



Newsletter

Sept/Oct

IN THIS ISSUE: TIPS FOR THE SEASON AND INDEPENDENT LIVING RESOURCES!

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TIPS FOR A *Spectacular* SPOOKY SEASON

With the excitement of fall and Halloween activities, it's important to plan ahead to help children with sensory sensitivities enjoy the season. Here are a few helpful tips:

- **Attend sensory-friendly events:** Look for local fall festivals or Halloween activities that offer quieter environments, like sensory-friendly trick-or-treating or costume parades.
- **Go during quieter times:** Visit pumpkin patches or corn mazes when crowds are minimal, typically early in the morning or on weekdays.
- **Bring safe snacks:** Pack familiar, safe foods in case the event doesn't accommodate dietary needs.
- **Costume comfort:** If your child wants to wear a costume, consider bringing a change of clothes in case the costume becomes uncomfortable. Choose costumes that are soft, tag-free, or allow layering for comfort.
- **Noise control:** Bring along noise-canceling headphones to manage loud sounds like crowds, music, or unexpected noises.
- **Visual aids:** Use visual schedules or social stories to help your child understand what to expect from each activity



Resources & Information

IT'S NEVER TOO SOON TO START THINKING
ABOUT INDEPENDENT LIVING!

INDEPENDENT LIVING CHECKLIST

The "Independent Living, Here We Come!" checklist is a vital resource for young adults with disabilities transitioning to independent living. It outlines essential life skills in manageable tasks, aiding individuals, families, and educators in assessing readiness for self-sufficiency. Key categories include:

1. **Daily Living Skills:** Covers activities like cooking, cleaning, and personal hygiene to foster autonomy and confidence.
2. **Managing Finances:** Teaches budgeting, paying bills, and handling bank accounts to navigate financial responsibilities.
3. **Community Engagement:** Encourages using public transportation, accessing healthcare, and building a social network to promote integration and support.

This checklist helps families and educators track progress, identify growth areas, and communicate effectively, ensuring young adults develop the skills needed for a successful transition to independence.

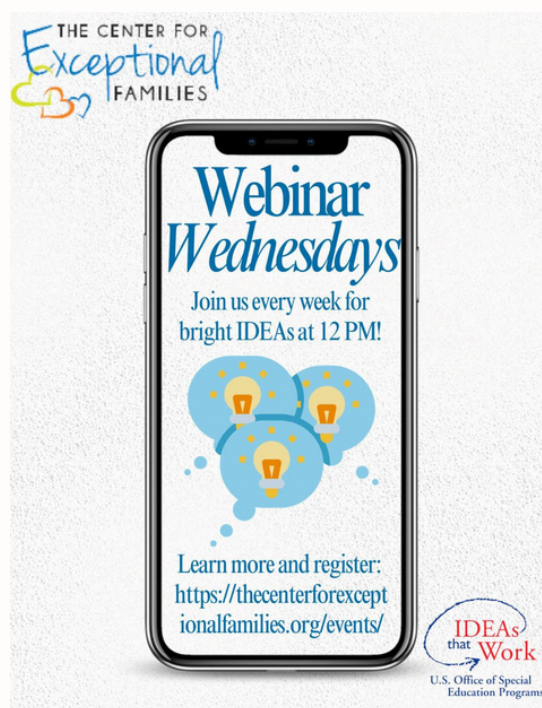


Click [HERE](#)
for the
checklist!



Resources & Information

Find most of
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presentations
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WEBINAR WEDNESDAYS

Join TCFEF on Wednesdays at 12 PM for presentations and information to help you in your journey advocating for your child, client, or student! Click [Here](#) to access our calendar for dates and topics for Webinar Wednesdays

Click [Here](#) to register for all Webinar Wednesdays and get a dedicated link so you can attend when you want



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