

CenterLines



Center for Disabilities and Development *Useful News for Families*

Turn Down the Volume!

Avoid Hearing Loss From New Technologies: Three Steps for Safe Listening

Hearing loss can result from too much exposure to sound from any source that is above 85 decibels.

Many new and popular technologies such as personal stereo systems, cell phones, and laptop computers can produce sound far above that level. Since these technologies can store more music than ever before, they are likely to be used for long and extended periods of time.

The “ear buds” (earphones) that come with some devices are not made for maximum safety. They must be inserted into the listener’s ears, closer to hair cells that are vital to hearing and that can be damaged by overexposure to high decibel sound. These earphones do not block out unwanted sound. As a result, many listeners choose to increase the volume in order to better hear the desired sound.



This information comes from the American Speech-Language-Hearing Association or ASHA. They encourage everyone to enjoy these devices safely by taking **three basic steps**:

Help your children protect their hearing.

Go to www.listentoyourbuds.org.

Join the Make Kids Safe from Sound campaign
and take the pledge to protect your children’s hearing.

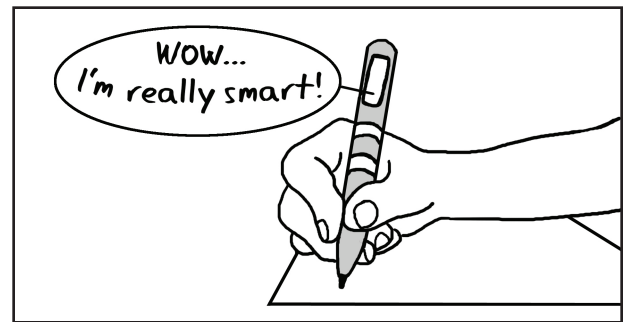
For more information about hearing and speech-language
go to ASHA at www.asha.org/.

- Lower the volume
- Limit the time spent listening
- Wear earphones that go around the ear or fit deeper into the ear to better isolate wanted sound and reduce the need to increase the volume



University of Iowa Health Care

Have You Heard About the Smartpen?



It's a special pen that records your hand written notes and the speaker's voice. The Smartpen is made by a company called Livescribe. Each pen contains a small infrared camera, a speaker, and a microphone. It has an LCD screen for navigation through the controls, a USB port to store your information on your computer, and an audio jack for ear phones. It's a little larger than a regular pen.

There are two Smartpens. The original pen is called the Pulse. Their new pen is called the Echo. They added more memory, a soft grip, and a sleeker design. The Pulse is 2G and the Echo ranges from 4G to 8G.

There are many things you can do with the pen. You can listen to the presentation through the speaker in the pen. You can review your notes and with the pen tap different sections of your notes. This will let you hear what was said in that moment. You can download the file and see it on the computer. Once it's on the computer you can save it as a PDF for printing. You can search your notes using key words and phrases. You can also save

the file to a flash video called a Pencast. A Pencast takes the file, downloads it as a video that reruns the notes as you write them, adding the recording. You can even share your Pencasts with the others through the Livescribe website.

They are also developing different applications or "apps" to enhance the pen. The categories are:

- Education
- Entertainment
- Games
- Music
- Productivity
- Reference
- Religion
- Sports
- Travel
- Utility

Some of the apps do things like give you a scientific calculator, dictionary or thesaurus. You can get handy travel phrases in a handful of languages. They even have an app that will transcribe your hand written notes into typed text. Some of the apps are free, but most you have to buy. The price range is \$.99 cents to \$4.95. Most apps are \$.99 cents. Parents should keep in mind that not all apps are for children.

You will need either a PC (with Vista, Windows 7, or Windows XP with SP3) or Mac (OSX 10.5.5 or higher). You need internet access to download software and apps from their website.

A downside to the pen is the cost of replacing material. For the pen to work, you can only use their dot paper. The cost of the paper runs from \$7.95 (three subject notebook) to \$24.95 (paper with a special case). Refill ink cartridges are \$5.95 for five. Apps like the dictionary cost around \$4.99.

However, this pen can be a great bonus for a person who is more of a visual or auditory learner. It can be used at school or work. They even offer discounts to educators.

The Pulse starts around \$129.95. The Echo begins at \$169.95. You can find the Smartpens at Best Buy, Amazon, Staples, and Target. You can purchase directly from the Livescribe site online at www.livescribe.com.

Picture Schedules are Worth a Thousand Words

As parents know, children with autism spectrum disorders (ASDs) do not like things to be different. They can have melt downs when they do not know what to expect or when they are scared. Coming to a hospital or clinic can be a big problem for kids with ASDs.

Children with ASDs often understand pictures better than words. Many children with ASDs use picture schedules at school. The picture schedules help them understand what to expect and what they need to do. Some kids also use social stories. Social stories are special stories that help children with ASDs to know what to do for different unexpected routines.

It is hard for kids with ASDs to come to the hospital or clinic. That makes it hard for parents too. It is also hard for staff who do not work with kids with ASDs all the time. Some staff from the CDD and UIHC have worked together with the state autism consultant to try to help the kids, families and staff. They have made some picture schedules to show what is happening with a physical exam or a shot. They also made some social



stories for things like IVs or x-rays. It is important for parents of kids with ASDs to let the staff at hospitals and clinics know that their child has some special needs. This allows the staff to schedule them more time. At CDD or UIHC, it will let staff know that it might be helpful for your child to use a picture schedule or social story.

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Middle School Roundup
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CenterLines for Families, the newsletter of the Center for Disabilities and Development at the University of Iowa Children's Hospital, is published four times a year. It provides families with current information on child and adult development, issues affecting people with disabilities, and CDD resources available to them and their families. The newsletter is available in print, in Spanish, and also online at www.uihealthcare.com/cdd. Click on Centerlines for Families.

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The role of the information in this newsletter is not to provide diagnosis or treatment of any illness or condition. We strongly encourage you to discuss the information you find here with your health care and other service providers.

Middle School Roundup: Parent Edition

The middle school years (grades 5-8) bring challenges for both the parent and child. Children with disabilities juggle new routines and are more social. This is an age when we can learn that a child has a learning disorder or emotional problems. Parents and teachers should be tuned in to the child's progress. This includes issues with behavior and social skills. If your child is struggling, then this is the time to work on problems.

The Disability Resource Library is a statewide lending library located in Iowa City. We have materials that can help parents:

- Make informed choices about specific diagnoses
- Target suspected conditions and seek professional help
- Understand the child's perspective
- Promote organizational and study habits
- Use assistive technology

To get any of the items listed below, call the library at 1-800-272-7713. Request a 3-week loan and the materials will be delivered by mail to your home.



Attention Deficit Hyperactivity Disorder (ADHD)

The ADD & ADHD Answer Book, by Susan Ashley. (Sourcebooks, Inc., 2005)

Attention Girls!: A Guide to Learn All About Your AD/HD, by Patricia O. Quinn. (Magination Press, 2009)

A Bird's-Eye View of Life with ADD and ADHD: Advice from Young Survivors: a Reference Book for Children and Teens, by Chris A. Zeigler Dendy and Alex Zeigler. (Cherish the Children, 2003)

Niños hiperactivos: comportamiento, diagnóstico, tratamiento, ayuda familiar y escolar, Carmen Ávila de Encío y Aquilino Polaino-Lorente. (Alfaomega, 2002)

Parenting Children with ADHD: 10 Lessons that Medicine Cannot Teach, Vincent J. Monastra. (American Psychological Association, 2004)

Autism Spectrum Disorders

Adolescents on the Autism Spectrum: A Parent's Guide to the Cognitive, Social, Physical, and Transition Needs of Teenagers with Autism Spectrum Disorders, by Chantal Sicile-Kira. (Perigee Trade, 2006)

Asperger Download: A Guide to Help Teenage Males with Asperger Syndrome Trouble-shoot Life's Challenges, by Josie & Damian Santomauro. (Autism Asperger Publishing Co., 2007)

The Game of My Life: A True Story of Challenge, Triumph, and Growing up Autistic, Jason "j-Mac" McElwain with Daniel Paisner. (New American Library, 2008)

"Just Give Him the Whale!": 20 Ways to use Fascinations, Areas of Expertise, and Strengths to Support Students with Autism, by Paula Kluth and Patrick Schwarz. (Paul H. Brookes Publishing, 2008)

Quirky, Yes, Hopeless, No: Practical Tips to Help Your Child with Asperger's Syndrome be More Socially Accepted, Cynthia La Brie Norall with Beth Wagner Brust. (St. Martin's Griffin, 2009)

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Developmental Disabilities

A Smile as Big as the Moon: A Teacher, His Class and Their Unforgettable Journey, Mike Kersjes with Joe Layden. (St. Martin's Press, 2002)

Book of Possibilities: Activities Using Simple Technology: Academics, Classroom Activities, Extracurricular Events, School Routines – Secondary ed.: participation made easy for students with severe disabilities, ages 12-21. Helen Canfield and Peggy Locke. (AbleNet, Inc., 1998)

Kids on Wheels: A guide to Wheelchair Lifestyle for Parents, Teachers and Professionals – Adult vol., edited by Jean Dobbs. (Kids on Wheels, 2004)

¿Qué le pasa a este niño? Una guía para conocer a los niños con discapacidad, Àngels Ponce, ilustraciones de Miguel Gallardo. (Ediciones Serres, 2005)

Teaching Social Skills to Students with Visual Impairments: From Theory to Practice, Sharon Z. Sacks and Karen E Wolffe, eds. (AFB Press, 2006)

With Open Arms: Creating School Communities of Support for Kids with Social Challenges Using Circle of Friends, Extracurricular Activities, and Learning Teams, by Mary Schlieder. (Autism Asperger Publishing Co., 2007)

Emotional, Behavioral and Mental Health

A Guidebook for Parents of Children with Emotional and Behavioral Disorders, by Dixie Jordan. (PACER Center, 2006)

Helping Your Socially Vulnerable Child: What to Do When Your Child is Shy, Socially Anxious, Withdrawn or Bullied, by Andrew R. Eisen and Linda B. Engler. (New Harbinger Publications, 2007)

Honorable Intentions: A Parent's Guide to Educational Planning for Children with Emotional or Behavioral Disorders, by Dixie Jordan. (PACER Center, 2009)

If Your Adolescent has an Anxiety Disorder: An Essential Resource for Parents, by Edna B. Foa and Linda Wasmer Andrews. (Oxford University Press, 2006)

Straight Talk about Your Child's Mental Health: What to Do When Something Seems Wrong, by Stephen V. Faraone. (Guilford Press, 2003)

Learning Disabilities

Cuando tu hijo tiene dificultades de aprendizaje, by Gary Fisher y Rhoda Cummings. (Editorial Pax Mexico, 2004)

Learning Disabilities: What are They? Helping Teachers and Parents Understand the Characteristics, by Robert Evert Cimera. (Rowman and Littlefield Education, 2007)

Nolo's IEP Guide: Learning Disabilities – 4th ed., by Lawrence M. Siegel. (NOLO, 2009)

Misunderstood Minds: Searching for Success in School. [DVD] (WGBH Boston, 2004)

Overcoming Dyslexia: A New and Complete Science-based Program for Reading Problems at Any Level, by Sally Shaywitz. (Vintage Books, 2003)

Raising NLD Superstars: What Families with Nonverbal Learning Disabilities Need to Know about Nurturing Confident, Competent Kids, Marcia Brown Rubinstein. (Jessica Kingsley Publishers, 2005)

Motivation and Self-Regulation

Late, Lost, and Unprepared: A Parent's Guide to Helping Children with Executive Functioning, Joyce Cooper-Kahn and Laurie Dietzel. (Woodbine House, 2008)

The Motivation Breakthrough: 6 Secrets to Turning on the Tuned-Out Child, by Richard Lavoie. (Touchstone, 2007)

Raising Bookworms: Getting Kids Reading for Pleasure and Empowerment, by Emma Walton Hamilton. (Beech Tree Books, 2009)

S.O.A.R. Study Skills: A Simple and Efficient System for Earning Better Grades in Less Time, by Susan Kruger Woodcock. (Grand Lighthouse Publishers, 2006)

The Shut-Down Learner: Helping Your Academically Discouraged Child, by Richard Selznick. (Sentient Publications, 2009)

Smart, but Scattered: The Revolutionary "Executive Skills" Approach to Helping Kids Reach Their Potential, Peg Dawson and Richard Guare. (Guilford Press, 2009)

Where's My Stuff?: The Ultimate Teen Organizing Guide, by Samantha Moss with Lesley Schwartz. (Zest Books, 2007)