

# PARENT NEWSLETTER

April 2018

## MISSION STATEMENT:

To make a real difference in the quality of life for children and adults with autism and their families, wherever they may live.

## CONTACT US:

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Our clinic, Roots on Craig, provides designated spaces for various age ranges and activities.

## ROOTS ON CRAIG: 2018

Dear Parents and Guardians,

I hope everybody is having a healthy spring. The end of the school year is coming up, and we are already beginning to program for the summer. Please let us know as soon as possible if you are anticipating or wanting scheduling changes in the upcoming months. Also keep us in mind if you need any assistance with school meetings or transitions, as we strive to be an active and supportive part of the entire therapy team. Finally, be on the lookout for information regarding our summer clinic camp, Summer Splash!

Sincerely,

Monica M. Lohnes, MS, CCC-SLP, Clinic Director

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*Daytime clinic hours are available!*

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## Q. Who's a part of my child's care team, and what does that entail?

A. Your child's care team consists of anybody providing services or support to your child, both inside and outside of school. Ideally, all providers are working together cohesively for one main goal: your child's growth and well-being. The team consists of school providers: speech-language therapist (SLP), occupational therapist (OT), physical therapist (PT), behavior therapist (BCaBA/BCBA) special education teacher, paraprofessionals or teacher's aids, and agency provides: SLP, OT, PT, BCaBA/BCBA. The team also includes medical professionals, and most importantly, the parents/guardians and family members.

With your permission, Judevine® will contact the school to discuss services and request special education documents. This will help your Judevine® team understand your child's school day, and strengths and areas of concern in school in order to provide more meaningful and streamlined services. With your permission, Judevine® will also contact your child's physician or specialist to make sure we understand your child's medical history and needs to the best of our ability. Please let us know how we can help support you and your child's team. We are available to consult with other team members, answer any questions regarding care, and review service options. ▪

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Judevine Center  
for Autism  
[www.judevine.org](http://www.judevine.org)  
Roots on Craig

## MONTHLY TIP AND TECHNIQUE: TIMERS

Using timers is one of my favorite strategies. They can be used throughout the day and may help with non-preferred task completion (chores, cleanup, homework) and transitions between tasks or activities. There are a variety of free timers online that can count up or down for any set time, and tangible timers are available at most stores. You can also use a timer on a phone or other device- Be careful that the electronic device doesn't trigger negative behaviors. I prefer a "hands off" approach if the timer is on a preferred device such as a phone.

When you set a timer, set the timer to count down so your child can see how much time is left. When the timer goes off, you can "blame the timer" to take the pressure off of yourself. For example, "Oh, the timer went off. That means it's time to clean up!" Or, "The timer shows that you have 5 minutes left with this game. Then we will play with something else." You can even set a timer for yourself, or as you work and play with your child, to build it into the routine. For example, you can set the timer in the evening as you work on homework, and let the timer be the "good news" that you can take a 10 minute break. Then set the timer again for 10 minutes.

Please let Juliana or your RBT know if you have questions or need help using timers effectively.

## COMMUNITY EVENTS & RESOURCES:

- **Healthy Family Festival 2018**- Saturday, May 12<sup>th</sup>, 11 am – 2 pm. This free, family event is planned by a group of organizations including Project LAUNCH, Children's Permanency Partnership, Washington University, and more. Held at Deaconess Center for Child Well-Being, 1000 N Vandeventer Ave, the event will include lunch, prizes, face painting, and other activities and resources. 314-534-6015 for more information.
- **Cookie Cutters haircuts for kids:** Opening in May! 6311 Ronald Reagan Drive, Lake St. Louis, MO 63367. 636-265-0151. [www.haircutsarefun.com/LakeStLouis-mo](http://www.haircutsarefun.com/LakeStLouis-mo). They provide a hair cutting experience with attention to sensory needs.
- **Gateway:61- Play Differently:** Sunday mornings 10:00am-11:45am, children ages 4-17. Hosted in a church in Chesterfield, MO, with sensory and motor rooms. Registration required. [www.gateway61.org/special-needs-ministry.php](http://www.gateway61.org/special-needs-ministry.php)