



# Treasure Valley Down Syndrome Association Newsletter

March 2005

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## Message from the President

From Treasure Valley Down Syndrome Association, a big "Hello!" to everyone in our group and a warm "Welcome!" to all of the new faces we are seeing.

There are a lot of exciting things happening with TVDSA this year from the annual picnic coming up in June to the 3rd annual "Buddy Walk of Boise" happening October 15th!

I'm proud to say that we now have a great web site. If you haven't checked it out yet, be sure to do so....you might see a picture of yourself from last year's Buddy Walk! [www.idahodownsyndrome.org](http://www.idahodownsyndrome.org) Thanks to everyone who helped make this happen!

After many years of serving as Editor of the newsletter, Dianna Brown has simply found herself too busy with her kids to continue as Editor. We will miss her heart felt articles and passion for writing, but she has agreed to submit an article on occasion. Thank you, Dianna for all the years and time you gave to the newsletter. We appreciate everything you have done for the group. I am happy to announce that Brenda Taylor, TVDSA's secretary, has graciously offered to take on the responsibility of Editor of the newsletter. It is people like you, Brenda, who help make TVDSA such a success. We are so grateful that you have agreed to become Editor. Thank you!

If you are interested in becoming more involved, or have a comment/suggestion to make regarding TVDSA, please feel free to call or e-mail me.

(208) 846-8748  
[rzimm2@netzero.net](mailto:rzimm2@netzero.net)

I am looking forward to a great year!

Sincerely,

Kelly Zimmerman  
President TVDSA

# Health Helps

## Toilet Training Made Semi-Easy

by Kent Moreno

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*Note: Kent Moreno is a Behavior Analyst and father of a child with Down syndrome. He is employed by the West Virginia Autism Training Center at Marshall University as an education specialist. He can be reached at [knm@access.mountain.net](mailto:knm@access.mountain.net).)*

The process of teaching a child to use the toilet can be a frustrating one. This is especially true if the child has a developmental disability. The protocol listed below has been used successfully, with individuals with developmental disabilities of all ages.

In addition to the protocol listed below, It can be helpful if a child is able to observe others using the toilet. This may be something which a family is not comfortable with or is not appropriate in certain settings. That's fine.

A major factor in the success of this program is based on the development of an effective toileting schedule. To determine the right schedule for the child, data needs to be taken for at least 2-3 days on how often the child goes to the bathroom. To do this, dry pants checks should be done every 20 - 30 min (20 minutes is preferable). If you're lucky, you can find diapers that have a strip which changes color when the child voids otherwise, it will be necessary to feel for moisture. Take special care to write down the times of the day that the child defecates as most people defecate at approximately the same time each day. This procedure is called baseline data. Once 2-3 days of data has been gathered, it will be necessary to figure out approximately how often the child goes to the bathroom. To do this, divide the number of waking minutes by the number of times the child went to the bathroom.

The toileting schedule can now be set up. As a rule of thumb, the child should be taken to the bathroom, twice as often as the child's average for urinating and defecating. So, for example, if the child goes to the bathroom an average of once an hour, the child would be taken to the bathroom every 1/2 hour. When setting up the toileting schedule, keep in mind the times of the day that the child is most likely to defecate and try to have the toileting schedule occur close to these times.

Prior to taking the child to the bathroom, give the child a cue that it is time to go to the bathroom. I recommend helping the child to make the sign for toilet until they can make it independently. Using the sign for toilet will not stop those children who are verbal from saying "toilet" and will give the child a way of communicating when they have to go to the bathroom once they have mastered the toileting procedure thus making a toileting schedule unnecessary.

It is important that the bathroom be a very fun place. Reserve a couple of the child's favorite toys or books which they can only have access to while they are seated on the toilet. Also, music can be very helpful. Mozart and Rockabilly seem to work well.

When having the child sit on the toilet, don't force it. The experience needs to be a positive one. If the child doesn't want to sit on the toilet, leave the bathroom and try again at the next scheduled time.

Also, don't have the child sit on the toilet for more than 5-7 minutes. If the child is going to void in the toilet, they will usually do it within that time frame. If the child voids in the toilet, make a big deal out of it, praise the child verbally and tactilely (hugs, pats on the back...) and give them access to a small very preferred edible re-enforcer (not always necessary). While it will be important to reduce the use of the edible re-enforcers as quickly as possible but, in the early stages of acquiring toileting skills, it will be more important to make voiding in the toilet an extremely momentous and positive experience for the child.

One modification which can be made to the protocol which many times will increase the child's rate of success at voiding in the toilet is to give them something to drink 15-20 min prior to the scheduled toileting time.

## Local Events

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**Looking for something to do this spring and summer?** Boise Parks and Recreation sponsors many events and activities for people with physical challenges as well as developmental. See their web-site at [www.cityofboise.org/parks](http://www.cityofboise.org/parks) - select the Activities link and then Adapted Recreation. You can also contact them at Fort Boise Community Center 208-384-4486. For Nampa Park and Recreation call 208-468-5858 or Adaptive Sports Program at 208-467-7524 ext 294

**Summer Camp & Activities Fair** Saturday April 23 from 11:00am – 4:00 pm.  
Boise First Community Center at 3852 N Eagle Road.  
Activities for the family and FREE Admission.

**New School** - A new charter school is opening in September 2005 called Idaho Arts Charter School. It will use an art and music based curriculum for grades K-12.. The high school will be on the NNU Campus in Nampa and the elementary will be across from the Nampa High School. Applications are available online for kids in and out of the area at [www.idahoartscharter.org](http://www.idahoartscharter.org) or call 989-0666

### Buddy Walk October 2005



Volunteers are needed to help plan and organize this year's Buddy Walk. If you're interested please contact Melody Witte at 938-0255.

# Upcoming Conferences/Workshops

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## 1. National Down Syndrome Society



The 2005 NDSS National Conference, "IMAGINE," will take place on July 7-10 at the Fairmont Hotel in Chicago, Illinois. Join us for four days of education, networking and celebration in the cultural hub of the Midwest. In addition to learning the latest information on education, research and advocacy, you will have unique opportunities to "Imagine" the possibilities for individuals with Down syndrome and their families. Program includes our Pre-Conference Affiliate Partnership Day on July 7. More information will be available in the Events and Conferences section of [www.ndss.org](http://www.ndss.org) in the coming months.

## 2. National Down Syndrome Congress



The 2005 NDSC National Convention is scheduled for July 29-31 at the Hyatt Regency Orange County in Anaheim, California. Don't miss this chance to attend the nation's largest convention for persons with Down syndrome, their families, friends and the professionals who work with them! As one of our 2004 attendees notes, "It provides hope and encouragement to know that my dreams for my child are actually possible!"

Why not make this your family vacation and enjoy Disneyland's 50th Anniversary Celebration?! For advance purchase of specially-priced Disney PARKHOPPER(R) Meeting/Convention Theme Park tickets visit [www.conventionplus.com/DisneylandResortTickets](http://www.conventionplus.com/DisneylandResortTickets). You can make hotel reservations by calling 1-800-233-1234. Be sure to ask for NDSC group rates, which are available for any stays between July 25 and August 2.

For more information on the Convention or other fun things to do in Southern California, call Denise Dreyer at the NDSC National Center, 1-800-232-6372.

## 3. National Association for Down Syndrome



The 9th World Down Syndrome Congress will be held August 23-27, 2006 in Vancouver, BC, Canada. As this meeting is a premium industry conference, we would like your members to be aware of this important conference.

The conference program will feature keynote presentations, special theme sessions, poster presentations and selected papers on various topics including motor, language, social and cognitive development, neuropsychology, health issues, education, advocacy & social policy, family concerns and world issues for people with Down Syndrome.

Keynote speakers will include Dr. Siegfried Pueschel and Dr. Alan Baddeley

For more information please contact:

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Web: [www.wdsc2006.com](http://www.wdsc2006.com)

#### 4. IPUL Upcoming Workshops For Southwest Idaho for 2005 - Free

Please register with the IPUL office or for more information, call 342-5884 or 1-800 242-IPUL (4785)

##### Region 3

Date	Time	Title	Location
4/7/2005	6:00 PM - 8:00 PM	Success with IEP	Caldwell
4/21/2005	6:00 PM- 8:00 PM	Is your Child A Target of Bullying (English And Spanish)	Caldwell
5/7/2005	11:00 AM - 1:00 PM 1:30 PM - 3:30 PM	Idea Protections Success with the IEP Process	Emmett
5/26/2005	6:00 PM - 8:00 PM	Protective Options at 18	Nampa
5/28/2005	11:00 AM - 1:00 PM 1:30 PM - 3:30 PM	Idea Protections Success with the IEP Process	Weiser
7/28/2005	5:30 PM - 7:30 PM	IFSP to IEP	Nampa
8/18/2005	6:00 PM - 8:00 PM	Understanding ADHD	Emmett
9/1/2005	6:00 PM - 8:00 PM	Success with IEP	Nampa

##### Region 4

Date	Time	Title	Location
3/31/2005	6:00 PM- 8:00 PM	Is you Child A Target of Bullying ?	Idaho City
4/9/2005	10:00 AM - 12:00 PM 1:00 PM - 3:00 PM	No Child left Behind Positive Behavior Interventions	Kuna
4/13/2005	6:00 PM - 8:00 PM	Parent & Professional Collaboration: A Cultural Perspective	Kindall Center, Boise
4/23/2005	10:00 AM - 12:00 PM 1:00 PM - 3:00 PM	Options At Adulthood Solving the Employment Puzzle for Youth with Disabilities	Eagle
4/27/2005	6:00 PM - 8:00 PM	Early Childhood Transition	Meridian
5/12/2005	6:00 PM - 8:00 PM	Overview of IDEA: Special Education Law and Your Child	Boise
5/25/2005	6:00 PM - 8:00 PM	Understanding ADHD	13th and River, Boise

# Resources

**Adult/child development center (Infant Toddler Program)** 334-0900

**Band of Angels:** - <http://www.bandofangels.com>  
Stationery featuring children with Down syndrome

**Directory of Down Syndrome Sites:** <http://www.downsyndrome.com>

**Disability Resources:** [www.disabilityresources.com](http://www.disabilityresources.com)

**Down Syndrome for New Parents:** <http://www.downsyn.com>

**Idaho Careline:** [www.idahocareline.org](http://www.idahocareline.org) 1-800-926-2588

**Idaho Child – Early Childhood Information Clearinghouse:** <http://www.idahochild.org>  
This web-site is sponsored by Idaho Department of Health & Welfare. The web site is also bi-lingual so tell any Spanish speaking parents you know to visit the website.

**Idaho Parents Unlimited, Inc. (IPUL):** <http://www.idahochild.org>

**Idaho Yellow Pages for Kids with Disabilities:** <http://www.yellowpagesforkids.com/help/id.htm>  
At [Yellow Pages for Kids with Disabilities](http://www.yellowpagesforkids.com/help/id.htm), you will find educational consultants, psychologists, diagnosticians, health care specialists, academic tutors, speech language therapists, advocates, and attorneys. You will also find government programs, grassroots organizations, special education schools, and parent support groups.

**National Association for Down Syndrome:** <http://www.nads.org>  
A not-for-profit organization, was founded in Chicago in 1961 by parents of children with Down syndrome who felt a need to create a better environment and bring about understanding and acceptance of people with Down syndrome.

**National Down Syndrome Congress:** <http://www.ndscenter.org> 1-800-232-NDSC  
A national advocacy organization for Down syndrome and provides leadership in all areas of concern related to persons with Down syndrome.

**National Down Syndrome Society:** <http://www.ndss.org> 1-800-221-4602  
Established in 1979 to increase public awareness about Down syndrome; to assist families in addressing the needs of children born with this genetic condition; and to sponsor and encourage scientific research.

NDSS maintains a toll-free number (1-800-221-4602) to its professionally staffed information and referral service available to people nationwide. They provide general information about Down syndrome; referral to parent support groups as well as other local and national resources; and information on many topics related to Down syndrome. A free information packet is available for new parents.

# Meeting Schedule and Place

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The following meetings and topics are scheduled for the spring: Childcare is provided. We hope to see many of you there.

**MEETING PLACE:** Boise First Community Center 3852 N Eagle Rd Boise ID

- April 12<sup>th</sup>, 2005 – Service Coordination
- May 10<sup>th</sup>, 2005 – Medicaid, SSI, Katie Beckett
- June 2005 – Annual Picnic –date to be decided

## Albertsons Community Partners Card

Assist TVDSA in fundraising by using the Albertsons Community Partner Card. Our community partner ID number is 49001004149. To register, go to [www.albertsons.com](http://www.albertsons.com). Click on “In The Community” then click on the Community Partners logo link. Once you log in, click on “Sign me up”.

## Help Needed!

Do you have any news, articles, ideas for inclusion or adaptation of school or work, recipes, information, or stories about your kids? Have your children written any poems, or stories you could share? Send your stories to Brenda Taylor c/o TVDSA Editor, 426 S Silver Bow Ave. Eagle, ID 83616 or email [gbap@georgeandbrenda.com](mailto:gbap@georgeandbrenda.com)

## Dues and Donations

**Please send Dues and Donations to TVDSA c/o Lynda Wells, Treasurer, 11190 Camas, Boise ID 83709**

We are a 501(c)(3) non-profit organization and donations are tax deductible. Dues for voting members are \$10.00 per year per family or a \$5.00 donation covers the cost of the newsletter. All donations are appreciated.



# HAPPY EASTER



## Board of Directors

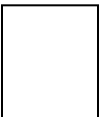
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## NEWSLETTER BY E-MAIL

If you would like to receive your newsletter by e-mail, please send your e-mail address to [upaboutdown2@aol.com](mailto:upaboutdown2@aol.com). Write in the subject box "newsletter by e-mail" and we will know to put you on the list

Visit our website at [www.idahodownsyndrome.org](http://www.idahodownsyndrome.org)

Treasure Valley Down Syndrome Association  
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Greenleaf, ID 83626



*Next Meeting  
Tuesday April 12th*

