

News & Resources

June 2023

For parents of children with special health care needs

Table Talk

Genetics Journey: Families discuss using genetic services to seek a diagnosis, find treatment pathways, or gain understanding.

In seeking a diagnosis for your child did you go on a “genetics journey?” Are you considering getting, or in the process of getting, a genetics evaluation?

Come join parents of children with special health needs to explore:

- **Making the decision** for genetics testing
- The **Pros** and **Cons** of genetics testing
- How genetics services can be **paid** for

You will hear from other parents, learn what happened with them, and share ideas. Resources provided.

Wed, June 28, 2023 | 11:00-12:00pm

[Register here](#)

<https://tinyurl.com/Table-062823>

You will receive a zoom link via email.

Cost: **FREE**

The **first 10** Oregon families to register and participate will receive a **\$25.00 Amazon or Starbucks** gift card.



Visit our [Facebook](#) page and [website](#).

[Speak with a Parent Partner:](#) **855-323-6744**

For more information, to schedule a free training, or to be added to our mailing

list: contact@oregonfamilytofamily.org

Parent Spotlight: Yesenia



This month we are pleased to introduce you to our new Parent Partner, Yesenia Causor-Mendoza

Q: What's one thing you've learned that you would share with a new parent?

A: It's observing all the behavior and environment around my child. Every moment or activity that makes him happy or every situation that results in frustration for him, is very important to me because it helps me develop better plans to support him in what he likes or avoid what he dislikes. For this I have also learned to be very patient with him, with me and with the people around him.

Q: How do you advocate for your child?

A: It is to be informed about all the rights and remedies to which they may have access.

Q: What does your family do for fun?

A: We love camping near the beach. Being in contact with the sand is one of the most incredible sensations and helps us connect more as a family. Other things we do together for fun are visiting parks, visiting cities near us, listening to music together, and walking around the neighborhood.

Yesenia Causor-Mendoza is the mother of a child with disabilities and lives in Yamhill County. She works for the **Oregon Family to Family Health Information Center** as a Bilingual Parent Partner.

OCCYSHN

Oregon Center for Children and
Youth with Special Health Needs

www.oregonfamilytofamily.org



OREGON FAMILY TO FAMILY HEALTH INFORMATION CENTER

Ready to take in the Outdoors?



Our team has many tools and resources available to get your play and recreation started.

Explore your local parks:

- [Oregon's State parks and recreation sites.](#)
- [The National Park's Lifetime Access Pass](#) is free.



Consider camp:

- [Check out our camp list.](#)
- [Checklist: Questions to ask when evaluating summer camps](#) (Understood.org)
- [Camps for Kids With Special Needs](#) (Kids Health.org)

You can find this list and more [click here](#).


Children's Vision Digital Screen Time Tips


Summer is a great time to spend time outside and away from screens. You can download your own copy of this tip sheet by [clicking here](#).





CHILDREN'S VISION DIGITAL SCREEN TIPS


WHEN A CHILD DOES THIS:

**INABILITY TO SLEEP**

**FREQUENT RUBBING OF EYES**

**TIRED EYES**

**HEADACHES**


**DIFFICULTY FOCUSING**

IT'S TIME TO DO THIS:

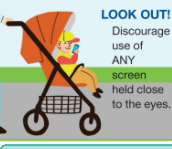
ENCOURAGE HEALTHY SCREEN HABITS!

- Birth through 1 year:** No digital media use.
- Ages 2 through 5 years:** 1 hour a day maximum.
- Ages 6 years & older:** Consistent management of screen time & content.

PLAY OUTDOORS! 1 to 2 hours daily.




LOOK OUT! Discourage use of ANY screen held close to the eyes.




SIT UP!

- Screen
- At arms-length
- Slightly below eye level
- Tilted away
- Light behind user.




SEE COMFORTABLY!


- Adjust screen brightness & contrast.
- Avoid Screen Glare**




LOOK UP! Look into the distance several times an hour.



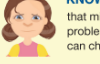
BLINK! To keep eyes moist.



SHUT DOWN! Stop device use 1 to 2 hours before sleep.




KNOW THE SIGNS! that might indicate a vision problem. Children's vision can change quickly.



VISIT AN EYE DOCTOR! Always seek eye care if:

- Vision symptoms persist.
- The child does not pass a vision screening.



- ❑ Replace damaged or out-of-date eyeglasses & contact lenses.
- ❑ Schedule routine eye exams as recommended.

FIND OUT MORE! preventblindness.org/kids-screens

This document has been compiled by Children's Vision Massachusetts using online information provided by the American Academy of Ophthalmology, the American Academy of Pediatrics, the American Optometric Association, the World Health Organization, Prevent Blindness, and the National Center for Children's Vision and Eye Health at Prevent Blindness. The information provided in this Prevent Blindness fact sheet is designed to support, not replace, the relationship that exists between a patient and his or her doctor. This sheet may be reproduced unaltered in hard print (photocopied) for educational purposes only. Electronic reproduction, other reprint, exceptions or use is not permitted without written consent. Contact Prevent Blindness for updates. 1/21 © 2021 Prevent Blindness. All rights reserved.

Look for us at the following events:

- **Jim Bean Safety Fair** | Sat, June 17, 9am-12pm | Police Dept Parking Lot: 1950 Main St. Sweet Home
- **Training: Moving from Pediatric to Adult Healthcare** | Tue, June 20, 6-7pm | [Email for link](#)
- **Training: Practical Emergency Preparedness for Busy Families** | Fri, July 7, 10 – 11 am | [Email for link](#)

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