Welcome to Early Childhood CARES e-News
Welcome to the November edition of Early Childhood CARES Monthly e-News, a monthly newsletter to communicate timely information to Early Childhood CARES’ families and community partners. The goal of this newsletter is to give a quick snapshot of upcoming events and share resources and parenting tips.

Public Testimony Opportunity
The Oregon Commission on Autism Spectrum Disorders will hold a forum to receive public testimony on the draft version of the Commission’s Report to the Governor. The forum will be held Wed., Nov. 3 from 6 to 8 p.m. at the Arc of Lane County, 4181 E Street, Springfield. This is an opportunity to provide your input on the working draft of the report. What looks good? What is missing? What are the next steps? Come and let your voice be heard!

To preview the working draft of the Commission report, visit www.orcommissionasd.org. The Arc of Lane County will provide on-site childcare; however, reservations are required. Contact Misty Lyster at 541-206-7693 or Misty.Lyster@arclane.org to register for childcare.

Recruiting for Early Childhood CARES Parent Support Group
Last year, Early Childhood CARES hosted a Parent Support Group that met bi-monthly. Early Childhood CARES would like to offer this program again; however, we did not have enough parents register for the Nov. 3 meeting. Therefore, the meeting was cancelled.

Many parents have commented that of all the programs Early Childhood CARES offers, they found the parent support group most beneficial. It’s an opportunity to meet other parents in a very relaxed, casual environment and share in the joys of parenting a child with special needs.

Early Childhood CARES would like to continue this program; however, we need at least eight to 10 interested parents to register and attend. The next meeting is scheduled for Wed. Nov. 17 from 6:30 to 8:00 p.m. at the Early Childhood CARES modular building at Westmoreland Elementary School, 1717 City View St., Eugene.
Childcare will be provided for qualified Early Childhood CARES children and their siblings. Please call 541-346-2578 to register and arrange your childcare needs.

If you would like to learn more about the parent support group and how the meetings are run, please contact Laura Dahill at 541-346-2571 or ecparent@uoregon.edu.

**Early Childhood CARES to Host Benefit Auction**

Rachel Parshall, a senior in the Family and Human Services Program at the University of Oregon is organizing the first ever benefit for Early Childhood CARES. The benefit will include an evening of wine tasting, hors d’oeuvres and a silent auction on Sat., Nov. 20 from 5 to 7 p.m. at the Waterfront restaurant, 2200 MLK Blvd., Eugene.

The silent auction will contain items from Face It, NewTwist Jewelry Store, Shamrock Flowers & Gifts, signed apparel from the University of Oregon football team and many more great items! If you have an item you would like to donate to the auction or to sponsor an eight-person table for a donation of $250, please contact Rachel Parshall at 541-579-4535 or rachelp717@gmail.com. Attendance will be limited to 80 attendees.

Your support will help fund parent support groups, workshops for siblings of children who experience autism and other disabilities, and respite care through the Arc of Lane County, among many things. Thank you in advance for your generous contributions to this benefit!

**Other Events and Opportunities for Parents**

The Arc of Lane County will offer its **Take a Break Program** on Sat., Nov. 6 from 10 a.m. to 4 p.m. at 4181 E St., Springfield. This is a low-cost respite program the Arc provides to families the first Saturday of each month. The cost is $10 per child and $5 for siblings. Families must RSVP with Misty Lyster at 541-206-7693 or misty.lyster@arclane.org to ensure the program is adequately staffed.

The Arc of Lane County will host its monthly **Families Connected** (www.arcfamiliesconnected.com) meeting on Wed., Nov. 17 from 6 to 8 p.m. at 4181 E St., Springfield. Families Connected is a way for parents to come together to support each other and be supported. Dinner and respite care will be provided. Please RSVP by contacting Misty Lyster at 541-206-7693 or misty.lyster@arclane.org.
The Center for Community Counseling will host a **Stress and Anger Management Workshop** for parents. The 5-week workshop will start Wed. Nov. 3 from 6 to 8 p.m. at the Center for Community Counseling, 1465 Coburg Rd., Suite 1, Eugene. Future sessions will be held Nov. 10, 17, Dec. 1 and 8. Parents will learn to recognize the early warning signs of stress and how to make different choices when upset with their children. There will be free, on-site childcare, and there is a sliding scale fee for the workshop. Call 541-344-0620 to register for the workshop and arrange for childcare.

Dr. Laura Lee McIntyre, a psychologist and faculty member in the Department of Psychology at the University of Oregon, is conducting a study called the **Oregon Early Autism Project** to learn more about family experiences surrounding the identification of an autism spectrum disorder (ASD). She is especially interested in family perspectives, social support and family mental health as it relates to raising a son or daughter with ASD. Participation is voluntary and confidential and involves participating in an interview either in person or over the phone. Interviews take approximately 1.5 hours. Participants will receive a $25 gift card to Fred Meyer as a token of thanks for their participation. Families with a child with ASD birth to kindergarten who are interested in learning more about this study should contact Laura Lee McIntyre at 541-346-7452 or email LLmcinty@uoregon.edu.

**Helpful Resource for Parents**
The **Center on the Social and Emotional Foundations for Early Learning** (CSEFEL) is a national resource center focused on promoting the social emotional development and school readiness of young children from birth to age five. CSEFEL has created helpful parent training modules on a variety of topics, including how to teach your child independence through daily routines and how to make the most of playtime. To download the training modules, visit [CSEFEL’s Family Tools](http://csefel.vanderbilt.edu/resources/family.html).

**Fun Activities for Kids**
Children and families are invited to the Downtown Eugene Public Library (100 W. 10th Ave.) on Sunday afternoons at 3 p.m. to try a different free activity every week.

- Nov. 7: Drum Circle — Make music with Jill Sager of Hands On Rhythm.
- Nov. 14: Alphabet Soup — Inspired by children's books, get creative with Sharon Kaplan of the Jordan Schnitzer Museum of
Art.

- Nov. 21: Reuse, Recycle, Rethink — Make inventive "green" crafts with BRING Recycling.
- Nov. 28: Building Games — Super-gamer Chris Ballowe will provide and teach games, including Carcassonne and The Settles of Catan.

For more information, contact the Eugene Public Library at 541-682-8316 or visit www.eugene-or.gov/library.

In addition, the Downtown Eugene Public Library will host Hands and Voices on Sun. Nov. 7 at 2 p.m. for families with children who are deaf or hard-of-hearing. Parents will learn tips and methods for reading with their kids and helping them learn to read. They will also learn about related books, videos and other materials available at the library. The children will be entertained with stories and fun activities.

How Has IDEA Made a Difference to You?
The Office of Special Education and Rehabilitative Services (OSERS) is celebrating the 35th anniversary of the Individuals with Disabilities Education Act (IDEA). OSERS would like to hear from people who have been positively impacted by this legislation: individuals with disabilities, students, teachers, principals, researchers, parents, teacher trainers and other IDEA stakeholders. Please share your artwork, photography, poetry and written stories showcasing how IDEA has positively impacted you for possible use during an event celebrating the 35th anniversary of IDEA. You may submit up to two files documenting your personal stories at 35th Anniversary of IDEA (https://www.osep-meeting.org/idea35th/) by Nov. 8. Please provide a description of each file, and include a sentence or two about the difference IDEA has made to you.

Purchase Winter Cards and Help Support the Early Education Program
The Early Education Program (EEP) is having a Winter Card Fundraiser, called “Snowmen through the Eyes of Children!” The EEP will sell packets of holiday cards with snowmen-themed art by its students — one card representing each of the 18 EEP classrooms. The proceeds from the sale of cards will be used to maintain the quality of the program for this school year. Each package of cards sells for $10. Order forms are available in the Early Childhood CARES main office, 299 E. 18th Ave., Eugene. Orders are due by Nov. 12.
Holiday Gift Giving Campaign Underway
Early Childhood CARES is sponsoring a holiday gift giving campaign for the families it serves. Gift request tags can be picked up at the Early Childhood CARES main office (299 E. 18th Ave.) starting the week of Nov. 22, or you can contact Jan Weyers at 541-346-3492 or jweyers@uoregon.edu to request a tag. All gifts should be returned unwrapped with the gift request tag attached to the Early Childhood CARES main office by Fri., Dec. 10. Your generous gift will be greatly appreciated!

Speech Tip: Make Commute Valuable Teaching Time
Take advantage of time spent driving around town as an opportune teaching moment. Play a fun game of “I Spy” while commuting. Use simple language to talk about the things seen while driving. For example, “I see a dog; he’s walking.” Then pause and give your child an opportunity to talk about what he/she sees.

About Early Childhood CARES
You are receiving this email because of your relationship with Early Childhood CARES. Early Childhood CARES provides early intervention and early childhood special education services to infants, toddlers and preschool-age children in Lane County. If you wish to unsubscribe from this e-newsletter, please send an email to ecparent@uoregon.edu.