

The Stewart Center at  
The Westview School presents  
**JAVA THURSDAYS**

*A speaker series for families and caregivers  
of children with autism spectrum disorder*



We invite you to attend our weekly speaker series on parenting children with autism spectrum disorder. Javas are presented in a casual setting over coffee, and **all members of the community are welcome**. Discussions will be relevant to parents and caregivers of children of all ages with autism spectrum disorder. Dates and topics are listed below. **There is no cost to attend**, but we ask that you register beforehand so we know how many people to expect. Day sessions begin at 9:30 a.m. and last approximately one hour. Evening sessions begin at 6:30 p.m. and locations will be announced - email [aharris@westviewschool.org](mailto:aharris@westviewschool.org) for more information. Location: 1830 Kersten Drive, Houston, TX, 77043.

**Continuing education credits may be available for professionals upon request**

## 2018-2019 JAVA SCHEDULE

Sept 27- *The Birds, the Bees and Kids with Special Needs:*

*Safety-Related Behaviors for Youth with ASD* – Behaviors and concepts needed for safety begin with basic hygiene and self-care skills in the early ages. As children approach puberty, these behaviors, along with other aspects of safety, become increasingly important. From ‘stranger-danger’ to the world wide web, and public restrooms to locker-rooms, learn the skills that children with ASD need to be taught to maintain their safety.

Oct 18 - *Safety and Eloping* - Is your family - and your house - prepared for an ASD emergency? Unfortunately, emergencies from wandering to natural disasters happen all too often in this population, and few families are prepared. With nearly 50% of individuals with ASD eloping (wandering away) at some point in their life, this preventative information is necessary for all families with a child with ASD.

Oct 25 - *\*Evening Event: Executive Functioning* - Do you have children who get lost going from the playground to the classroom, forget to put socks on before shoes, over-react to small problems or setbacks, impulsively react to others, or get distracted and fail to finish what they start? These and similar behaviors are related to Executive Functioning, the “mental manager” that controls and directs our behavior, emotions, and actions. These skills develop over time and may be able to be improved or built upon with simple games and strategies. This evening event will be held at **6:30 p.m. at Brio at CityCentre**.

Nov 15 - *Picky Eaters and Getting Your Child to Try New Foods* - Do you have a “picky eater” in your house? Families who have not lived through the experience of not being able to get your child to eat often do not understand how much this can affect daily life. To make this situation even more stressful, most parents of picky eaters feel considerable guilt when they have so much difficulty meeting such a “basic” human need for their child. However, research has found that selective eating usually has little to do with parenting, at all! The good news, however, is that help is available! Attend this presentation for an introduction to the S.O.S. Approach to Feeding®, a fun, interactive way to change the way we interact with food and how we approach new or unfamiliar foods.

Nov 29 - *ASD/ADHD and Psycho-Pharma 101* - To medicate or not to medicate? That is the question... Learn the differences and similarities between ASD and ADHD to better understand which symptoms may benefit from medical consultation and/or behavior modification, and become familiar with some of the available options. Presented by a psychologist and parent of children with ASD and ADHD. (For medical advice, please consult with your child’s doctor.)

Jan 24 - *Behavior Management Q&A* - Student and Staff Support Specialists will help you understand your child’s conduct and offer suggestions on how to manage difficult behaviors.

Jan 31 - *Mainstreaming 101* - Is your child ready for mainstream public or private school? Learn the differences between the two as well as tips, tricks, and tools for navigating either setting with your child with ASD and/or other special needs.

Feb 28 - *Finances Part 1: Planning/Saving/Paying for Autism* by Mr. Arlis Steele - The financial burdens of having children with special needs can be overwhelming. Mr. Steele will offer suggestions on how to plan, save and pay for the expenses placed on special needs families.

Mar 7 - *Finances Part 2: Taxes and Estate Planning* by CPA Guest Speaker

Mar 21 - *Occupational Therapy Show and Tell: What We Do, How It Helps, and Strategies for Home* - Our Occupational Therapists will show you strategies to use with your own children at home and offer tips and tricks of the trade.

Mar 28 - *\*Evening Event: Self-Care* - Taking care of yourself is the foundation on which your family is built. Rediscover and highlight the importance of you in order to strengthen bonds and overcome obstacles.

Apr 25 - *Summer Ideas and Travel Tips* - This presentation will give you helpful hints on how to make traveling with your family an enjoyable experience.

### TO REGISTER:

Email [aharris@westviewschool.org](mailto:aharris@westviewschool.org) with the following info:

Are you a parent/caregiver, a professional, or other; the session date you would like to attend; how you heard about us.