



BBB AUTISM SUPPORT NETWORK/

AUTISM SOCIETY ONTARIO -

YORK REGION CHAPTER

Autism Society
Ontario

PRESENT

THE E-NEWS

http://www.bbbautism.com/about_bbb.htm

HOW TO ENJOY DISNEY WORLD *...and live to tell the tale!!!*

Volume 3; Issue 2

December 20, 2001

Hi Everyone!

After our last issue, I had several requests to tackle this topic, so here it goes...

Every year, my family and I travel to Disney World. This is a wonderful yet not exactly relaxing vacation at the best of times and having a child with an Autistic Spectrum Disorder (ASD) in the party tends to make it more challenging!

At home, we can all know and live with the behaviors. I barely notice the stimming anymore unless it is new, very loud or of a particularly entertaining type. Put your child with ASD on a plane for 3 hours and every noise, every stim becomes exaggerated. You can't escape the stares from other passengers and you may feel the need to over-compensate in some way.

Seating on planes is a pain. There are four of us: 2 adults and 2 children (both under 7). We can only buy seats in a 3 and 1 configuration, and since I am "better" with J., my husband gets to sit alone. He reads a novel or watches the movie, while I am wiping faces, doing joint compressions, and checking under the seats for lost toys! ☺ He enjoys the airplane food while I am peeling the pasta off my face and picking peas out of my hair! ☺ Would I stop going? NEVER!!!! ☺

Once you get to Disney World, you have the lineups to contend with. You have to deal with eating unusual foods...and what the heck do you do if your child insists on disembarking in the middle of *The Pirates of the Caribbean*? These questions and others prompted me to write of our experiences here, and perhaps offer some advice to others attempting the journey. We always end up having a fantastic time (even allowing for a few mishaps and meltdowns)!

For your convenience, I've packed this issue with strategies to help make your visit to the House of Mouse memorable, even fun. I've even included ways to beat line-ups and a list of everywhere you can get Macaroni and Cheese. No, just kidding...I've included the children's menus from some of the restaurants in each Theme Park. This can go a long way in

planning your day while sticking to a budget! (note: prices and menu items subject to change)

Finally, if you have in the past visited Disney World yourself, we'd love to hear from you at <mailto:bbbautism@deaknet.com>!

Hope you enjoy this issue, see you in 2002! **Liz**

P.S. Join Bernie's family on their trip to Disney World in August of 2001:
<http://www.autismsupport.org/OurDisneytrip.html>

Please note: Evidently, a few of you were unable to open the last issue. I am going to send this in WORD format in the hopes it is more accessible. If you have trouble opening it, please let me know, and I'll be happy to resend in PDF. Those of you already receiving in PDF will continue to receive it in that format. ☺

Flight

We all want to arrive at the airport with as little waiting time as possible. This is imperative in this situation. Call ahead to the airline before leaving to confirm departure time. We have taken very early flights (6:20 a.m., meaning we have to get up at 3 a.m.) *and* afternoon flights. Don't kid yourself that your child will probably sleep on the plane if you leave early – this is not always the case! You may just end up with a very grouchy child falling asleep at 5pm (therefore, awakening everyone at 2:00 a.m.!) There are advantages to both flights, but keep in mind that most check in times for hotels aren't until 3:00 pm, so if you take the early flight, you may end up with hours and hours on your hands!

Tell your flight attendant that your child has ASD and explain what this could mean in terms of behaviors.

If you have access to business card sized explanations of autism, feel free to hand them out to any passengers who comment on your child's behaviors.

- ❖ Bring snacks and drinks that your child will eat on the plane.

Angry Co-Travelers

During last years' trip, my son was rocking and bouncing in his seat. I was using all my energy to keep him happy, when the man in the row behind us leaned forward and said, "Excuse me, but my wife is trying to sleep. Can you ask him to stop doing that?" This man had put up with about 45 minutes of this and was quite polite. I explained that my son has autism and that I can't just ask him to stop because he doesn't understand. I told him that he needs the rocking and bouncing to calm himself down, but that I would try to redirect this behavior. I then handed him a card. This exchange took about 1 minute. J. calmed down, and that man was so very helpful for the entire flight.

You might run into someone who is just plain rude, but before you respond in kind, be sure you've attempted an explanation and/or a card. On a previous trip a woman said loudly "Geesh, she can't even control her own kid!" and I turned and replied (even louder) "He has autism, what's your excuse?" Normally, I wouldn't say anything like that...I don't believe autism is an *excuse* for anything, (but it can be an explanation). I spent the rest of the flight angry and that woman hadn't learned anything because I'd stooped to her level (even lower).

It's hard to keep your emotions under control in such circumstances. Not only are they talking about your sweet child, but they are insulting you. You are stuck in a small space with a challenging child (perhaps more than one, perhaps siblings as well), you might be nervous to fly to start with, maybe you had to get up at 3:00 a.m. to make your flight, you might be annoyed that your spouse is one row over reading the latest John Grisham or watching "The Royal Tennenbaums" with Ben Stiller, while munching on eggs benedict. But, hey...focus on where you are going and how much fun you are going to have. Because as difficult as the flight *might* be, Disney goes out of their way to make life easier for people like us!

And who knows? The flight just might be wonderful!

To make Autism Awareness cards:

Go to a Staples or office supply store and purchase a package of plain business cards. I have bought them in a package of 250 for about \$8 Canadian; they come 10 to a sheet. The package includes a layout of how to space the wording in the event you are using a word processor to set them up, but you can also buy some fancy packages. You could also print out Do2Learn's version, or take your own wording to a printer and get them made up. You can find Do2Learn's cards here: <http://www.dotolearn.com/welcome/autismcard.htm>. The cards can give the phone number of your autism society chapter and/or favorite website (hint: <http://www.bbbautism.com/>). I use the following wording: *YOU HAVE JUST ENCOUNTERED A YOUNG PERSON WITH AUTISM. He or she may be acting in an unusual way. Please be understanding! Autism is a developmental disorder, which prevents those affected from behaving typically...*

Lasting Impact of 9-11

Air travel will never be the same again. We watched those twin towers crumble over and over again on television, and the sense of loss threatens to overwhelm us often although months have passed. President Bush has asked that Americans (I am going to extend this to North Americans, as I am Canadian) try to live their lives as usual, to go about their daily business. We are planning to do this by going ahead with our annual trip. We made a major provision; I applied for a passport for myself (and the kids) as I am British-born and my birth certificate (very large and filled in with fountain pen) tends to draw curious expressions from custom officials. I want to avoid any possible hold-ups at customs.

The other thing I am doing, is taking the very good advice of Dennis Debbaudt. We received his kind permission to reprint his article "Holiday Travel and Autism – Airport Safety Tips) for our E-NEWS Volume 3; Issue 1. You can find this article here: http://www.bbbautism.com/vol_3_iss_1_holidays.htm. You can read more about Dennis at his very informative website "Avoiding Unfortunate Situations" <http://www.policeandautism.cjb.net/>.

Accommodations

We have stayed in a few hotels in Orlando, but by far the best experiences we have had were when we stayed on Disney property. You receive advantages that other park goers do not, such as the ability to enter parks one hour earlier (8:00am – you can see a great deal in that hour, without the crowds). Check your guidebook to see which park opens early on which day! (Note: I recently read somewhere that Disney is not providing this feature at this time, but are having characters visit hotels instead. If you don't relish the idea of being woken up to the sounds of a giant Pooh Bear in the hallway, I suggest you ask Disney directly. <http://disney.go.com/Mail/DisneyWorld/technical.html>)

The two favorite hotels we have found are:

(1) **Old Key West** <http://dvc.disney.go.com/disneyvacationclub/resorts/resortdescriptionindex?id=OldKeyWestResort>

Although this accommodation is by no means inexpensive, we have found it to be superb in so many ways.

The one and two bedroom villas feature living room, kitchen, and private porch. Bedrooms have private baths (with one whirlpool tub) and queen-size beds. Bedrooms boast TVs and plenty of room. When you count the fold out couch, you can sleep eight comfortably! You can also get cribs and bedrails from room service. There are a full sized washer and dryer, ironing board and a colour T.V. plus VCR in the living room. You get a kitchen with a dishwasher, garbage disposal, dishes, fridge, stove and dining area. You don't even have to bring your hairdryer! Soaps and Shampoos also provided.

We have stayed here with my husband's family when there have been 2 newborns present, and the sound of crying infants definitely does not carry. Also, you cannot hear your neighbors.

This accommodation is safe and comfortable. Transportation to all parks and Downtown Disney is available. There is also an exercise room for those really enjoying the fine dining!

There is a nice restaurant called Olivia's that is walking distance from all villas. Check out their kids' menu here: http://wdwig.com/menu/menu_okk.htm. There is a great place for kids called Hank's where you can rent movies for free, watch a Disney flick and engage in all kinds of games.

(2) **Coronado Springs** <http://www.mickey-mouse.com/wdwrescoronadosprings.htm>

We stayed there for the first time last year and were very happy with it.

Disney calls these rooms "moderately priced". Compared to Old Key West, space is tight. We got 2 double beds, colour TV, ironing board/iron, hairdryer and full bathroom (with shampoo and soap). From room service, we got bedrails and rented a small fridge from \$10.60 per day.

There are a couple of pools, laundry facilities, spa, exercise facilities, gift shops, games room, a great restaurant, wheelchair rentals and more. Despite the size of the room, I was very happy here!

Transportation to theme parks is available.

Shop 'till You Drop!

Groceries and various sundries can be obtained at "**Gooding's**" <http://www.goodings.com/default.asp> (just outside Disney World). Be aware, it is pretty expensive, but still cheaper to get supplies for breakfast and lunch and save your pennies for dining out!

Great shopping can be found at the outlet malls of **Belz** <http://www.belz.com/factory/locations/orlando/index.html>. Just 12 miles from Disney, you can find directions here <http://www.familytravelguides.com/articles/southeaststates/Orlando/outlet.html>. For even more shopping, check out the **Orlando Mall Directory** <http://www.theorlandomall.com/shops/>.

For some reason, my son went through 4 times as many pull-ups down there! This was not because he was drinking more, because he always drinks the same amount. This is a good thing to keep in mind.

Dining Out

Be sure to visit the Rainforest Café (kids menu – *note: macaroni and cheese!!!* http://wdwig.com/menu/menu_rfck.htm) in Downtown Disney and while you are there, check out all the great stuff for your kids to do. Be sure to visit Wolfgang Puck's Express also (more Mac & cheese! http://wdwig.com/menu/menu_wpk.htm). If you happen to get an evening away from the kids, visit Fulton's Crab House while there. I did not see Mac & cheese anywhere on their menu ☺ http://wdwig.com/menu/menu_fch.htm.

Character Dining is a wonderful experience for kids and adults. Our favorites were Chef Mickey's http://wdwig.com/menu/menu_cmk.htm, and The Grand Floridian http://wdwig.com/menu/men_19d.htm. More wonderful dining experiences can be found at the Disney World Dining Guide <http://www.themeparks.com/wdw/menus/dnginfo.htm> and this great list of all menus <http://wdwig.com/menu/menus.htm>. Also check out "Kid Friendly Restaurants" http://wdwig.com/rest_kid.htm.

Waiting in lines is always a problem. Disney has implemented Priority Seating, a system to help the flow of restaurant goers. Read more about it here: <http://wdwig.com/reserv.htm>. Read more about dining with kids further on in this issue.

The Parks

If you have one, be sure to bring your handicap-parking pass. This way you can enter or leave the park quickly if it becomes necessary. Although J tends to have less meltdowns in Disney, it still happens.

We rented a wheelchair every day we went into the parks. My son can walk, but he experiences gross motor issues and tires very quickly. We would have never been able to do everything we wanted to if he had walked. With respect to renting wheelchairs, Disney states the following: "Some Guests may be concerned that they do not have the stamina to wait in our queues. We strongly suggest that these visitors consider using a wheelchair or electric convenience vehicle, as the distance between our attractions is much greater than the length of our queues." We found we needed no supporting documentation to rent a wheelchair.

More help with those lineups; Disney's developed the Fast Pass, a reservation system for the most popular attractions. You can read about it here: <http://members.aol.com/Murz1219/fastpass.html>. This really made our visits a breeze!

We always obtain the Park Hopper Pass http://www.floridaorlandotickets.net/disney_park_hopper_pass.html. We find that we don't need entire days to visit every theme park, and this saves us money. For example: if we take a whole day and visit two parks that cuts down on the extra day's admission. Additionally, we love to spend at least one evening at Epcot for dining and watching fireworks. If you are planning to visit more than one park per day, keep your wheelchair receipt and present it at the next park. You only need to pay one fee per day.

Upon entering the Magic Kingdom, go to Guest Relations, located inside City Hall on Main Street, U.S.A. Provided here are a variety of services, including general information and information on services for Guests with disabilities. Be sure to request a guide map. There are similar areas for wheelchair rentals in each theme park and many of the Disney hotels.

Disney takes into account all types of disabilities. For more complete info, be sure to read their "Guidebook for Guests with Disabilities" <http://disney.go.com/disabilities/mk/interstitial.html>.

Recommended (by me) Attractions By Park

These are attractions that we found most accommodating for our situation. I have also included those, which feature interesting sensory stimulation.

Magic Kingdom

- ❖ Buzz Lightyear Ride
- ❖ Tomorrowland Indy Speedway
- ❖ Tomorrowland Attractions Information: <http://www.guide2wdw.com/newpage2.htm>
- ❖ Disney's Magical Moments Parade
- ❖ Main Street Electrical Parade
- ❖ The Legend of the Lion King
- ❖ Mad Tea Party (spin, spin, spin!)
- ❖ Peter Pan's Flight
- ❖ The Many Adventures of Winnie the Pooh
- ❖ Fantasyland Attractions Information <http://www.guide2wdw.com/newpage3.htm>

Epcot

- ❖ Innoventions
- ❖ Honey, I Shrunk the Audience
- ❖ World Showcase
- ❖ Guide to Epcot's Attractions: <http://www.guide2wdw.com/attracti.htm>

MGM

- ❖ Mulan Parade
- ❖ Toy Story Character Greetings
- ❖ Voyage of the Little Mermaid
- ❖ Bear in the Big Blue House
- ❖ Fantasmic! (Bring something to eat, drink and some blankets to sit on!)
- ❖ Beauty and the Beast – Live On Stage
One of the best experiences we had was at MGM, at the "Beauty and the Beast" show. Not only were we treated with respect and given great seats, they had 2 "cast members" performing the entire show (off to the side) in Sign Language. It was moving and wonderful!

Animal Kingdom

- ❖ Character Greeting Trails
- ❖ Festival of the Lion King
- ❖ It's Tough to be a Bug (from A Bug's Life)
- ❖ Guide to Animal Kingdom http://www.guide2wdw.com/animal_kingdom.htm

PLACES TO EAT THAT SERVE MACARONI AND CHEESE (FOR OUR LITTLE GOURMANDS)

I know, I know! Just because my son only eats K.D., doesn't mean yours does, right? In a recent poll, I asked parents whether their child severely limits his/her own diet and over 50% responded 'yes'. I also asked them to name these foods, so, with this in mind, I have compiled a restaurant guide for our picky eaters! Here are some of the Children's Menus from Disney. (All prices in US dollars) PLEASE NOTE: ALL PRICES ARE SUBJECT TO CHANGE... Bon appetite!

EPCOT

Coral Reef (Living Seas):

Ursula's Chicken - Chicken Nuggets with Corn and Goldfish Crackers \$4.99

Prince Eric's Sea Dog - Hot dog with Corn and Goldfish Crackers \$4.99

Triton's Pasta - Pasta with Marinara Sauce \$4.99

Sebastian's Sandwich - Peanut Butter and Jelly with Goldfish Crackers \$4.99

Chicken Breast served with mashed potatoes and corn \$7.99

Baked Mahi served with mashed potatoes and corn \$8.99

Peanut Butter Play dough - \$2.50

Shipwreck - \$3.25

Build Your Own Sundae - \$5.25

L'ORIGINALE ALFREDO di ROMA RISTORANTE (Italy - World Showcase – Epcot):

Spaghetti Al Pomodoro Con Polpette di Carne - with Alfredo's tomato sauce and meatballs \$4.99

Le Original Fettuccine All'Alfredo - Alfredo's world famous original creation tossed in a specially prepared butter and parmesan cheese \$5.50

Lasagna Pasticciate Alla Modenese - Lasagna strips baked with veal and cream sauces, Mozzarella and parmesan cheeses \$5.50

Italian Chicken Fingers - \$4.99

Specialty Drinks - Strawberry Slush \$2.75

LE CELLIER (World Showcase Canada):

Chicken Fingers and fries - \$4.99

Cheeseburger and Fries - \$4.99

Hot Dog and Fries - \$4.99

Pasta and Tomato Sauce - \$4.99

Prime Rib (dinner only) \$6.50

5 Ounce Sirloin Steak (dinner only) \$6.50

NINE DRAGONS (China World Showcase):

Fried Rice and Egg roll - \$4.75

Sweet and Sour Chicken - \$4.75

Above items served with soft drink and ice cream

China Doll - children's cocktail \$1.50

RESTAURANT MARRAKESH (Morocco World Showcase)

Chicken - Chicken breast grilled and served with fried potatoes \$4.95

Beef Shish Kebab - Grilled beef on a skewer served with fried potatoes \$5.95

Kefta - 3 mini burgers served with tomato sauce and fried potatoes \$4.95

Vegetable Couscous - Rolled semolina steamed and served with seasonal vegetables \$4.25

ROSE AND CROWN (United Kingdom World Showcase)

Cottage Pie - spiced ground beef crowned with mashed potatoes and melted cheddar cheese \$5.25

Harry Ramsden's Fish and Chips - Battered, fried Cod with crispy potatoes \$6.50

Peanut Butter and Jam Sandwich - served with a bag of crisps \$4.99

Macaroni and Cheese - \$4.99
Child Hot Dog - served with chips \$4.99

San Angel Inn (Mexico World Showcase)

Chicken Strips - Served with fried plantains and rice \$4.99
Burrito - beef burrito with beans, lettuce and tomato, served with rice \$4.99
Quesadillas de Pollo -flour tortilla filled with cheese and chicken breast, grilled and served with rice \$4.99
Desserts: Churros Mexicanos or Ice Cream Fiesta \$2.50 each
All the above served with kid's soft drink.

MAGIC KINGDOM

Cinderella's Royal Table

Blossom's Chicken Strips - served with corn and mashed potatoes
Major's Cheeseburger - served with corn and mashed potatoes
Jaq's Cheese Dog Rolls -served with corn and mashed potatoes

Liberty Tree Tavern

Yankee Doodle Noodles - Stouffer's Macaroni & Cheese served with fruit \$4.99
Paul Revere Chicken Strips - served with fries \$4.99
Little Patriot's Hot Dog - served with fries \$4.99
The Colonial Cheeseburger - served with fries \$4.99

THE LUNCHING PAD (Tomorrowland At RocketTower Plaza - Fast Snacks)

"Galactic Gobblers" - smoked turkey legs \$4.22
Disney Character Cookie - \$1.50
Frozen Carbonated Drinks - Coke, Minute Maid Cherry or Minute Maid Blueberry \$2.25; served in souvenir sports bottle \$5.25
Soft Drinks; Nestea - \$1.75, \$1.95, \$2.25; served in souvenir sports bottle \$4.95
Whole, Low fat or Chocolate Milk - \$.99
Coffee - brewed regular or decaffeinated \$1.35 and \$1.55
Hot Tea or Carnation Hot Cocoa - \$1.35
Fresh Orange Juice - \$1.45
Bottled Water - \$2.50

PLAZA RESTAURANT (Main Street)

Small Fry Meals
Includes French Fries, beverage and a scoop of ice cream.
Two mini-burgers - \$4.99
Mini hotdog and mini burger combo - **\$4.99**
Grilled cheese sandwich - **\$4.99**

TONY'S TOWN SQUARE (Main Street)

LUNCH AND DINNER

All items include a beverage and dessert
Tony's Spaghetti - served with a meatball and tomato sauce OR tossed with butter only **\$4.99**
Peg's Pepperoni Pizza - \$4.99
Trusty's "Old Reliable" Cheese Pizza - \$4.99
Scamp's Ravioli - cheese Raviolis filled served with tomato sauce **\$4.99**

DISNEY MGM STUDIOS

FIFTIES PRIME TIME CAFÉ

- Peanut Butter and Jelly Sandwich** - served with potato chips and beverage \$4.99
- Mickey's Pasta with Marinara** - served with beverage \$4.99
- Mickey Pasta with Cheese Sauce** - served with beverage \$4.99
- Kiddie Burger** - Served with French fries and beverage \$4.99
- Grilled Hot Dog** - Served with French fries and beverage \$4.99
- Fried Chicken Strips** - Served with French fries and beverage \$4.99
- Beverages** - Coca Cola, Diet Coke, Sprite, Milk, Hot Cocoa, Pink Lemonade and a variety of juices

BROWN DERBY

- Salad** - Mixed greens with tomato, carrots and choice of dressing. French, Ranch, Bleu Cheese, Thousand Island. \$2.75
- Mickey's Macaroni and Cheese** - Pasta with cheddar cheese sauce and a beverage. \$4.99
- Hot Dog** - With fries and a beverage. \$4.99
- Grilled Chicken Breast** - Served with roasted red potatoes, fresh vegetables and a beverage. \$5.75
- Fried Florida Grouper Strips** - With fries and a beverage. \$6.95
- Hidden Treasures** - With vanilla ice cream, Oreo cookie crumbles and gummy snakes. \$2.95
- The Hollywood Junior** - Vanilla ice milk blended with a crunchy chocolate and peanut butter candy bar. \$2.95
- Orange Smoothie** - Vanilla ice milk blended with fresh orange juice. \$2.95
- Cookie Magic** - Vanilla ice milk blended with Oreo cookies. \$2.95
- Coca-Cola Classic, Caffeine Free diet Coke, Sprite, Minute Maid Orange soda, Minute Maid Lemonade, Milk, Chocolate Milk, variety of juices**

MAMA MELROSE

- Spaghetti with Tomato or Meat Sauce** - Served with beverage \$4.99
- Chicken Strips** - Served with French Fries and beverage \$4.99
- Kiddie Burger** - Served with beverage \$4.99
- Cheese Pizza** - Served with beverage \$4.99
- Pepperoni Pizza** - Served with beverage \$4.99
- BEVERAGES** - Coca-Cola Classic, Caffeine Free Diet Coke, Sprite, Cherry Coke, Nestea Iced Tea, Milk, Chocolate Milk, Carnation Hot Cocoa, Minute Maid Apple Juice, Minute Maid Grapefruit Juice

TOY STORY PIZZA PLANET

- Buzz's Meal Deal** - Individual Cheese Pizza, Side Tossed Salad, and Regular Beverage \$7.75
- Woody's Meal Deal** - Individual Pepperoni Pizza, Side Tossed Salad, and Regular Beverage - \$7.99
- Junkyard Meal Deal** - Individual Veggie Pizza, Side Tossed Salad and Regular Beverage \$8.55
(Salad dressings: Ranch, Italian, and Bleu Cheese)
- Individual Cheese Pizza** \$4.95
- Individual Pepperoni Pizza** \$5.35
- Individual Veggie Pizza** (mushrooms, peppers, onions, & tomatoes) \$5.75
- Side Tossed Salad** lettuce and tomatoes \$1.95
- Greek Salad** (Kalamata olives, pepperoncini, feta cheese, onions, tomatoes topped with Greek dressing) - \$5.25
- Coke, Caffeine Free Diet Coke, Sprite, Nestea, Barq's Root Beer, Minute Maid Orange, Hi-C Pink Lemonade** - \$1.75/\$2.25
- Disney's Toy Story Souvenir cup** (with drink) \$3.75
- Bottled Water** \$2.50
- Nescafe Coffee** (Reg. or Decafe.) \$1.35/\$1.55
- Milk** (whole, skim, chocolate) \$.99
- Carnation Hot Cocoa** \$1.35
- Hot Tea** \$1.35
- Minute Maid Premium Choice Orange Juice** \$1.50
- Apple Juice** \$1.50

Potato Chips \$1.25
Chocolate Chip Cookies \$1.75
Sugar Cookies \$1.75
Oatmeal Raisin Cookies \$1.75

ANIMAL KINGDOM

CHIP AND DALE'S COOKIE CABIN (KIOSK)

Fresh Baked Cookies - Sugar, Chocolate Chip, Oatmeal Raisin - \$1.49
Ice Cream Cookie Sandwich - \$3.49
S'mores Brownie - \$2.79
Nestle Crunch King Size Ice Cream Bar - \$2.39
Coffee - \$1.79
Milk - \$1.89
Chocolate Milk - \$1.89
Apple or Orange Juice - \$2.39
Bottled Water - \$2.50
Coke, Diet Coke, Sprite, Lemonade, Orange Soda in a Souvenir Cup - \$2.34
Coke, Diet Coke, Sprite, Lemonade, Orange Soda in a Souvenir Mug - \$3.79

RAINFOREST CAFÉ

Kid-sized portion of Coca-Cola products, milk or apple juice \$1.99
Add Safari fries to any meal for 95 cents
Castaway Kid's Pizza - a kid-sized cheese pizza **\$5.99** add pepperoni at no additional charge
Rainforest Rascal - three kid-sized mini rainforest Burgers, charbroiled and served with chips **\$5.99**
Jurassic Chicken Tidbits - dinosaur-shaped chicken, breaded and deep-fried, served with chips **\$5.99**
Mini Hot Dogs - three mini-hot dogs served with chips **\$5.99**
Macaroni and Cheese - elbow pasta with lots of cheese **\$5.99**
Desserts
Milky Way - vanilla ice cream bar with chocolate coating and a caramel swirl \$1.99
Snickers - vanilla ice cream in a crunchy sugar cone \$1.99
M&M's - vanilla ice cream sandwich between two M&M cookies \$1.99

You will find a variety of children's menus at many of the resort restaurants as well. Good luck!

WEATHER

Seriously, folks, check the weather for the advanced forecast before you climb on that plane! Out of the past 5 years that we've made this trek, only once was it shorts-weather! Last year, we wore our winter coats every day but the last and there was frost on our windshield in the mornings. The temperature was 30 degrees F. at times and the little shops were running out of mittens, hats and scarves (at outrageous prices, I might add!). Just be prepared and bring enough clothes that you can layer if you need to.

Under the Heading of "HMMMMM....": Did you know that you could book to swim with the dolphins in Orlando? Every so often, you hear that this activity is helpful for children with ASD. I cannot endorse it myself (I've never tried it, nor do I know anyone who has), but if you'd like, check it out here: http://floridaorlandotickets.net/swim_dolphins.html.

HELPFUL LINKS

- ❖ Join Bernie's family on their trip to Disney World in August of 2001: <http://www.autismsupport.org/OurDisneytrip.html>
- ❖ Travel with Kids: Top Ten Tips for Visiting Disney World: <http://travelwithkids.about.com/library/weekly/aa091901a.htm>
- ❖ Walt Disney World's Official Website: <http://disneyworld.disney.go.com/waltdisneyworld/index>
- ❖ Top 10 Values; Top 10 Prices: Accommodations in Orlando: <http://www.weeklytop10-orlando.com/>
- ❖ Educational Experiences at WDW: <http://wdwig.com/educ.htm>
- ❖ Disney and Orlando Area Phone Numbers: <http://wdwig.com/phone.htm>
- ❖ What to Tote Around the Parks: <http://wdwig.com/tote.htm>
- ❖ Everything *but* the Parks: http://www.mouseplanet.com/sue_holland/index.htm
- ❖ Holiday Safety Tips: <http://pediatrics.about.com/library/weekly/aa121901a.htm>
- ❖ How to Take a Child with Autism to Disney World by Jackie Langlow: <http://www.autism-alabama.org/articles/disney.htm>
- ❖ Walt Disney World with Your Autistic Child by Stacey Dunn: http://www.wdwig.com/dis_aut.htm

DISCLAIMER: PLEASE NOTE THAT THIS IS AN UNOFFICIAL GUIDE TO ENJOYING DISNEY WORLD WITH YOUR CHILD WITH ASD. ALL INFORMATION IS SUBJECT TO CHANGE WITHOUT NOTICE. PLEASE CONTACT WALT DISNEY WORLD FOR INFORMATION REGARDING YOUR TRIP. THE AUTHORS AND EDITOR OF THIS NEWSLETTER SHALL NOT BE HELD LIABLE FOR ANY INFORMATION (VALID OR INVALID) PRESENTED HERE AND DO NOT REPRESENT THE WALT DISNEY COMPANY IN ANY MANNER. E-mail <http://disney.go.com/Mail/DisneyWorld/technical.html>

...Proudly Presented by Autism Society Ontario ~ York Region Chapter and BBB Autism Support Network

Registration Required, Limited Enrollment. Email asoyork@axxent.ca Location: 11181 Yonge Street, Richmond Hill

...HOPE TO SEE YOU THERE

COMING IN 2002...

- ❖ **Asperger's Disorder** ~ Rose Ann Punnett of Kerry's Place Services
- ❖ **Autism in General** ~ Dr. Adrienne Perry, Ph.D., C. Psych., TRE-ADD
- ❖ **A New Diagnosis of Autism Spectrum Disorder; A Time-Line Continuum** ~ Margo Allen, Early Intervention Services and Liz C, BBB Autism/ASO York Region, Darlene Spence, York Behavior Management
- ❖ **Siblings of Children with Autism** ~ Victor Predo, TRE-ADD
- ❖ **Autism & Sexuality** ~ Deanna Pietramala, Leaps & Bounds
- ❖ **Social Skills** ~ Deanna Pietramala, Leaps & Bounds
- ❖ **School Discipline & The Exceptional Student** ~ Lindsay Moir
- ❖ **Behavior Management** ~ Deanna Pietramala, Leaps & Bounds

ALSO:

Finalizing details on:

- ❖ 8-week Behavior Management Course
- ❖ Hanen's More than Words Course

COMMUNICATION MADE EASY ©

HAVE YOU EVER BEEN FRUSTRATED WITH MISPLACED OR DISORGANIZED PICTURES FOR YOUR COMMUNICATION SYSTEM?

You and your child need a user-friendly, easy to use communication binder that is organized to make communicating fast and fun!

BENEFITS OF HAVING AN EASY AND ORGANIZED BINDER INCLUDE:

- ❖ *Pictures are always located in the same place, which eliminates frustration while searching for 'words'.*
- ❖ *It is easier to recognize when pictures are lost or damaged.*
- ❖ *Categories and colours make finding and putting pictures away much easier than ever before!*
- ❖ *Sentence strip is located on the front of the binder for easy access.*
- ❖ *Binder is small, therefore portable.*
- ❖ *You can use a number of different sizes and types of pictures.*

COMMUNICATION MADE EASY © supports many types of picture communication systems.

PCS ~ Boardmaker
Picture This CD ROMs
Your own Photographs

Communication Made Easy © will transfer the picture communication system of your choice, put it into a Fitzgerald Key and add to your very own binder. Pages will be totally organized by skill.

Customizable: we will be happy to look at incorporating other types of pictures into your child's binder. We will also customize the size of binder.

Coming soon...Themed Binders: Going to School, Going to a Restaurant, Going to Grandma's.

To read more about the Fitzgerald Key, go to this page: http://www.bbbautism.com/pecs_fitzgerald_key.htm

For more information, contact Dawn Gutowski, Cell 905-868-2282, Phone 905-868-8370, E-mail: dawngutowski@hotmail.com

Check out this new parent-endorsed custom product here: <http://www.bbbautism.com/communicationmadeeasy.htm>

NEW SERVICE!!! BBB PARENT GUIDES

CONTAINS PRACTICAL INFORMATION BY PARENTS FOR PARENTS

Available on request, e-mail <mailto:liz@deaknet.com> and ask for:

1. Halloween
2. Epsom Salts
3. Pros and Cons of telling your ASD child his/her diagnosis
4. How we advocate for our children

AS ALWAYS, WE LOVE TO HEAR YOUR SUGGESTIONS AND INPUT!

Past Issues

To request, email liz@deaknet.com and indicate which volume/issue(s) you prefer. You can order in HTML, MSWORD or PDF. Newsletter Archives are also available on our website at http://www.bbbautism.com/news_arch.htm .

Volume 1; Issue 1 WELCOME ISSUE!

Volume 1; Issue 2 SUMMER CRISIS ISSUE

Volume 1; Issue 3 SPOUSAL CONCERNS ISSUE

Volume 1; Issue 4 SENSORY INTEGRATION

Volume 1; Issue 5 CHALLENGING BEHAVIORS

Volume 1; Issue 6 BACK TO SCHOOL

Volume 2; Issue 1 IEP

Volume 2; Issue 2 KEEPING YOUR COOL - WHEN YOUR EMOTIONS ARE ON FIRE

Volume 2; Issue 3 DEALING WITH STRESS

Volume 2; Issue 4 GIFTS FOR THE CHILD WITH ASD

Volume 2; Issue 5 ONE CHILD'S STORY – A TALE OF LOVE AND INTERVENTIONS

Volume 3; Issue 1 SURVIVING THE HOLIDAYS

Permission to reproduce and hand out is granted, provided the document is displayed in its entirety. Other permissions may be requested by e-mail: liz@deaknet.com

UPCOMING CHATS:

HOW TO SET UP A HOME PROGRAM - Guest hosted by **Kathy Lear**, creator of **Help Us Learn**; A Self Paced Training Program for ABA. Date and time to be announced...

PLEASE JOIN US FOR A CHAT ON CHELATION. DATE AND TIME TO BE ANNOUNCED!

Convert to your time zone here. <http://www.timezoneconverter.com/cgi-bin/tzc.tzc>

PLEASE NOTE: TRANSCRIPTS FROM APRAXIA, CHALLENGING BEHAVIORS, EVERYDAY SENSORY STRATEGIES AND AUTISM, DEANNA PIETRAMALA (CHAT #1) AND ENZYMES CHATS AVAILABLE UPON REQUEST liz@deaknet.com

COMING SOON: "Autism and Essential Fatty Acids", "Central Auditory Processing Disorders", "Siblings of Children with ASD", "ADHD/ADD and ASD", "Autism and Nutrition", "Acceptance and Denial".

Regular chats take place Mondays at 1pm and 9 pm. Please join our hosts Lynn, Tina and myself. Specialty guest-hosted chats will be announced.

INSTRUCTIONS ON ACCESS ABOUT.COM CHAT

Hi! Floyd Tilton of [About.Com's autism/pdd community](#) has generously invited us to borrow their wonderful chat room to use for our chats. The following is a detailed description of how to access this room.

1. Click here to access [About.com's Autism/PDD Community](#).
2. On the grey bar (under Floyd's picture) click on "CHAT".
3. Click on "Log on to Chat".
4. On this page: (a) Under "nickname", delete "guest" and type in a name for yourself. (b) Choose your preferred "font size".
5. Click on "Connect" and after a very short time; your chat screen will come up.
6. Move your screen by clicking the icon at the top left hand side of the window. Then drag the window to centre of your screen.

For chat questions, please email liz@deaknet.com

NOW AVAILABLE: **"BEGINNER'S GUIDE TO ASD IN PRESCHOOLERS IN YORK REGION"** - A step-by-step approach. You've got a diagnosis, NOW what do you do? Also includes resources, links, recommended reading and guidelines for funding forms.
http://www.bbbautism.com/beginners_guide_to_ASD_york_region.htm

"GENERAL BEGINNER'S GUIDE TO ASD" Includes a dictionary, short guide to communication, sensory integrations, autism and diet, ABA/IBI and a list of other therapies, recommended reading, links and more. Designed as a companion to the York Region Guide, it is also a stand-alone and can be used for any area. http://www.bbbautism.com/general_beginners_guide_10_24_01.htm

Totally free of charge! Email us at bbbautism@deaknet.com

SUBSCRIPTION INFORMATION

To subscribe, e-mail bbbautism@deaknet.com please provide your name and location. To unsubscribe, e-mail bbbautism@deaknet.com please write 'unsubscribe' in subject line. If you think you know someone who might enjoy or benefit from these newsletters, kindly forward us their email address at bbbautism@deaknet.com

(C) 2001 BBB Autism

A notice to our readers...

The founders of this newsletter and the BBB Autism support club are not physicians.

This newsletter references books and other web sites that may be of interest to the reader. The founders make no presentation or warranty with respect to the accuracy or completeness of the information contained on any of these web sites or in the books, and specifically disclaim any liability for any information contained on, or omissions from, these books or web sites. Reference to these web sites or books herein shall not be construed to be an endorsement of these web sites or books or of the information contained thereon, by the founders.