

# PARENT NEWSLETTER

July 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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1810 Craig Road, Suite 109  
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*Our clinic, Roots on Craig, provides designated spaces for various age ranges and activities.*

## ROOTS ON CRAIG

Dear Parents and Guardians,

Judevine® works with many different insurance companies and plans. Please let us know immediately if you have any changes in insurance, whether they are your primary provider or not, or provider for ABA services. You may contact me at [mlohnes@judevine.org](mailto:mlohnes@judevine.org), and I will follow up with any additional information or requests regarding insurance.

Our department is in the process of updating annual paperwork, so please be on the lookout for forms from your BCBA. We need updated information to continue to provide quality services and stay within compliance regulations. Please let me know if you have any concerns about these forms or our processes.

I hope you are staying cool in this summer heat!

Sincerely,

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

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*Daytime clinic hours are available!*

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## MONTHLY TIP AND TECHNIQUE: SABOTAGE

Last month we focused on “withholding,” in which you hold on to a preferred item in sight until your child makes a specific request for it. Now we are going to review a similar technique: **Sabotage**.

When using sabotage, we intentionally do not provide a desired or necessary object to elicit a request for the object, or we say or give an incorrect object or information. We are *purposely setting up a problem*.

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## MONTHLY TIP AND TECHNIQUE: SABOTAGE, CONT.



### Ideas and examples:

- Point out common objects and call them something else. Ex: Give them a cup and say, "Ok, here's your pillow!"
- Give the requested item to somebody else.
- Use an item incorrectly. Ex: Try to write with the eraser side of a pencil, put on a coat upside down, put a shoe on a hand.
- Give part of the item needed, but not all. Ex: Toy with missing pieces, paper to color but no markers, half of the puzzle pieces, a meal with no utensils.

### Tips:

- **Keep it fun and silly** to reduce frustration.
- Use this strategy in **familiar situations**. This allows for a better chance of success with more familiar routines and vocabulary.
- Keep this at an **appropriate level** where your child would be able to recognize and figure out the situation. If it is too difficult, it won't be effective, and may just go unnoticed.
- **Wait** longer than you think you need to before providing prompts!
- Try a few **verbal prompts or hints** before solving the problem yourself. (Remember, we want a little silly frustration as motivation, hopefully not reaching the point of a melt down.) Ex: "Is that what you wanted?" or "What are you waiting for?" or "Go ahead, start coloring!" (While they still don't have a marker)

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

## COMMUNITY EVENTS & RESOURCES:

- **Special Needs Trust Informational Workshop:** Thursday, September 13<sup>th</sup>, 2018. 2 sessions- 10-11:30 am, OR 6-7:30 pm. Community commons at the Spencer Road Library Branch. 427 Spencer Road, St. Peters, MO 63376. Led by a parent of a child with a disability and a financial advisor- Michael Chiodini. RSVP by Monday, September 10 to Lauren Hall at 636-387-5501, or [Inhall@communitylivingmo.org](mailto:Inhall@communitylivingmo.org).
- **Cookie Cutters haircuts for kids:** 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)