



POWERHOUSE ABA

MONTHLY NEWSLETTER

Autism Acceptance Month

April is recognized globally as Autism Acceptance Month, dedicated to celebrating neurodiversity and acknowledging the diverse strengths and needs of individuals on the autism spectrum. It's more than just raising awareness; it's about taking concrete steps towards inclusion. Inclusion requires moving beyond awareness campaigns to implement practical strategies that support individuals with ASD in all aspects of life. Understanding autism is crucial; it's a spectrum disorder impacting social interaction, communication, and sensory experiences, with each person's journey being unique. Challenges faced by individuals with autism include difficulties in social interaction, sensory sensitivities, and societal stigma. Accommodating individuals with autism involves approaching interactions with kindness and patience, considering sensory needs, and fostering open communication. Organizations can play a vital role in promoting inclusivity by educating themselves, adopting inclusive design principles, and prioritizing open dialogue. By embracing inclusion, we create environments where individuals of all abilities can thrive and feel valued.



Join our monthly Friendship Building group for those with Intellectual and Developmental Disabilities. Enjoy a welcoming space, healthy snacks, and structured activities led by a Board-Certified Behavior Analyst to enhance social skills and build friendships. Secure your spot for a journey of warmth, inclusion, and fun! [Click here to register!](#) or scan here:



UPCOMING EVENTS



04/13/2024
**SPRING FRIENDSHIP
BUILDING GROUP**
12PM-3PM



08/03/2024
**NAPERVILLE
CHILDREN'S
BUSINESS FAIR**
10AM-12PM



Washing Hands 101

1. Use visual aids: Show pictures or videos of handwashing to help your child understand what to do.

2. Create a visual schedule: Make a chart or list of pictures outlining the steps for handwashing.

3. Provide sensory support: Use soap with a pleasant scent or texture, adjust water temperature, and offer a soft towel for drying.

4. Make it fun: Sing a song or play a game while washing hands to make it enjoyable.

5. Practice regularly: Encourage your child to wash hands regularly, celebrating their efforts along the way.



By breaking down the process into these steps and using visual aids and sensory support, you can help your child learn to wash their hands effectively. Teaching handwashing and showering to children with autism can be challenging due to sensory processing difficulties. Children with autism may experience hypersensitivity to touch, sound, or smell, making the water, soap, and other sensory stimuli overwhelming. However, there are strategies parents and caregivers can use to overcome these challenges.





POWERHOUSE ABA

BASEBALL
Afternoon

TICKET **\$40** SATURDAY, **13TH** APRIL

FRIENDSHIP BUILDER GROUP

Scan our QR code to sign up today!

POWERHOUSE ABA CENTER
1811 W. Diehl Road, Suite 200
Naperville, IL 60563

12PM-3PM
DROP OFFS START AT 11:50AM

Managing a Meltdown

1. Create a soothing atmosphere that is sensitive to sensory needs.
2. Utilize visual aids to assist in communication and understanding.
3. Provide comfort and empathy to ease any anxiety or distress.
4. Respect the individual's need for personal space and allow time for self-regulation.
5. Maintain a composed demeanor and establish a secure setting for the person to feel at ease.

