

Upcoming Trainings

"Dealing With Stress During The Holidays"
November 8th 6:00-7:00pm
Bucks County LIFE
882 Jacksonville Road Suite 203
Ivlyland, PA 18974

"Healthy Eating For Children With Attention Or Behavioral Issues"
January 5th 7:00-8:30pm
BCIU
705 N. Shady Retreat Road
Doylestown, PA 18901

"Transition Age Youth Information Session"
February 28th 6:30-8:30pm
BCIU
705 N. Shady Retreat Road
Doylestown, PA 18901

**RSVP to HODonnell@accessservices.org
Or call 1-888-442-1590 ext 23**

Directions

From 332 (Newtown Richboro Road, aka Newtown bypass) head West on 332. Go straight across 232 (Second Street Pike), the road then becomes Almshouse Road. At traffic light at Jacksonville Road (332 W), turn left. Go straight at light at Bristol Road. You will see Courtyard at Ivlyland on the right. Our office is located on the first floor, suite 203, where the ATM machine is.

Heading East on Almshouse Road, turn right at light at Jacksonville Road (332 W) and follow above directions.

From Bristol Road heading West, turn right at light at Jacksonville Road and follow above directions.

Bristol Road heading East, turn left at light at Jacksonville Road and follow above directions.

Heading East on Street Road (132), at the light at Jacksonville Road, veer right onto Jacksonville (332 E). On the left side of the street see Courtyard at Ivlyland just past the light at Johnsville Road (Blvd.). Turn left into parking lot.



Our Mission is to build strong, resourceful families and resilient children by sharing knowledge, resources, referral to services, direct support and training; with a focus on building a culture of parents and youth as mentors, partnerships within the community and collaborations with systems of care.

In This Issue:

- We've Moved!!!.....1
- Nutrition for Attention Issues.....2
- Talking to Your Child's Teacher.....3
- Talking to Your Child's Doctor.....4

How We Can Help:

- Parent mentorship & support
- Helpful resources for you & your child
- Referral to other services as needed
- Training & information
- Specialized case

Access Services:

500 Office Center Drive, Suite 100
Fort Washington, PA 19034-3234
1.800.793.2150 (toll free)
215.540.2165 (fax)
BucksLife@accessservices.org
www.accessservices.org
www.LifeInBucks.org

We've MOVED!!!

Bucks County LIFE has opened its new office in Ivlyland!!!

Bucks County LIFE offers parent support and mentorship, resources and referral, training and information, and specialized case management. Social skills classes and sibling support groups are offered at the new Ivlyland location for residents of Bucks County.

Parent information classes that focus on the specific issues for parents of children with special needs are offered monthly. The new office is designed for family support and training and also includes meeting rooms and mobile work areas.

The office is located at 882 Jacksonville Road, Suite 203, Ivlyland, PA 18974. Bucks County LIFE can be reached through the toll free number 1-888-442-1590 or at www.lifeinbucks.org.



Come Join Us For Our OPEN HOUSE

December 1st, 2011

3:00-7:00pm

882 Jacksonville Road, Suite 203, Ivlyland, PA 18974

To RSVP, please email HODonnell@accessservices.org or call 1-888-442-1590 ext 23



500 Office Center Drive, Suite 100
Fort Washington, PA 19034-3234



Better Nutrition for Children with Attention Issues

High protein diets, especially at breakfast, snack and lunch can help your child concentrate better in school. Studies at MIT show that protein triggers alertness- inducing neurotransmitters. Children need between 24-30 grams of protein a day.

Examples of protein:

- 1 egg = 7 grams of protein
- 2 T of peanut butter = 7 grams protein
- 1 oz cheese = 7 grams protein
- 1/3 cup of nuts = 7 grams protein
- 1 oz lunch meat = 7 grams protein
- 8 oz yogurt = 10 grams of protein
- 8 oz milk = 8 grams protein
- 1 slice whole wheat bread = 3.6 grams protein

High fiber diets promote even energy for children throughout the day. Fiber steadies blood-sugar levels, curbs overeating, slows fat absorption, reduces cholesterol, promotes healthy body functions and reduces cancer risks. Children need 20-30 grams of fiber a day.

Examples of fiber filled foods:

- 1 cup high fiber cereal = 10-20 grams of fiber
- ½ cup broccoli = 2.5 grams of fiber
- 1 medium apple with skin = 3.5 grams of fiber
- 1 orange = 2.5 grams of fiber
- 1 banana = 2.5 grams of fiber
- 1 potato with skin = 2.5 grams of fiber
- 1 slice whole wheat bread = 1.5 grams of fiber
- 1 cup whole wheat spaghetti = 4 grams of fiber

Reduce or eliminate artificial colors and dyes in your children's diet whenever possible. Some studies have shown a link between processed foods and reduced attention span. Avoid foods high in sugar, fat, hydrogenated oils or corn syrup. If you

do indulge in highly processed foods on occasion, refer to them as "once in a while" foods. The key is balance.

Buy organic when you can. Wash fresh veggies and fruit well if this is not an option. Consider multi vitamins and supplements (omega-3 or zinc for example) to round out your child's diet if you are dealing with a child who is a picky eater or you are often eating on the run.

Try an elimination diet with the help of a pediatrician, nutritionist or allergist if you suspect your child's attention issues are related to times after he/she has eaten certain foods.

Most of all...make nutrition fun! Include your children in food preparation, making healthy choices at the grocery store, reading labels, etc. Encourage making a plate with multiple colors at dinner, have children make choices between healthy alternatives at home or restaurants, attend free nutritional tours at grocery stores, have your child try a bite of a new food each week....Make nutrition an adventure. Have fun eating healthy foods yourself, and you will be modeling a healthy lifestyle for your children's future!

Join our training on this topic

January 5th 7:00-8:30pm
BCIU

705 N. Shady Retreat Road
Doylestown, PA 18901

RSVP: HODonnell@accessservices.org



Tips for Great Parent -Teacher Communications

- Attend back-to-school night. Volunteer in classroom once or more a year if schedule permits.
- Give teacher your email address in addition to work and home phone numbers. Email is often the preferred method of communication with busy teachers.
- Stop by and pick up your child occasionally and chat with teacher. Keep it short and sweet.
- Difficult matters should be left to scheduled conferences or emails or phone calls.
- Bring up problems in a positive manner. Always follow protocol. Go to teacher first, counselor second and principal last unless your school follows a different chain of command.
- Ask for emails to deal with difficulties if there are discrepancies between what is said in-person one-on-one with staff and what is said in meetings. It will keep everyone accountable for what is said.
- Attend all conferences. This is an appropriate time to voice concerns.
- Let your teacher know that you value their hard work and input. And that you view your relationship with her/him as a partnership.
- Share positive news that your child shares with you about the class or what he/she is enjoying studying or participating in now. A quick email or comment in passing is truly appreciated. Teachers spend a tremendous amount of time preparing for class and making curriculum accessible to all different types of learners and these little comments mean a lot to them.

- Maintain a neutral stance if your child says a teacher is mean or unfair. Don't talk negatively about a teacher to or around your children. Stay focused on solving a problem in a non- aggressive or defensive way. Be a good listener at conferences, stay to an outlined agenda for yourself and be open to new ideas/solutions from teachers in meetings.
- If your child has an IEP, behavior plan or list of accommodations for the classroom and he/she has grown intellectually/developmentally/emotionally since it was first written or revised, talk to your child's teacher about how it might be reworked. The teacher will be the first to see new developments or challenges in the classroom. Value their input.

Tips for Talking to Your Doctor When Your Child Has Special Needs.

- Make the most of your time and arrive early and ask for more time if needed.
- Whenever possible have someone attend appointment with you.
- Bring a list of questions with you to doctor's appointment.
- Be prepared to give doctor special updates on your child.
- Take notes on what doctor is telling you.
- Ask questions. Don't leave until you understand what is being said.
- Obtain the number of the nurse that is available for questions you may have later.
- Keep good records. Use web based medical records management that can be found at www.pchc.org
- Contact your insurance provider to ask if they have a special needs unit.
- Ask your insurance company if a Case Manager can be