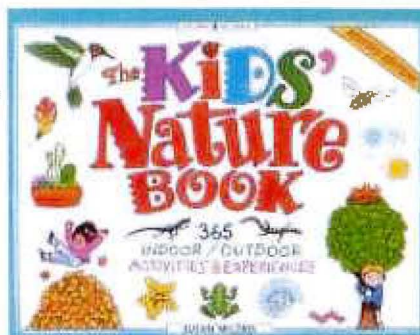
What to Do:

Go for a walk through a park, beach or forest and ask the children to use their eyes to think creatively. Give them a list each and a bag to collect their items in. Remind them to only collect things they can return safely and without damage.

Things on the list may include:

- Two different types of seeds
- A flower
- A chewed leaf (not by them)
- Something prickly
- Something soft
- Something smooth
- Something that is a covering
- A camouflaged animal/insect
- Something that reminds them of themselves
- Something that is dead (a leaf, flower)
- Something from an animal.

Sit down and let them be the scavengers. The first child to complete the scavenger hunt list correctly is the winner. Share the contents of everyone's bags and discuss the interesting items they have found. Remind the children to return the items before they leave.



Find the Bell: Listening games like this help children develop good listening habits in a fun way.

What You Need:

- Blindfolds (if you know a frequent traveller, ask them to collect some sleeping masks for you)
- A bell
- Plenty of open space to play the game.

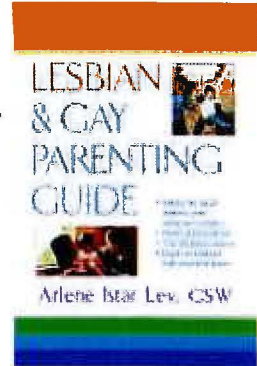
What to Do:

Blindfold all the players except one. That person is 'it' and carries the bell. This must be rung all the time while the others try to catch the player with the bell, who must work very hard to stay out of the way of the other players. Whoever tags that player has the next turn at ringing the bell.



BOOK REVIEW: The Complete Lesbian & Gay Parenting Guide By Arlene Istar Lev, CSW

The Complete Lesbian And Gay Parenting Guide, is a comprehensive look at parenting within for lesbian, gay, bisexual, and transgender-headed families.



“Arlene Lev has written a groundbreaking handbook on lesbian, gay, bisexual, and transgender parenting that moves beyond proving that we have a right to parent and examines the day-to-day realities of life with children. Lev, a family therapist with twenty years experience working with alternative families, describes the emerging diversity of LGBT families, options for becoming parents, single parenting, coming-out, and infertility, as well as humorously addressing issues such as coping with colic and finding time for adult intimacy.

“Filled with the personal stories of diverse LGBT parents, Lev – a fierce advocate for our families -- challenges us to create secure and healthy environments for our children despite outside homophobia. Now, for the first time in print, with practical advice and a raw honesty, The Complete Lesbian

and Gay Parenting Guide is a must-read for all LGBT people -- those with kids, those who want kids, and those who have watched your friends sucked into the vortex of parenting.

"Lev has created a guide that is up to the minute, inclusive, comprehensive, warm, funny and downright essential for anyone involved with or interested in LGBT parenting."

In the introduction to this warm and witty book, Ms. Lev reveals her working title was *How Queer: Lesbian, Gay, Bisexual, and Transgender Parenting*. This is perhaps a more accurate reflection of the content than the publisher's marketing-driven title. Readers expecting a comprehensive nuts-and-bolts guide to parenting may be disappointed. However, potential parents, particularly those who understand the experience of being different, will benefit greatly from Ms. Lev's first person, compassionate review of the challenges and joys that LGBT parents might face. Her years of experience as a family therapist, advice columnist and lesbian parent resonate on every page.

The book is divided into four main sections, the first of which reviews the paths and roadblocks to LGBT parenthood and includes descriptions of artificial insemination, surrogacy and donor issues, co-parenting arrangements, domestic and international

adoptions, and the need for cultural sensitivity in trans-racial adoptions. The section ends with a particularly strong chapter called *The Realities of Parenting*, which offers fresh insight into the old adage "having a kid changes everything." The second section considers building healthy families and covers such topics as support systems and legal matters. The third and briefest section reviews the painful challenges that families of all types might one day encounter, such as custody issues, domestic violence, mental illness and addiction. The last part, entitled *Family Life* covers issues of special concern to LGBT parents such as: the incompatible combination of a toddler in daycare and a parent's attempt to stay in the closet; the reality that both children and their LGBT parents are frequently subject to a burdensome level of scrutiny; children's names for parents when there are multiple moms and/or dads; sex and reproductive education; and making choices about spirituality in an environment where religious views can be as divergent as loving acceptance and virulent condemnation. Four well-researched appendices include information on other LGBT books, national and local organizations, and relevant Internet resources and magazines.

Nearly every few pages throughout the book, real life stories are offered on topics related to the chapter content. Some are laugh-out-loud funny and

some poignant, while others are agonizing reflections on loss or disappointment. The stories and the families that present them are simply (and wonderfully) too diverse to capture in this review and include the pregnant butch who exhorts that no one bring frilly maternity panties to the baby shower, to the MTF physician who delays her transition until after she started a family with her spouse, to name only two. This diversity of viewpoints, and the author's resolve to give voice to families of every stripe, is a welcome addition to the *gayby boom* literature.

Academics and clinicians interested in a comprehensive review of the research on LGBT parenting may want to pass on this book and refer to APA's excellent public interest article by Charlotte J. Patterson at <http://www.apa.org/pi/parent.html>, a reference included in the Internet resources appendix. Likewise, those interested in learning more about families affected by HIV, as well as those who are infected and interested in starting a family, should look elsewhere as these issues are touched upon only briefly.

Practitioners and clinical students who seek a deeper understanding of the diversity of LGBT parents and the issues they face will benefit greatly from the book's inclusive scope. This book is highly recommended for any person contemplating the many paths to parenthood. Ms. Lev is a respectful

and wise guide who realistically shares both the challenges and the joys of building and nurturing a family.

*"Finally, a handbook for lesbian, gay, bisexual, and transgendered parents that addresses the real struggles and joys our families face. **The Complete Lesbian and Gay Parenting Guide** is both deeply serious, and belly-laugh funny, while remaining filled with useful advice and heart-warming personal stories." — Rosie O'Donnell*

COMMUNITY NEWS

New Information Line About Childhood Disabilities

Cisco Canada is collaborating with Holland Bloorview to provide information and support to the community through a telephone Warmline. It offers information on resources and supports related to childhood disability to families and service providers, working with families of children and youth. A family support specialist from Holland Bloorview's Family Resource Centre will answer the calls to the Warmline, Monday through Fridays, 10 am to 12 noon. Outside of these hours, callers can leave a message and receive a call back within 24 hours. Tel: 416-424-3888; Toll Free: 1-877-463-0365. The Warmline can also be accessed through email on the Holland Bloorview website at www.hollandbloorview.ca

Ontario's Photo ID Card Now Available

Submitted by Ministry of Transportation; Article found in "ARCH Alert", August 16, 2011

Have you ever had trouble opening a bank account or cashing a cheque because you didn't have photo ID? If so, you're not alone. More than 1.5 million people in Ontario don't have a driver's licence, the most commonly used form of photo ID.

People without a driver's licence can find it difficult to do everyday tasks because they do not have easy access to photo ID. Ontario's new photo card addresses this need by providing proof of identity for those without a driver's licence.

If you are an Ontario resident, at least 16 years old and do not have a driver's licence, you can apply for the new photo ID card. You'll have to provide original identity documents, such as a birth certificate or citizenship card, with your legal name, date of birth and signature. If you currently have a driver's licence you may surrender it in exchange for a photo card.

The Ontario government consulted with more than 30 organizations and community groups representing the people who need this card most of all, including seniors, newcomers and

Ontarians with disabilities. Other organizations, such as the banking industry and Elections Ontario, were also consulted to help ensure the card is accepted as official identification.



The photo card has the same security features as an Ontario driver's licence. It also features a clipped top corner and raised lettering to make it easier to find in your wallet. The card costs \$35 and is valid for five years. The card is currently available at 21 ServiceOntario centres. To find out where you can get a photo card, visit <http://ServiceOntario.ca/FindServices> or call toll-free at 1-800-387-3445 or TTY toll-free 1-800-268-7095.

Review of Social Assistance in Ontario Needs

By Ivana Petricone, Executive Director; Article found in "ARCH Alert", August 16, 2011

The **Commission for the Review of Social Assistance in Ontario** has been appointed by the Ontario government to review Ontario's social assistance system. The Commission must submit recommendations and an action plan for reforming the system that provides Ontario Works (OW) benefits and benefits under the Ontario Disability Support Plan (ODSP) to the Ontario for reforming the system that provides Ontario Works (OW) benefits and

benefits under the Ontario Disability Support Plan (ODSP) to the Ontario government by June 30, 2012. The Commission is seeking input from stakeholders and communities in two phases. The first phase, which takes place from June to September 2011, will collect feedback on the *Discussion Paper: Issues and Ideas*. The second phase, which will take place later in 2011, will seek input on options and possible approaches to reforming the social assistance system.

The Commission has a significant mandate to make recommendations to the government to reform social assistance in Ontario. As stated by the Commissioners, the mandate includes the “need to build a better system that improves employment opportunities and provides security for people who cannot work”. The Commissioners have said publicly that the social assistance system in Ontario requires **fundamental reform**. At ARCH, we think that it is critical that the Commissioners hear from people with disabilities to gain the perspective of their lived experience.

The Commission has produced a number of documents to assist in their consultation with stakeholders:

- The Commission’s complete *Discussion Paper: Issues and Ideas*
- A short version, *Summary and Workbook*

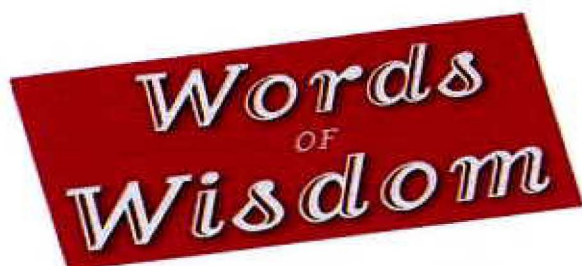
- *A Guide to Hosting a Community Conversation*.

The documents can be found on the Commission’s website at: www.socialassistancereview.ca. The Commission has asked for feedback by September 1, 2011 that it will consider in the development of an options paper in late fall/early winter.

Several issues of concern to people with disabilities are raised in the review. Examples of these issues are:

- The need for better training and education supports as well as for better programs to address social inclusion as well as barriers to employment.
- The Discussion Paper suggests that Ontario Disability Support Plan (ODSP) benefits could be made conditional on work, training, volunteering or treatment.
- There is a heavy reliance on the Accessibility for Ontarians with Disabilities Act to remove barriers to employment for people with disabilities.
- The Discussion Paper suggests a distinction between people with disabilities who are “able to work” and those who are “unable to work”
- The definition of “disability” in the current Ontario Disability Support Plan Act may be at risk with the suggestion of a two-tiered system for people with “severe” and “not severe disabilities”.

ARCH plans to provide feedback to the Commission and would like to hear any thoughts or comments from our community on the aspects of the Review which will have impact on people with disabilities. If you have feedback that you would like us to know about as we prepare our submissions, please let us know by calling or writing to us at: archlib@lao.on.ca.



On Raising a Daughter

© Melissa Harrison & Harry H. Harrison Jr., 2001.

Father to Daughter: Life Lessons on Raising a Girl

To guide and inspire: Anchored in values and filled with clear and simple words of wisdom, the Harrisons speak large truths about loving, teaching, and shaping a daughter. Its lessons, leavened with humor, will encourage and reassure Dad – from the day his daughter is born, through school and sports, boys and cars, until it comes time to letting her go.



Raising a girl takes two parents:

A mom to show her how to be a woman. A dad to show her how to be independent.

A dad's job is to make his daughter courageous. Fearless. To make her feel beautiful. To give her a sense of adventure. To make her feel secure and confident.

The relationship between a dad and his daughter is very simple: She will love her father and trust him completely, forever. Because he's her first love. Her first hero. The first man in her life.

Mother to Daughter: Shared Wisdom From the Heart

Knowing just how she feels: Bright with joy, curiosity, and a will to take on the world, a little girl still needs the guidance of one very special person – her mother. The Harrisons speak about the wisdom and values, with lessons about boys, dressing up, courage, and all that a mother can do to nurture her daughter in becoming a woman.

There have been ten jillion books written on how to repair the mother-daughter relationship. Precious few about building it in the first place.

A mother's relationship with her daughter starts before the beginning; in

it starts in the mother's own childhood. Because the childhood she has determines the childhood she'll give her own daughter.

A mother teaches her daughter how to feel about herself, about handling pressure, about relishing life's joys and conquering fears. She teaches her daughter how to act like a lady, when to turn on the charm, how to dress up, and how to care for a daughter of her own someday. She teaches her daughter everything she knows about being a woman, then gets frustrated beyond belief when she acts like one.

As one mom said, "Raising a daughter is like growing a flower. You give it your best. If you've done your job well, she blooms. And right after that, she leaves."

All moms instinctively know this. Maybe loving someone so much, someone that is such a part of you, is what makes the mother-daughter relationship so special. Mothers know that love is forever. And that's a lesson their daughters can't wait to pass along.

The Five Keys

1. Be her mother. Not her best friend.
2. Let her live her own dreams. Don't try to make her live yours.
3. Be a strong, confident woman.
4. Be a good wife. You're shaping her

future relationships with men.

5. Be aware that your goal is not to be the centre of her life forever, but to work yourself out of a job.

Father to Son: Life Lessons on Raising a Boy

On the important business of raising a son: A boy comes with boundless love and enthusiasm, but no instructions. Harrison Jr. offers hundreds of succinct thoughts – practical and intangible, lighthearted and serious, all supported by a strong moral backbone – to guide, to remind, to teach, and to inspire.

Turning a boy into a man has been known to be a man's job. Since the beginning of time, it's been up to a father to make his son responsible. Kind. Courageous. Honorable.

A young boy doesn't come with instructions. He just comes with boundless love and an adventurous spirit. But the journey to manhood begins very early...the first time he looks at his dad and thinks, "I want to be like him."

Mother to Son: Shared Wisdom from the Heart

An inspiring companion: Boys are different. Melissa Harrison offers a guide, woven out of wisdom, humor, experience, and a boundless love and patience, filled with hundreds of

important lessons. Instilling values and confidence. Knowing when to say yes, and when to say no. Puppies and girlfriends. It's a mother's treasury.

It's a boy! With these words, each mother starts a journey. In her guide to navigating the relationship between a mother and her son, Melissa Harrison describes it as 'sometimes exhilarating, sometimes exasperating, but always extraordinary. It's not easy to raise a loving, strong, and successful boy, but with each milestone – from the first bedtime story to the last day of school – you'll be reminded that you're doing the most important job in the world.

The Five Keys

1. Pray for him everyday.
2. Respect his father.
3. Do everything in your power to create a peaceful home.
4. Feed him love, morals, values, and integrity daily.
5. Be a strong woman.



Short, Easy and Inexpensive Recipes

© www.cookbookresources.com

- Not only gives you recipes and tips to save money, it gets you in an effortless groove to save money.
- Saving money is easy once we get out of the habit of spending without thinking.

Studies have found that family meals are significant in childhood development. Children who eat with their families are healthier and well-socialized, make better grades and have fewer problems with drugs.

Rainbow Bean Salad:

- 2 (15 ounce) cans cut green beans, drained, 2 (425 grams)
- 1 (15 ounce) can yellow wax beans, drained, 425 grams
- 1 small red onion, chopped
- 1 orange bell pepper, seeded, julienned
- $\frac{3}{4}$ cup Italian dressing

In a container with lid, combine green beans, wax beans, red onion and bell pepper. Pour Italian dressing over vegetables just to cover. Refrigerate several hours. Serves 6 to 8 people.



Carrot Rice Casserole

- ¼ cup (1/2 stick) butter, 55 grams
- 1 (16 ounce) packaged shredded carrots, 455 grams
- 1 medium onion, chopped
- 1 1/3 cups shredded cheddar cheese, 150 grams
- 2 cups cooked rice, 315 grams
- 2 eggs, beaten

Preheat oven to 350 degrees F (175 degrees C). Melt butter in 10-inch (25 cm) skillet. Add carrots and onions and sauté. Stir in cheese, rice, eggs and a little salt. Spoon into greased 2-quart (2 L) baking dish. Bake for 18 to 20 minutes. Serves 6 to 8 people.

Apricot Cobbler

So easy and so good!

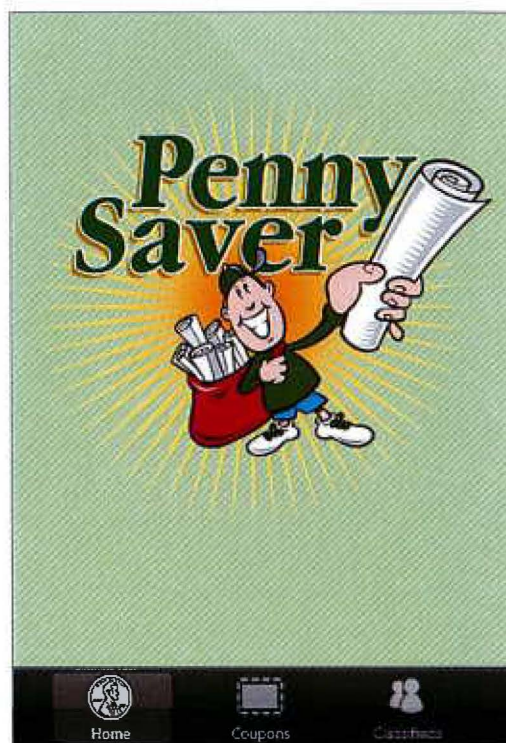
- 1 (20 ounce) can apricot pie filling, 565 g
- 1 (20 ounce) can crushed pineapple with liquid, 565 g
- 1 cup chopped pecans, 110 g
- 1 (18 ounce) box yellow cake mix, 510 g
- 1 cup (2 sticks) butter, melted, 230 g

Preheat oven to 375 degrees F (190 degrees C). Pour and spread pie filling in greased, floured 9x13 inch (23x33 cm) baking dish. Spoon pineapple and liquid over pie filling and sprinkle pecans over pineapple. Sprinkle cake

mix over pecans. Drizzle melted butter over cake mix and bake for 40 minutes or until light brown and crunchy. Serve hot or at room temperature. (It's great topped with whipped topping.) Serves 15 people.

PENNY SAVER TIP:

Shop once a week or every other week. This will save you time and money. You will also focus on just what you need and are less likely to buy impulsively.



PARENTING WITH A DISABILITY BULLETIN is a publication of the *Centre for Independent Living in Toronto (CILT) Inc.*

To become a member of the *Parenting with a Disability Network (PDN)* or to submit an article to the PARENTING BULLETIN, contact *CILT* at:

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