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QUARTERLY NEWSLETTER

Spring/Summer 2024

Sensory Processing, Summer Activity Safety, and Nutrition Resources!



[The Anne Freitag Library](#)

[Provider Database](#)

[Resources](#)

Hello, AARC Newsletter Subscribers!

The warmer months are upon us! As the snow melts and the sunshine shines longer and brighter, we wish you a safe and fun season! This quarter's newsletter has information and resources to support a season of safe fun with tips for nutrition, safety, travel, and more!

Autumn Holt
Autism Resource Specialist

Sensory Sensations

Featuring: The Bubble Snake Maker

Enjoy the warmer weather and some outdoor fun! This is a fun way to support the proprioceptive system!

You will need:

- Empty, disposable water bottle
- Scissors
- Rubber band
- Washcloth or sock
- Bubbles
- Food coloring



[Click here for the instructions.](#)

Sensory Processing is how a person receives and processes sensory information from the world around them. The bubble snake supports the visual, olfactory, proprioceptive, and tactile systems.

The Proprioceptive System is related to body awareness and pressure/force. Additionally, proprioceptive input can support learning to control response to sensory stimuli. For example, when a person feels overwhelmed by sensory input in their environment, proprioceptive input can have a calming effect.

The Tactile System is how our skin experiences and senses things such as temperature, touch, and pressure.

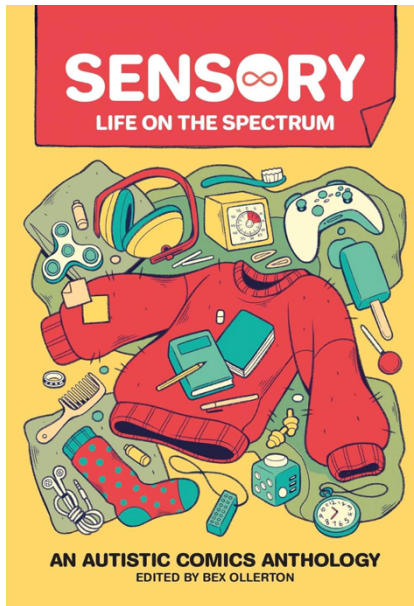
The Visual System is how our eyes process and receive visual information such as color, 3-D, location, and depth.

Hypersensitivity or Over-responsivity is when a person has an increased response to sensory information or is more reactive than most.

Hypersensitivity or Under-responsivity is when a person's response to sensory information is less reactive than most.

AARC E-Module offers free online learning. [Click here](#) to access the introduction to the sensory processing module.

The information on sensory processing systems can be found: Hartman et al., 2023. *The Adult Assessment Handbook: A Neurodiversity-affirmative Approach*.



Recommended Resource!

Sensory Life on the Spectrum. An autistic comics anthropology.

A comic created by an autistic person about their experiences living in today's world. It is beautifully illustrated with tips for calming yourself when you are experiencing overstimulation.


Available for loan through the [Anne Freitag Library at SESA!](#)



Summer Activities

Safety Tips

The outdoor fun kicks off with long summer days, warmer weather, and summer break! We want to share safety tips for some of the most popular summer adventures in Alaska!



Alaska's Office of Boating Safety started the "Kids Don't Float" initiative that provides loaner life jackets at popular areas for fishing, boating, and swimming across the state. In addition, they offer swimming lessons; if you are interested in learning more, call (907) 269-6041.

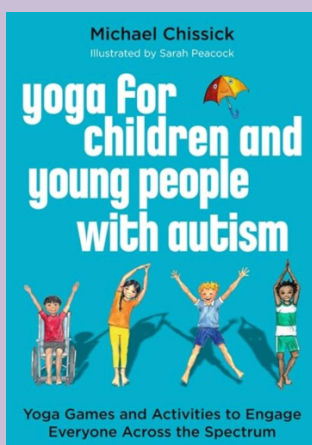
Summer travel means more time in the car and on the roads. **Safe Alaskans** offer FREE car seat checks and installation by a certified technician!

They also have a limited supply of car seats and booster seats available for families in need. [Click here](#) to learn more &/or request support.

Ted Stevens International Airport offers a secluded space for families with children. It is located at the beginning of the B Concourse. It is a good place to support sensory processing needs and take a break from the hustle and bustle of the airport. [Click here](#) and scroll down to *ANC, which adds new upgrades to enhance customer experience*.

Fairbanks International Airport offers the Hidden Sunflower Program for hidden disabilities. You can request a free sunflower lanyard or bracelet. [For more information, click here.](#)

The US Forest Service offers a free tip sheet for outdoor safety in Alaska. [Click here to view the tips.](#)



Recommended Resource!

Yoga for children and young people with autism. By Michale Chissick.

This book is a healthy, fun, and safe way to get your body moving! If you are looking for new activities to try over summer break, check this book out!

Available for loan through the [Anne Freitag Library at SESA!](#)

Nutrition Tips!

Food preferences and aversions

The Autism Community in Action (TACA) cites that an estimated 46% to 89% of autistic children have a feeding disorder. They suggest that the cause of picky eating can be the result of many factors, including sensory disorders, delayed oral motor, difficulty swallowing, food sensitivities, vitamin deficiency, and other medical concerns. However, every individual is different, and if you have concerns or questions, you should contact a trained medical professional. To read the full article, [please click here.](#)

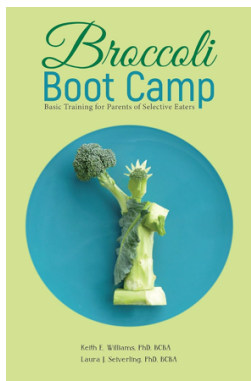
Food preference– The desire to eat a specific food, brand, color, etc. For example, a person might only want to eat cheese toast or only a certain brand of food. For people with autism, it can also be connected to a need for sameness.

Food Aversion– The desire to avoid certain foods based on texture, color, taste, and smell.

To learn more about strategies to support flexibility while ensuring choice, check out *Unstuck & On Target!* This book offers strategies for home and school to teach flexibility skills.

Cannon, L., Kenworthy, L., Alexander, K. C., Werner, M. A., & Anthony, L. G. (2018). *Unstuck & On Target!* Paul H. Brookes Publishing.

This book is available at the Anne Freitag Library at SESA!. [Click here.](#)



Resource for Parents!

Broccoli Boot Camp By Keith E. Williams & Laura J. Selverling

Parents interested in learning how to introduce new foods to improve your child's health, this book is for you.

The book offers strategies that support and promote eating for a healthier life.

Available for loan through the [Anne Freitag Library at SESA!](#)

Closed for Summer!

The AARC offices will be closed for
the Summer.

We will re-open on August 12, 2024.

For more information or to access
free resources, please click below.

We wish you a fun and safe summer!



[Free Resources!](#)



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Alaskans, Where are you?

We want to hear from you! We have
subscribers from all over the state of Alaska!
We want to know where everyone is from.
Please scan the QR code or click the link
below to tell us where you are located in the
state! (village, town, city). Your information
will not be shared!

[Click here to complete the survey!](#)

Disclaimer

The Alaska Autism Resource Center (AARC) recognizes that there are conversations and passions between the use of person-first language (i.e., "person with autism") and identity-first language (i.e., "autistic person") in relation to autism. In order to respect the diversity of voices within the Alaskan community, the AARC will use both terms interchangeably but will endeavor to use the preferred language in direct communications upon request.
