



PARENTING WITH A DISABILITY BULLETIN

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PDN UPDATE

By Nancy Barry



On a personal note...

Recently, I have come to realize that life is short, and that time passes so quickly that sometimes we let important opportunities pass us by.

I have had the good fortune to come to know many of you over the past several years through my involvement with the PDN, and so I feel comfortable sharing my story with all of you.

Ever since I can remember, I have always wanted to be a mother. When I was a little girl, I spent many a day playing with my dolls, pretending to be a mommy, cradling them, loving them, feeding and caring for them. But then I grew up, and with growing up comes many responsibilities. I went to school, graduated from community college and university, moved into my own apartment, got a great job, and then fell in love and married the man of my dreams.

One would think that having children would follow in the natural succession of life. Only, for me, that's not what happened.

I thought that I wouldn't be able to handle working full time and being a mom at the same time. My husband and I bought our first home almost nine years ago, and with a mortgage comes even more responsibilities. So it was then that I knew that I had to keep working if I wanted to have my house, and I didn't want to place all of that burden onto my husband's shoulders. It was at that moment that I decided that having kids wasn't going to be part of my future. And I was okay with that, or at least I thought I was.

It's easy to get caught up in the hustle and bustle of everyday life, becoming so wrapped up in your job, meeting deadlines, paying bills, putting food on the table, etc. And then, totally out of the blue, you wake up one day and everything changes. That's what happened to me. I decided, after 13 years of marriage, that I wanted a child and that no matter what, despite my age and my busy life, I was determined to make it happen. I talked to my husband

about it, and being the loving and supportive man that he is, turned to me said, “if a child is what you really want, then let’s make it happen.”

I was so excited and yet, at the same time, I was concerned about my age. I am 45 years old, so I didn’t know how safe it would be to conceive at my age. I went to my doctor, told her how I felt and what I wanted to do, and she was completely on board, although she did explain that due to my age, the chances of conceiving would be significantly less than if I were younger. I was okay with that, but I knew I had to try, or I would always regret it.

Many women with disabilities have never had an accurate pap smear for many reasons such as: the lack of knowledge of the significance of cancer screening, the inability to have an accurate screening due to disability-related conditions (i.e. spasticity, unable to lie on your back for an extended period of time, mobility issues and the simple inaccessibility of many parts of our health care system). I was one of those women, who at the age of 45 and married, had never had a pap smear.

My doctor felt it was best to refer me to a gynecologist. So I went to one at a well-known hospital, told her about myself, about my disability, and about what I wanted most of all was to try and have a baby.

As my GP had done, the gynecologist went over the chances and risks of having a child at my age just because under the laws of health care system, and as a medical practitioner, she was legally obligated to inform me of all that I needed to know. I understood all that she said, and so we moved forward to the next step.

The gynecologist suggested, that because I was 45 years old and I had never had a thorough internal examination, that I should have a D&C, also known as dilation and curettage, a surgical procedure. Dilation means to open up the cervix; curettage means to remove the contents of the uterus. Curettage may be performed by scraping the uterine wall with a curette instrument or by a suction curettage (also called vacuum aspiration), using a vacuum-type instrument [<http://www.americanpregnancy.org/pregnancycomplications/dandc.html>].

At the end of November 2011, I went in for a D&C (performed as a day surgical procedure) and went back for a follow-up in early January of this year. I was all excited because I knew I was one step closer to becoming a mom.

When I went back to the gynecologist in early January, I arrived with great enthusiasm. Then the doctor turned to me and said, “Well Nancy, I wish I had better news for you.”

As soon as I heard those words, I think my body went into shock. The news wasn't good, and as soon she began to explain what was wrong, it's as if my body was suspending into thin air; I could hear her speaking, but her words were muffled. All I could hear was the word 'cancer'.

I was in shock. I wasn't expecting the worst, as I normally would in a situation like this. I was expecting everything to be alright so that I could move on to the next step in my plan to have a baby.

I was diagnosed with a condition called "Endometrial Hyperplasia with Atypical Cells". This basically means that upon biopsy of my tissue, they discovered that I had 'pre-cancer' cells in my uterus, which basically meant that if I didn't do something to treat this condition, that I had a 10 to 20 percent chance of developing uterine cancer. The problem was that my body was producing too much estrogen and not enough progesterone - "there are times when uterine hyperplasia can get worse, leading to atypical and precancerous cellular changes. This is why any woman with hyperplasia is considered to be at a higher risk for cancer than one without. And even though this sounds scary, especially if you've just been diagnosed with a thickened endometrium, you should know that there are many steps between hyperplasia and full-blown uterine cancer -

and early identification and intervention for uterine abnormalities is highly successful" (womentowomen.com).

She provided me with two options:

- (a) having a hysterectomy or
- (b) taking a progesterone supplement for a period of three months and then having another D & C to determine whether or not the precancerous cells have shrunk, and then I would require close monitoring for at least one year after that.

As the doctor was explaining all this to me, it was as if the earth had dropped from beneath me. Her words became muffled and garbled, and although I knew what she was saying, I couldn't focus mentally or verbalize my thoughts. I was in shock! I wasn't expecting bad news. I was expecting to have a baby.

The days and weeks following my diagnosis were the worst days of my life. I couldn't eat, sleep, go to work or interact with anyone. I was prepared for the thought that I was too old to have kids, but I was totally unprepared for the news that I received. I didn't know what to do. My thoughts suddenly changed from "I want to be a mother" to "I don't want to die" in less than two months. I was totally thrown. My world went from total excitement at the thought of being a mom to

the possibility of having cancer. No matter how many people tried to tell me that this was a good thing, that they caught this before it was actually full blown cancer, all I could think of were two things - that I was probably going to die from cancer (even though I knew I probably wasn't), and that my dream of becoming a mom was over.

I did whatever I always do when I find out bad news - worry and research. I was on the Internet constantly, looking for whatever information there was about my 'condition'. Surprisingly, this was a very common condition among thousands of women, and in many cases when the women chose to take progesterone over having a hysterectomy, cancer occurred later on.

So, after a great deal of careful thought, consideration and research, I decided to have a hysterectomy. My husband and my family all supported me in my decision, the most difficult one of my life. My surgery was on February 13th and I had a "total laparoscopic hysterectomy".

A laparoscopic hysterectomy is a surgical procedure that removes the uterus through small abdominal incisions. The doctor may suggest a laparoscopic hysterectomy because it represents the safest and least invasive form of removing the uterus. Women who have scar tissue or endometriosis may have the diseased tissue removed with a

laparoscope before having a hysterectomy performed, which will reduce the risk of the bladder being injured during surgery (www.meriter.com/laparoscopichysterectomy).

The surgery took about four hours, and I was in recovery for about two hours. I had to stay in hospital for one night, and I was able to go home the next day.

Three and a half weeks later, I am still recovering at home and doing very well. I hardly have any physical scars, as the incisions were fairly small.

Looking back, while I am still very sad at the thought that I will never be a mother, I am still confident that my decision was the right one for me. While having regrets isn't necessarily a good thing, the situation could have been much worse. If I didn't have the D&C in November, they never would have discovered my condition, and by the time it presented itself, it could have been too far along to be treated.

I believe that everything happens for a reason, whether it be good or bad. While I will never be a mom, I have a great husband, a job that I love, and many wonderful friends. I still have my seven little kitties and they will always be my babies. I am quickly learning that life can go on, even after the most devastating experiences. My future is there for the taking, and I intend to embrace it with open arms.

PARTICIPANTS NEEDED IMMEDIATELY!

TO MEMBERS OF THE
PARENTING WITH DISABILITIES
NETWORK (PDN)

The University of Toronto
in association with
**The Centre for Independent Living
in Toronto (CILT)**
Invites you to participate
in a research study

Topic:

**“Parenting needs of parents with
disabilities for those
who have or have had school
age children”**



This study will help to shed light on this often neglected topic, in an effort to increase awareness about the needs of parents with disabilities.

Participants should:

- Have OR have raised school age children (Grades 1-12)
- Reside in the Greater Toronto Area
- Be willing and able to participate in a 1-2 hour face-to-face interview

If you are interested and meet the above criteria, please contact Rebecca Wightman (*University of Toronto Student Researcher*) at 416-579-6932 or email rebeca.wightman@utoronto.ca.

Participation is completely voluntary and will not affect your membership or association with CILT in any way. All information will be kept confidential.

Upcoming CILT Workshops

Self Advocacy and Speaking Up

Date: Thursday March 8, 2012

Time: 1:00pm-3:30pm

Facilitator: John Mossa

Tenant Rights

Date: Thursday April 5, 2012

Time: 1:00pm-3:30pm

Facilitator: John Mossa and Melanie Moore

Emergency Preparedness

Date: Thursday May 3, 2012

Time: 1:00pm-3:30pm

Facilitator: John Mossa

Housing and Project Information Centre (PIC)

Date: Thursday June 7, 2012

Time: 1:00pm-3:30pm

Facilitator: Melanie Moore and John Mossa

Disability Awareness

Date: Thursday July 5, 2012

Time: 1:00pm-3:30pm

Facilitator: TBA and Melanie Moore

All workshops take place at the Centre for Independent Living in Toronto (CILT), 365 Bloor Street East, Suite 902, Toronto (Bloor & Sherbourne).



About the SEED Project: The Centre for Independent Living in Toronto (CILT) and the City of Toronto recognized the need to increase the level of awareness of community safety for people with disabilities living in the Toronto area.

The Safe Engaged Environments Disability (SEED) Project was developed with partnerships with cross-disability organizations, and tenants with disabilities in Toronto Community Housing Corporation (TCHC) and/or people with disabilities living in the City of Toronto.

The SEED Project was funded by the City of Toronto's Community Safety

Investment Program and TCHC's Social Investment Fund.

The SEED Project was a 3 year community-based action research project. The Project has been developed and was carried out for persons with disabilities by persons with disabilities. The SEED Project report is a collaboration of stories, skills development and recommendations that emerged out of 33 focus groups with 304 concerned citizens with disabilities in Toronto and/or tenants with disabilities in (TCHC). There were a few key realizations that came out of the focus group process:

- People with disabilities ultimately feel as though they have no voice or no say. The disabled community has come to expect half commitments, failure of programs and policies that are supposed to support people with disabilities and a lack of personal autonomy with regards to service providers in Toronto.
- The disability community is frustrated about being ghettoized even though rights are enshrined under several legally binding texts in Canada. People with disabilities still feel a gap between the right to have a home and having the right to access that home.

To read the full report, visit <http://cilt.operitel.net/Documents%20of%20the%20CILT%20Website/FINAL%20SEED%20Report%20July%2028%202011%20with%20copyright%20read%20only.pdf>

March Break 2012 Toronto: Activities for the Whole Family

By Marilyn Campbell; About.com
[http://toronto.about.com/od/
eventsattractions/a/marchbreak.htm](http://toronto.about.com/od/eventsattractions/a/marchbreak.htm)

Every year students from both the Toronto District School Board and the Toronto Catholic District School Board get a week-long break in the middle of winter. A few years ago the schools started officially referring to this by the rather bland and obvious title of "Mid-Winter Break", but most people still call it by the old name, March Break. Tons of family-friendly events and activities take place in Toronto during March Break, including week-long day camps for both kids and teens.

When is March Break? In 2012, March Break runs from Monday March 12th to Friday March 16th.

March Break at the Toronto Zoo

The Zoo will have its regularly scheduled Keeper Talks during March Break and invites guests to enjoy hot chocolate, or warm up inside the tropical pavilions. Also, March 16th is the last day to suggest a name for the Toronto Zoo's new polar bear cub in the "Name the Cub" contest. Visit the special Events section of the Toronto Zoo website at <http://www.torontozoo.com/events/>.

Learn more about visiting the Toronto Zoo at [http://toronto.about.com/od/
eventsattractions/p/
torontozoomain.htm](http://toronto.about.com/od/eventsattractions/p/torontozoomain.htm).

March Break at the AGO

The Art Gallery of Ontario will be holding drop-in activities for families. Visit <http://www.ago.net/march-break-2012> for more details.

March Break at the Ontario Science Centre

March 18th is the final day for the special exhibition, *Leonardo da Vinci's Workshop*.

Canada Blooms

Canada Blooms: The Toronto Garden and Flower Festival has a bit of overlap with March Break. In 2012 the festival opens on the 16th and runs to the 25th at the Direct Energy Centre, Exhibition Place. Learn more about Canada Blooms at [http://
www.canadablooms.com/index.htm](http://www.canadablooms.com/index.htm)

Spring Fling at the Rogers Centre

Spring Fling returns to the Rogers Centre for 2012. This indoor carnival will be open 10am to 6pm Saturday March 10th to Friday March 16th. Tickets are \$20 for an all-day ride ticket. Visit the Rogers Centre homepage at <http://www.rogerscentre.com/> Or go directly to the info on Spring Fling 2012 at [http://
www.rogerscentre.com/fun/article.jsp?
content=20120130_162149_6200](http://www.rogerscentre.com/fun/article.jsp?content=20120130_162149_6200)

Disney on Ice at the Rogers Centre

From Wednesday March 14th to Sunday March 18th, the new Disney on Ice show *Dare to Dream* is on at the Rogers Centre. Characters from *Tangled*, *The Princess and the Frog* and *Cinderella* will all take to the ice for the last half of March Break.

Visit the Rogers Centre homepage at <http://www.rogerscentre.com/>

Or go directly to the info on Disney on Ice: *Dare to Dream* at http://www.rogerscentre.com/fun/article.jsp?content=20110706_095715_8720.

A Magical March Break at the Bata Shoe Museum

—From March 12th to March 16th the Bata Shoe Museum invites kids to take part in magic-themed activities and catch a magic show. Drop-in together between 10am and 4pm. Admission is \$8 for children and \$8 for adults accompanying children taking part in March Break activities. Groups need to register in advance. Visit the Bata Shoe Museum - Upcoming Events page at <http://www.batashoemuseum.ca/events/index.shtml>

March Break at the Toronto Public Library

—Magic, music, movies and more will be on at branches across the city. Visit the Library's March Break page to find out what's happening at the branches near you. <http://www.torontopubliclibrary.ca/programs-and-classes/featured/march-break.jsp>

At Toronto's Heritage Centres & Historic Sites

—The City of Toronto's Arts, Heritage & Culture division runs drop-in sessions plus full- and half-day programs, along with week-long camps at a number of Toronto's historic sites. Visit the Toronto Historic Museum - Day Camps page for details. <http://www.toronto.ca/culture/museums/camps.htm>

Wizard World

- The magic-themed fairground of rides, entertainment and animal shows returns to The Better Living Centre at Exhibition Place. This indoor family fun park is an exclusive club - you've got to be with a kid twelve or under to get in! March 11th - 18th from 10am-5pm, \$10 admission only (individual ride tickets available) or \$20 for admission plus an unlimited ride bracelet. Family packs and week-long passes also available. Check www.wizardworld.ca for more details.

At Ontario's Legislative Buildings

Ontario's Legislative Building will be hosting a 2.5 hour intro to Parliament designed for ages 6-10 during March Break. Activities include a craft and a scavenger hunt. In 2011 the program was free, but pre-registration was required - check the website for 2012 updates. Learn more at http://www.ontla.on.ca/web/go2.jsp?Page=/visitor-resources/tours_events&menuItem=visitor_information_tours&locale=en

March Break at Pioneer Village -

Although it is generally closed at this time of year, Black Creek re-opens from March 10th to 18th to offer maple syrup demonstrations, wagon rides, seasonal treats, pioneer games and more. Find the full schedule of events at www.blackcreek.ca.

The Library's Eclectic Offerings

The library has a wide range of March Break offerings for teens including anime workshops, movie makeup basics, Canadian Red Cross Babysitting courses, movie nights and more. Explore the TPL's March Break pages for full details at <http://www.torontopubliclibrary.ca/programs-and-classes/featured/march-break.jsp>.

Toronto Comicon - Browse the vendors, take in a workshop or seminar, and meet guests from the worlds of film, television, comics, and anime. Comicon is in the south building of the Metro Toronto Convention Centre for the first weekend of March Break, the 10th and 11th. See www.comicontoronto.com for more details.

From City of Toronto Parks & Rec

The city runs March Break programs for a wide variety of interests and ages at schools and rec centres across the city. Depending on the location, activities could include arts, crafts, games, sports and the performing arts, or

more specialized activities like cooking or skating. Use the City Fun Guide you received in your mailbox or check the City of Toronto Parks, Forestry & Recreation webpage at <http://www.toronto.ca/parks/index.htm> for general details.

**At City of Toronto Historic Sites**

The City of Toronto's Arts, Heritage & Culture division usually runs drop-in sessions, full- and half-day programs, and week-long camps at a number of Toronto's historic sites. Visit the Arts, Heritage & Culture Camps page for details at <http://www.toronto.ca/culture/museums/camps.htm>.



DIY Accessibility: The Ramp Project is removing barriers for people with disabilities, one storefront at a time

By Ben Spurr, NOW Magazine;
January 26, 2012.

In the next 13 years, Toronto is getting a makeover. Its buildings will become barrier-free, its businesses wheelchair accessible. In fact, new legislation from the province will make all of Ontario accessible by 2025.

But Luke Anderson isn't going to wait that long.

Anderson, a Toronto engineer and wheelchair-user, is seizing the issue now. Last year, he launched the Ramp Project, a guerilla accessibility movement that distributes temporary, brightly coloured wooden ramps to businesses in the Junction.

Working with a group called Stop Gap that he co-founded with fellow engineer Michael Hopkins, Anderson and a group of volunteers design, build and install the ramps, which are custom fitted for each doorway. Because they're temporary (business owners take them in at night) they don't run afoul of current building codes, and thanks to a partnership with Home Depot they're also free.

The Ramp Project is inspired by the colourful Good Bike project, and is as much about raising awareness as improving access to individual buildings. The ramps make it easier for people to get in and out of local businesses, but they also draw attention to the barriers that make it difficult for people with disabilities to take part in daily life.

Those barriers are something Anderson became increasingly frustrated with after he lost the use of his legs in a 2002 mountain biking accident.

"I had developed some thick skin and didn't let the fact that I couldn't get into certain businesses bother me. I just let it roll off my back," he says.

"But I got sick and tired of taking that approach, when going to look for a pub with some buddies after work, not being able to get into places time and time again."

Out of that frustration, the Ramp Project was born. So far, Stop Gap has installed ramps at 13 businesses in the Junction, and plans to expand the project to Roncesvalles this spring, and later Bloor St. West. This past weekend the group delivered 17 ramps to Stouffville, Anderson's hometown. The project benefits wheelchair-users like himself, but Anderson says he hopes the ramps also encourage people to start thinking about how

society needs to be more inclusive to people in all types of situations. He points out the ramps also help out parents with strollers, elderly shoppers, and anyone else who doesn't fit the mould of a young, mobile, able-bodied person.

"That's the real point of the project. Simple, simple solutions to these problems in our built environment can really make life easier for everybody," he says.

Compared to other cities, Toronto is lagging behind in implementing those solutions. On a recent trip to Stockholm, Anderson encountered barrier-free designs everywhere, from the transit system to apartment buildings to convenience stores. By comparison, only a handful of TTC stations are accessible, and consideration for people with disabilities still isn't ingrained in many Toronto building designs.

"We've been designing a certain way forever and we've never really given it a thought," Anderson says. "From the subway system to the park system, we really have a long way to go."

He hopes the Accessibility for Ontarians With Disabilities Act will help Toronto catch up with places like Sweden, but he believes we need to

start thinking about inclusivity issues long before the act comes into force in 2025.



"I think we're going to run into Mickey Mouse designs because we're under the gun and rushing to get stuff done," he says. "It's better to be proactive with things like this."

So please, get involved with the Ramp Project and let us know what you think, if / how you would design barrier free access and what is important to you with respect to this design issue at Stop Gap website: <http://www.stopgapblog.blogspot.com/>.

Visit a video of the project at http://www.youtube.com/watch?v=umEd7kMUquw&feature=mfu_in_order&list=UL



Increased Awareness of Technologies used by Canadians with a Disability

Information provided by Government of Canada; December 13, 2011.

Government of Canada Supports Increased Awareness of Technologies Used by People with Disabilities - Through support from the Government of Canada, employers across Canada will have greater access to information about disability issues and new adaptive technologies.

The Honourable James Moore, Minister of Canadian Heritage and Official Languages and Minister Responsible for British Columbia, made the announcement today on behalf of the Honourable Diane Finley, Minister of Human Resources and Skills Development.

"The Government of Canada is providing Canadians with the opportunity to reach their full potential," said Minister Moore. "We are proud to partner with organizations, such as the Neil Squire Society, that work to improve the inclusion of people with disabilities through new technologies and awareness building."

The Neil Squire Society will develop marketing strategies to help inform

employers about available adaptive technologies, including wireless mobile devices and electronic financial services, which in turn will help people with disabilities to participate in their communities and in the labour market. The Government of Canada is contributing \$124,566 through the Disability component of the Social Development Partnerships Program (SDPP-D) to this project.

SDPP-D aims to increase the effectiveness of the not-for-profit sector in meeting the social development needs of people with disabilities. To learn more about the Government of Canada's programs for people with disabilities, visit www.hrsdc.gc.ca/disability.

The Disability component of the Social Development Partnerships Program aims to increase the effectiveness of the not-for-profit sector in meeting the social development needs and aspirations of people with disabilities. It does so by supporting innovative solutions to remove barriers and improve access to programs and services.

The Program supports projects that are designed to improve the participation and integration of people with disabilities in all aspects of Canadian society. More specifically, the Program supports a wide range of community-based initiatives that provide effective approaches to addressing the social

issues and barriers that people with disabilities face.

The objectives of the Disability component are to:

- Support the development and use of effective approaches to address social issues and barriers confronting people with disabilities;
- Develop, exchange and apply knowledge, tools and resources that sustain social inclusion for individuals, families and communities;
- Foster collaboration, partnerships, alliances and networks to address existing and emerging social issues; and
- Recognize and support the ability of not-for-profit organizations to identify and address social development priorities.

The Government of Canada invests annually to help address the needs of people with disabilities through other programs such as the:

- Registered Disability Savings Plan
- The Enabling Accessibility Fund
- Canada Pension Plan Disability
- The Opportunities Fund for Persons with Disabilities
- Labour Market Agreements for Persons with Disabilities
- Post-secondary education assistance measures for students with disabilities.

City's Disability Issues Committee

<http://www.toronto.ca/diversity/dica.htm>

On February 21, 2012, there was a public information meeting on accessibility legislation and launch of the new term of the City's Disability Issues Committee.

Citizens interested in joining the Disability Issues Committee can submit a completed application form by March 30, 2012. Get a copy of the form at [https://wx.toronto.ca/intra/it/pubformrep.nsf/cf31a385c46c917b85257460004920a9/c47d28b595b4ee2a852579a5004b5442/\\$FILE/43-0006.pdf](https://wx.toronto.ca/intra/it/pubformrep.nsf/cf31a385c46c917b85257460004920a9/c47d28b595b4ee2a852579a5004b5442/$FILE/43-0006.pdf)

The Disability Issues Committee advises City Council on the elimination of barriers faced by people with disabilities and liaises with external bodies on barriers to participation in public life and to the achievement of social, cultural and economic well-being of people with disabilities.

The Disability Issues Committee will also advise City Council about the requirements and implementation of accessibility standards and the preparation, implementation and effectiveness of accessibility reports as required by the Accessibility for Ontarians with

Disabilities Act, 2005 (AODA). The Disability Issues Committee will:

- Provide advice to City Council on the identification and prevention of barriers to people with disabilities in the City's by-laws, policies, programs and delivery of goods and services; and,
- Provide advice on accessibility for persons with disabilities to City buildings, structures or premises.

Councillor Adam Vaughan is the Chair of the Disability Issues Committee. The Committee's Terms of Reference was adopted by City Council on February 6, 2012.

Staff contacts:

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Fax: 416-696-4174

People in Motion 2012

People in Motion is for people with disabilities, seniors with special needs, family members and friends, therapists, home care providers, facility managers, special educators and insurance representatives.

Everyone is welcome to this fun and enlightening event which features mobility aids, adapted vehicles, rehabilitation, home healthcare products, travel and leisure activities, corporate and government services, employment opportunities, computer aids, disability publications, associations and more.

See and compare everything under one roof at one time. ***More than 120 exhibits!*** If you have attended before, see it again! There are always new exhibitors with exciting new products and it is important to be aware of changes to existing technology.

MARK THE DATES ON YOUR CALENDAR NOW AND PLAN TO ATTEND PEOPLE IN MOTION 2012!!

***Friday June 1, 2012
10:00 a.m. to 5:00 p.m.***

***Saturday June 2, 2012
10:00 a.m. to 5:00 p.m.***



The Stress of Parenting

© http://www.cmha.ca/bins/content_page.asp?cid=2-70-71

Being a parent can be one of life's most joyful and rewarding experiences, but there are times in everyone's life when the demands and hassles of daily living cause stress. The additional stress of caring for children can, at times, make parents feel angry, anxious, or just plain "stressed out". These tensions are a normal, inevitable part of family life, and parents need to learn ways to cope so that they don't feel overwhelmed by them.



As parents, we have to learn our jobs as we go along. Although we love our children, we soon realize that love isn't all that's needed. We need patience and creativity too, and sometimes, these qualities seem to be in short supply. Learning how to be a parent will probably continue until all your children are grown up. Because each child is unique, what worked with Joe will not necessarily work with Sally, and what worked for Sally probably will not

help you cope with George. Caring for small children is tiring. On bad days, we can feel trapped by the constant responsibility. Caring for older children is less physically draining but more worrisome because they spend much more time outside the home.

If there are young children in the family, there may not be enough time for parents to find time to spend together just enjoying each other's company. Single parents have difficulty finding time and energy to have a social life. Parents with full-time jobs have difficulty finding family play-time. Calendars tend to become over-scheduled. We all need time for ourselves, to concentrate on hobbies or interests, or just to relax.

Have a realistic attitude

Most parents have high expectations of how things should be. We all want a perfect family and we all worry about how our children will turn out. It is important to remember there are no perfect children and no perfect parents. All children misbehave some times. Parents can make mistakes. Wanting the ideal family can get in the way of enjoying the one you have.

You may worry about whether your children will be successful. Remember - they are each individuals. Accept them for who they are. Children who are loved, encouraged and allowed to

grow up at their own pace will develop good self-esteem and confidence. It is helpful to step back and take a long-range point of view. Have confidence that things will turn out well. Children can go through difficult stages. What is stressful today may resolve itself in a short time.

How to recognize the symptoms of stress

Stress becomes a problem when you feel overwhelmed by the things that happen to you. You may feel "stressed out" when it seems there is too much to deal with all at once, and you are not sure how to handle it all.

When you feel stressed, you usually have some physical symptoms. You can feel tired, get headaches, stomach upsets or backaches, clench your jaw or grind your teeth, develop skin rashes, have recurring colds or flu, have muscle spasms or nervous twitches, or have problems sleeping.

Mental signs of stress include feeling pressured, having difficulty concentrating, being forgetful and having trouble making decisions.

Emotional signs include feeling angry, frustrated, tense, anxious, or more aggressive than usual.

How can you cope?

Coping with the stress of parenting starts with understanding what makes you feel stressed, learning to recognize the symptoms of too much stress, and learning some new ways of handling life's problems. You may not always be able to tell exactly what is causing your emotional tension, but it is important to remind yourself that it is not your children's fault.

We all have reactions to life's events which are based on our own personal histories. For the most part, we never completely understand the deep-down causes of all our feelings. What we must realize is that our feelings of stress come from inside ourselves and that we can learn to keep our stress reactions under control. Here are some tips which can help:

- Make time for yourself. Reserve time each week for your own activities.
- Take care of your health with a good diet and regular exercise. Parents need a lot of energy to look after children.
- Avoid fatigue. Go to bed earlier and take short naps when you can.
- Take a break from looking after the children. Help keep stress from building up. Ask for help from friends or relatives to take care of the children for a while. Exchange babysitting services with a

neighbour, or hire a teenager, even for a short time once a week to get some time for yourself.

- Look for community programs for parents and children. They offer activities that are fun, other parents to talk with, and some even have babysitting.
- Talk to someone. Sharing your worries is a great stress reducer!
- Look for parenting courses and groups in your community. Learn some ways of unwinding to manage the tension. Simple daily stretching exercises help relieve muscle tension. Vigorous walking, aerobics or sports are excellent ways for some people to unwind and work off tension; others find deep-breathing exercises are a fast, easy and effective way to control physical and mental tension.
- If you're feeling pressured, tense or drawn out at the end of a busy day, say so. Tell your children calmly that you will be happy to give them some attention soon but first you need a short "quiet time" so that you can relax.
- Practice time management. Set aside time to spend with the children, time for yourself, and time for your spouse and/or friends. Learn to say "no" to requests that interfere with these important times. Cut down on outside activities that cause the family to feel rushed.

Develop good relationships:

Family relationships are built over time with loving care and concern for other people's feelings. Talk over family problems in a warm, relaxed atmosphere. Focus on solutions rather than finding blame. If you are too busy or upset to listen well at a certain time, say so. Then agree on a better time, and make sure to do it. Laugh together, be appreciative of each other, and give compliments often. It may be very hard to schedule time to spend with your family, doing things that you all enjoy, but it is the best time you will ever invest.

Parents and children need time to spend one-to-one. Whether yours is a one or two-parent family, each parent should try to find a little time to spend alone with each child. You could read a bedtime story, play a game, or go for a walk together.

Do you need more help?

If you are considering getting some additional support or information to help you cope with the stress of parenting, there are many different resources available, including books and video tapes on stress management, parenting courses and workshops, professional counselling and self-help groups. Contact a community organization, such as the Canadian Mental Health Association, for more information about services in your community.

ADHD Parenting Tips: Helping Children with Attention Deficit Disorder © HelpGuide.org

Life with a child with ADD/ADHD can be frustrating and overwhelming, but as a parent there is actually a lot you can do. The symptoms of ADD/ADHD can be controlled and reduced. You have the power to help your child meet his or her daily challenges and channel his or her energy into positive arenas—and at the same time bring greater calm and order to your family home.

Children with ADD/ADHD can and do succeed. The earlier and more consistently you address your child's problems, the more likely their success.

Helping your child with ADD/ADHD: What you need to know

Children with ADD/ADHD generally have deficits in *executive function*: the ability to think and plan ahead, organize, control impulses, and complete tasks. That means you need to take over as the executive, providing extra guidance while your child gradually acquires executive skills of his or her own.

Although the symptoms of ADD/ADHD can be nothing short of exasperating, it's important to remember

that the child with ADD/ADHD who is ignoring, annoying, or embarrassing you is not acting willfully. Kids with ADD/ADHD want to sit quietly; they want to make their rooms tidy and organized; they want to do everything their parent says to do—but they don't know how to make these things happen.

Having ADD/ADHD can be just as frustrating as dealing with someone who has it. If you keep this in mind, it will be a lot easier to respond to your child in positive, supportive ways. With patience, compassion, and plenty of support, you can manage childhood ADHD while enjoying a stable, happy home.

ADD/ADHD and the family:

Before you can successfully parent a child with ADD/ADHD, it's essential to understand the impact of your child's symptoms on the family as a whole. Children with ADD/ADHD exhibit a slew of behaviors that can disrupt family life:

- They often don't "hear" parental instructions, so they don't obey them.
- They're disorganized and easily distracted, keeping other family members waiting.
- They start projects and forget to finish them — let alone clean up after them.

- Children with impulsivity issues often interrupt conversations and demand attention at inappropriate times.
- They might speak before they think, saying tactless or embarrassing things.
- It's often difficult to get them to bed and to sleep.
- Hyperactive children may tear around the house or even do things that put them in physical danger.

The impact of ADD/ADHD on

siblings: Because of these behaviors, siblings of children with ADD/ADHD face a number of challenges:

- Their needs often get less attention than those of the child with ADD/ADHD.
- They may be rebuked more sharply when they err, and their successes may be less celebrated or taken for granted.
- They may be enlisted as assistant parents — and blamed if the sibling with ADD/ADHD misbehaves under their supervision.
- As a result, siblings may find their love for a brother or sister with ADD/ADHD mixed with jealousy and resentment.

The impact of ADD/ADHD on

parents: And, of course, having a child with ADD/ADHD affects parents in many ways:

- The demands of a child with ADD/ADHD can be physically exhausting.
- The need to monitor the child's activities and actions can be psychologically exhausting.
- The child's inability to "listen" is frustrating.
- The child's behaviors, and your knowledge of their consequences, can make you anxious and stressed.
- If there's a basic difference between your personality and that of your child with ADD/ADHD, you may find your child's behaviors especially difficult to accept.
- Frustration can lead to anger — and guilt about being angry at your child.

In order to meet the challenges of raising a child with ADD/ADHD, you must be able to master a combination of *compassion* and *consistency*. Living in a home that provides both love and structure is the best thing for a child or teenager who is learning to manage ADD/ADHD.

ADD/ADHD parenting tip 1: Stay positive and healthy yourself

As a parent, you set the stage for your child's emotional and physical health. You have control over many of the factors that can positively influence the symptoms of your child's disorder.

The power of a positive attitude.

Your best assets for helping your child meet the challenges of ADD/ADHD are your positive attitude and common sense. When you are calm and focused, you are more likely to be able to connect with your child, helping him or her to be calm and focused as well.

Keep things in perspective. Remember that your child's behavior is related to a disorder. Most of the time it is not intentional. Hold on to your sense of humor. What's embarrassing today may be a funny family story ten years from now.

Don't sweat the small stuff and be willing to make some compromises. One chore left undone isn't a big deal when your child has completed two others plus the day's homework. If you are a perfectionist, you will not only be constantly dissatisfied but also create impossible expectations for your ADD/ADHD child.

Believe in your child. Think about or make a written list of everything that is positive, valuable, and unique about your child. Trust that your child can learn, change, mature, and succeed. Make thinking about this trust a daily task as you brush your teeth or make your coffee.

When you take care of yourself, you're better able to take care of your child. As your child's role model and most important source of strength, it is vital that you live healthfully. If you are overtired or have simply run out of patience, you risk losing sight of the structure and support you have so carefully set up for your child with ADD/ADHD.

Take care of yourself. Eat right, exercise, and find ways to reduce stress, whether it means taking a nightly bath or practicing morning meditation. If you do get sick, acknowledge it and get help.

Seek support. One of the most important things to remember in rearing a child with ADD/ADHD is that you don't have to do it alone. Talk to your child's doctors, therapists, and teachers. Join an organized support group for parents of children with ADHD. These groups offer a forum for giving and receiving advice, and provide a safe place to vent feelings and share experiences.

Take breaks. Friends and family can be wonderful about offering to babysit, but you may feel guilty about leaving your child, or leaving the volunteer with a child with ADD/ADHD. Next time, accept their offer and discuss honestly how best to handle your child.

How pets can help kids with ADHD (and their parents): If your home life feels chaotic, you may be reluctant to add a pet to the mix. But pets come with a host of benefits for you and your child. They can help teach your kid responsibility and get him or her outside. They can also inject some much-needed fun and help the whole family blow off steam. In fact, studies show that pets can protect you from depression, stress, and even medical problems.

ADD/ADHD parenting tip 2: Establish structure and stick to it.

Children with ADHD are more likely to succeed in completing tasks when the tasks occur in predictable patterns and in predictable places. Your job is to create and sustain structure in your home, so that your child knows what to expect and what they are expected to do.

Tips for helping your child with ADD/ADHD stay focused and organized:

Follow a routine. It is important to set a time and a place for everything to help the child with ADD/ADHD understand and meet expectations. Establish simple and predictable rituals for meals, homework, play, and bed. Have your child lay out clothes for the next morning before going to bed, and make sure whatever he or she needs to

take to school is in a special place, ready to grab.

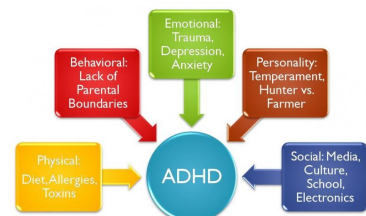
Use clocks and timers. Consider placing clocks throughout the house, with a big one in your child's bedroom. Allow enough time for what your child needs to do, such as homework or getting ready in the morning. Use a timer for homework or transitional times, such as between finishing up play and getting ready for bed.

Simplify your child's schedule. It is good to avoid idle time, but a child with ADHD may become more distracted and "wound up" if there are many after-school activities. You may need to make adjustments to the child's after-school commitments based on the individual child's abilities and the demands of particular activities.

Create a quiet place. Make sure your child has a quiet, private space of his or her own. A porch or a bedroom work well too, as long as it's not the same place as the child goes for a time-out.

Do your best to be neat and organized. Set up your home

in an organized way. Make sure your child knows that everything has its place. Role model neatness and organization as much as possible.



Avoid problems by keeping kids with attention deficit disorder busy!

For kids with ADD/ADHD, idle time may exacerbate their symptoms and create chaos in your home. It is important to keep a child with ADD/ADHD busy without piling on so many things that the child becomes overwhelmed.

Sign your child up for a sport, art class, or music. At home, organize simple activities that fill up your child's time. These can be tasks like helping you cook, playing a board game with a sibling, or drawing a picture. Try not to over-rely on the television or computer/video games as time-fillers. Unfortunately, TV and video games are increasingly violent in nature and may only increase your child's symptoms of ADD/ADHD.

ADD/ADHD parenting tip 3: Set clear expectations and rules. Children with ADHD need consistent rules that they can understand and follow. Make the rules of behavior for the family simple and clear. Write down the rules and hang them up in a place where your child can easily read them. Children with ADD/ADHD respond particularly well to organized systems of rewards and consequences. It's important to explain what will happen when the rules are obeyed and when they are broken. Finally, stick to your system: follow through each and every

time with a reward or a consequence.

Don't forget praise and positive reinforcement. As you establish these consistent structures, keep in mind that children with ADHD often receive criticism. Be on the lookout for good behavior—and praise it. Praise is especially important for children who have ADD/ADHD because they typically get so little of it. These children receive correction, remediation, and complaints about their behavior—but little positive reinforcement.

A smile, positive comment, or other reward from you can improve the attention, concentration and impulse control of your child with ADD/ADHD. Do your best to focus on giving positive praise for appropriate behavior and task completion, while giving as few negative responses as possible to inappropriate behavior or poor task performance. Reward your child for small achievements that you might take for granted in another child.

ADD/ADHD parenting tip 4: Encourage movement and sleep. Physical activity can help your child with ADD/ADHD. Children with ADD/ADHD often have energy to burn. Organized sports and other physical activities can help them get their energy out in healthy ways and focus their attention on specific movements and skills.

The benefits of physical activity are endless: it improves concentration, decreases depression and anxiety, and promotes brain growth. Most importantly for children with attention deficits, however, is the fact that exercise leads to better sleep, which in turn can also reduce the symptoms of ADD/ADHD.

Find a sport that your child will enjoy and that suits his or her strengths. For example, sports such as softball that involve a lot of “down time” are not the best fit for children with attention problems. Individual or team sports like basketball and hockey that require constant motion are better options.

Children with ADD/ADHD may also benefit from martial arts training, taekwon do, or yoga, which enhance mental control as they work out the body.

Better sleep can help your child with ADD/ADHD: Insufficient sleep can make anyone less attentive, but it can be highly detrimental for children with ADD/ADHD. Kids with ADD/ADHD need at least as much sleep as their unaffected peers, but tend not to get what they need. Their attention problems can lead to overstimulation and trouble falling asleep. A consistent, early bedtime is the most helpful strategy to combat this problem, but it may not completely solve it.

Help your child get better rest by trying out one or more of the following strategies:

- **Decrease television time** and increase your child's activities and exercise levels during the day.
- **Eliminate caffeine** from your child's diet.
- **Create a buffer time to lower down the activity level for an hour or so before bedtime.** Find quieter activities such as coloring, reading or playing quietly.
- **Spend ten minutes cuddling with your child.** This will build a sense of love and security as well as provide a time to calm down.
- **Use lavender or other aromas in your child's room.** The scent may help to calm your child.
- **Use relaxation tapes as background noise** for your child when falling asleep. There are many varieties available including nature sounds and calming music. Children with ADD/ADHD often find "white noise" to be calming. You can create white noise by putting a radio on static or running an electric fan.

The benefits of “green time” in kids with attention deficit disorder: Research shows that children with ADD/ADHD benefit from spending time in nature. Kids experience a greater reduction of symptoms of ADD/ADHD when they play in a park full

of grass and trees than on a concrete playground. Take note of this



promising and simple approach to managing ADD/ADHD. Even in cities, most families have access to parks and other natural settings. Join your children in this “green time”—you’ll also get a much-deserved breath of fresh air for yourself.

ADD/ADHD parenting tip 5: Help your child eat right. Diet is not a direct cause of attention deficit disorder, but food can and does affect your child's mental state, which in turn seems to affect behavior. Monitoring and modifying what, when, and how much your child eats can help decrease the symptoms of ADD/ADHD.

All children benefit from fresh foods, regular meal times, and staying away from junk food. These tenets are especially true for children with ADD/ADHD, whose impulsiveness and distractedness can lead to missed meals, disordered eating, and overeating. Eating small meals more often may help your child’s ADD/ADHD. Kids with ADD/ADHD are notorious for not eating regularly. Without parental guidance, these children might not eat for hours and then binge on whatever is around. The result of this pattern can be devastating to the child’s physical and emotional health.

Prevent unhealthy eating habits by scheduling regular nutritious meals or snacks for your child no more than three hours apart. Physically, a child with ADD/ADHD needs a regular intake of healthy food; mentally, meal times are a necessary break and a scheduled rhythm to the day.

- Get rid of the junk foods in your home.
- Put fatty and sugary foods off-limits when eating out.
- Turn off television shows riddled with junk-food ads.
- Give your child a daily vitamin-and-mineral supplement.

ADD/ADHD parenting tip 6: Teach your child how to make friends.

Children with ADD/ADHD often have difficulty with simple social interactions. They may struggle with reading social cues, talk too much, interrupt frequently, or come off as aggressive or “too intense.” Their relative emotional immaturity can make them stand out among children their own age, and make them targets for unfriendly teasing.

Don’t forget, though, that many kids with ADD/ADHD are exceptionally intelligent and creative and will eventually figure out for themselves how to get along with others and spot people who aren’t appropriate as friends. Moreover, personality traits that might exasperate parents and teachers may

come across to peers as funny and charming.

Helping a child with attention deficit disorder improve social skills. It's hard for children with ADHD to learn social skills and social rules. You can help your child with ADD/ADHD become a better listener, learn to read people's faces and body language, and interact more smoothly in groups.

- Speak gently but honestly with your child about his or her challenges and how to make changes.
- Role-play various social scenarios with your child. Trade roles often and try to make it fun.
- Be careful to select playmates for your child with similar language and physical skills.
- Invite only one or two friends at a time at first. Watch them closely while they play.
- Have a zero tolerance policy for hitting, pushing and yelling in your house or yard.
- Make time and space for your child to play, and reward good play behaviors often.

School Bus Safety

School buses are the safest vehicles on the road, and improved Transport Canada standards will make them even safer.



The facts

- Most injuries take place outside the school bus. Many injuries happen when children enter or leave the bus.
- The most serious injuries happen when children are struck by a school bus or struck by a car after getting off the school bus.
- Children aged 5 – 9 years and 10 – 15 years are the most commonly injured on school buses.

How to prepare your children for the school bus

- Make sure they wait well away from the roadway and stay well back until the bus has come to a full stop and the door opens.
- Explain that they must walk at least 3 metres (10 feet) away when crossing in front of the bus so the driver can see them.
- Tell your children the importance of obeying the school bus driver and monitors.
- Forbid running, pushing and horse play on and around the bus.
- Don't let your children arrive at the stop too early. They may be tempted to wander or get into mischief.
- Tell your children to come straight home from the bus with no detours.
- Make sure they know what to do if they miss the bus: come back home; or if at school, report to a teacher and never accept a ride from a stranger.

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NEW BOOK: New Free Kids' Book About Spinal Cord Injury

By: Dr. Stephen Kishblum

"I Will Teach You Everything You Need to Know" is a new book published by the Christopher and Dana Reeve Foundation for kids who have someone in their life who has sustained a spinal cord injury.

Written through the eyes of a young boy whose father is injured, readers have the chance to see the impact of a spinal cord injury on the family as well as identify and better understand the changes in their lives.

Author Dr. Stephen Kishblum is the Medical Director and Director of Spinal Cord Injury Services at the Kessler Institute for Rehabilitation. The book is available for free by filling out a form on the Foundation's website at: <http://bit.ly/wDaMC7>



GET INVOLVED!

Parenting Study: York University is looking for mothers with children under the age of 5 to complete a simple self-report based survey. The survey will only take about 25min.

They are studying Parenting, personality and adjustment for an undergraduate thesis. 100 participants are needed! Research is aiming to be published for summer.

Survey can be completed by mail or in person in the office at York University, or we can come to you! Email for details at psychologyparentingstudy@gmail.com.



UPCOMING EVENTS

14th Annual Spring Baby Time Show

The Ultimate Event for Pregnancy, Birth, Baby and Toddler.

Shop, learn and have fun all within one vibrant place celebrating parenthood. SHOP! TRY & BUY from over 200 Manufacturers, Retailers and Artisans. REGISTER for all your baby needs with Babies "R"Us. TALK TO THE EXPERTS behind

your favourite brands and take advantage of great show specials.

LEARN from Top Pregnancy and Parenting Experts.

MEET AND GREET your favourite characters.

Spring Show:

International Centre - Hall 5
6900 Airport Road
Mississauga, Ontario

Spring Show Hours:

April 27: 10am to 6pm

April 28: 10am to 6pm

April 29: 10am to 6pm

About Us: Here at the Baby and Toddler Shows Inc., we have over 30 years of experience in the business of producing consumer and trade shows. Our approach is truly attendee focused. We believe in providing attendees with a meaningful and exciting experience at our events. To that end, we strive to produce events that are dynamic, fun, entertaining and educational.

For our spring and fall BabyTime



Shows, we start by providing an exciting, interactive show floor, packed with exhibitors who are also attendee focused and family focused. Our exhibitor base is carefully chosen to provide products and services that truly serve our target market.

Our mission is to provide a comfortable and inspiring environment for parents-to-be, parents, grandparents and caregivers to discover products and information related to pre-natal to pre-school aged children. We are proud to produce quality events year after year.

For more information, visit <http://www.babytimeshows.ca/baby-time-spring/babytime-spring-home.html>

The Anne Johnston Health Station kicks off its campaign to encourage women with disabilities to get a pap test

TORONTO, May 11 /CNW/ - The Anne Johnston Health Station (AJHS) is pleased to announce that it will be expanding its Pap screening for women with physical disabilities. Women with physical disabilities face numerous barriers to accessing Pap tests, which may account for lower rates of screening than able-bodied women. Echo: Improving Women's Health in Ontario, a provincial agency dedicated to

improving women's health, recently selected AJHS as a demonstration site for women with physical disabilities seeking Pap tests in order to support efforts to adapt and adopt the AJHS model of practice across Ontario.

AJHS offers a barrier-free environment including a fully accessible building equipped with ramps, elevators, electronic doors, ceiling lifts and accessible examination tables. The Pap tests are provided safely in a welcoming, non-judgmental way by Nurse Practitioners.

AJHS executive director, Brenda McNeil says, "we are very happy to partner with Echo in its effort to increase access to cancer screening for underserved groups of women around Ontario. AJHS is pleased to have been selected as a 'best practice site' and our staff look forward to sharing our knowledge and expertise in this important area of cervical cancer screening." Many women with disabilities are under the misconception that they do not need a Pap test while others find physicians' offices are inconvenient and inaccessible. "We provide longer appointment times and an attendant to assist with additional needs due to physical limitations," says Janis Macdonald, Nurse Practitioner at AJHS.

A Pap test is an important screening tool used to prevent the development of cervical cancer. The test detects

abnormal cervical changes before they become cancerous. It is a woman's best protection against cervical cancer.

Quick Facts:

- 38 per cent of women living with physical disabilities report having difficulty accessing the examining table in their family doctor's office.
- Women with disabilities are significantly less likely to receive regular pelvic exams.

About AJHS: The Anne Johnston Health Station (AJHS) is a not-for-profit, publicly funded community health centre (CHC) located in Toronto. It offers interdisciplinary staff and provides a variety of programs and services to three target populations: youth, seniors and people with physical disabilities. For people with disabilities, it offers Barrier Free Programs including SexAbility and People on Wheels (POW).

About Echo: Echo: Improving Women's Health in Ontario is an agency of the Ministry of Health and Long-Term Care. Echo promotes equity and improved health for women by working in collaborative partnerships with the health system, communities, researchers and policy-makers. The priority health issues include chronic disease management, sexual and reproductive health and mental health and

addictions.

The Anne Johnston Health Station is located at 2398 Yonge Street (North West Corner of Yonge and Montgomery) in Toronto. More information on their programs can be obtained by calling (416) 486-8666 or TTY(416) 486-6759; by fax (416) 486-8660; or by emailing info@ajhs.ca

For more information or to arrange an interview please contact one of our Nurse Practitioners by email or phone at: Edith Keeler, edithk@ajhs.ca or Janis Macdonald, janism@ajhs.ca 416-486-8666 ext. 259.

Visit <http://www.newswire.ca/en/story/791689/the-anne-johnston-health-station-kicks-off-its-campaign-to-encourage-women-with-disabilities-to-get-a-pap-test> for more details.



RESOURCES

Izzy Camillieri Adaptive Clothing: Adaptive clothing that celebrates both your body and your spirit

Seven years ago celebrated Canadian fashion designer Izzy Camillieri was asked to design a custom piece for a successful journalist... who just happened to be a quadriplegic. This influential relationship opened up both the eyes as well as new doors for Camillieri, not then aware of the challenges people in wheelchairs face when it came to clothing. After much research and contemplation she was inspired to launch the most important collection of her career: IZ Adaptive.

Fashion innovator Camillieri broke new ground with what is the world's first line of everyday adaptable clothing for a "seated" clientele. The IZ Collection features modern and sophisticated pieces for both women and men who use a wheelchair, many of them under the age of 25 and yearning for access to style not readily available in the marketplace -until now. IZ Adaptive offers fashionable casual, professional, and formal wear that makes wheelchair users feel both empowered and proud. The line celebrates both body and spirit, and provides a seated client the freedom to finally define their own personal style.

Each piece is cut to follow the line of the seated body, with strategic zipper placement accommodating specific needs. Izzy employs couture-like workmanship to her collections with a keen attention to detail that has secured her the position as one of Canada's pre-eminent designers and also earned her Designer of the Year in 2006.

From runway to behind the scenes of the film and television industry, Izzy has worked extensively with Canadian and U.S. costume designers and stylists on feature films, TV movies, series, as well as music videos. Camilleri has designed for some of the biggest names in Hollywood including Nicole Kidman, Jennifer Lopez, Angelina Jolie, Reese Witherspoon, and Catherine Zeta Jones, to name a few.

The IZ Collection however makes a profound impact on another set of VIP's that transcend Hollywood A-listers: the seated clientele. VIP's that now have access to style that they've never had before.



To learn more about Izzy Camilleri's work, please view her website at: www.izzycamilleri.com email: info@izadaptive.com, phone: 416.860.0783 Toll Free: 1-866-831-0451; 2955B Dundas Street West, Toronto, ON, M6P 1Z2. Store hours are Mon-Fri 9am-5pm, Saturday from 10am-4pm. Closed Sundays and Holidays.

The Parenting Show

www.rogerstv.com/theparentingshow

We all know kids don't come with an instruction manual, but *Rogers TV* brings you the next best thing. Join psychotherapist and parenting expert Alyson Schafer and her co-host Jennifer Anderson for The Parenting Show. Call in and learn the tricks of democratic parenting.

Learn to give your child both independence and responsibility while using discipline to teach and guide. Use Alyson's advice to train your kids to take a problem solving approach to life and to view mistakes as opportunities to learn.

Encouragement is the mainstay of parenting and viewers are invited to dial in to get advice and best of all, learn from other parents that your challenges aren't unique!

Bios:

**Alyson Schäfer, M.A. Counseling,
B.Sc., O.A.C.C.P.P.**

**Psychotherapist, Author, Educator,
Speaker:**

Alyson brings the age-old topic of parenting to a twenty-first century audience of educated, enlightened and motivated parents. Her style is fast and witty, her information grounded in theory and research. Alyson educates, inspires and entertains - whether speaking to an audience of parents, presenting workshops, or one-on-one in private parent coaching sessions. As a mother of two and a former nursery school teacher, Alyson brings real life experience and passion to her work.

Alyson is relied on by the media as an expert in parenting. She has been featured in articles in Today's Parent, Chatelaine, Reader's Digest, 24 Hours, and has appeared on TV shows like Yummy Mummy, Toronto Tonight, W Live, Health On The Line, Planet Parent, Agenda, CTV and the CHCH Morning Show. Alyson has been interviewed on the CBC and CFRB and the guest host of a Today's Parent on-line forum.

Alyson is a regular corporate speaker for *Parents at Work*, as well as presenting at *The Baby Time show* and *The Today's Parent Baby and Toddler Show*.

Alyson holds a Masters of Arts - Counseling from the Adler School of Chicago, and an Honours Bachelor of Science from the University of Waterloo. She is the Canadian Co-Chair of Family Education for the North American Society of Adlerian Psychology (NASAP), and a member of the Ontario Association of Consultants, Counselors, Psychometrics and Psychotherapists (OACCPP). Alyson also worked collaboratively with the Adler School of Professional Coaching to develop their Parent Coaching Certificate Program. For more information on Alyson and her projects go to Alyson.ca

Jennifer Anderson: Jennifer Anderson is the host of The Parenting Show along with parenting expert Alyson Schafer. Jennifer originally started at the station in 1998, as an intern. Upon graduation from Broadcast Journalism at Seneca College, she was hired on as a producer and reporter for First Local. Highlights of the job included a weekly art feature, parades and auctions – an event that led Jennifer to her next job. Each year, *Rogers TV* hosts the Georgina Cares Auction, raising funds for underprivileged children allowing them to take part in extra-curricular activities. Since 2004, Jennifer has worked as the program administrator for the organization, coordinating the yearly televised event.

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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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