

## Did You Know...?

Brain injury is rare enough that many school staff members are quite ignorant of common signs and symptoms of the injury, and very ignorant of the implications of brain injury on a child's future development! You may find yourself having to explain every year to new teachers, new principals, new resource teachers, new classroom aides... and, you may need to put your concerns in writing each year as well. In that way, can follow up with more "education" to the school staff about how your child or teen's particular brain injury is impacting his or her ability to do coursework or physical education activities.

Call one of the Coordinators if you would like copies of some of our information sheets on curriculum challenges when a child has had a brain injury, or other practical information. We are always happy to help you in any way we can. If you are outside the Lower Mainland, use our toll-free line (see "Contact Us" below).

For a very helpful and practical guide for teachers and school staff to learn more about working with children following a brain injury, please follow this website:

[http://www.mcf.gov.bc.ca/spec\\_needs/brain\\_injury.htm](http://www.mcf.gov.bc.ca/spec_needs/brain_injury.htm)

Scroll to the bottom of the page and click "Teaching Students with Acquired Brain Injury".

## Upcoming Conferences and Educational Opportunities:

### Okanagan Conference on Brain Injury 2011

Braintrust Canada

May 3 - 6, 2011, Naramata, BC

Details: <http://www.braintrustcanada.com>

### 18<sup>th</sup> Annual G & B Johnson Brain Injury Conference

June 16, 2011, Crown Isle Resort in Courtenay, BC

Details: <http://www.cvhis.org>

For a list of events and more information and recourses on brain injury please see the Brain Streams website: [www.brainstreams.ca](http://www.brainstreams.ca)

### Contact Us:

**Valerie Upton - Supervisor, Community Brain Injury Program**

[Val.upton@bc-cfa.org](mailto:Val.upton@bc-cfa.org)

604-630-3010

**Program Coordinators:** Lower Mainland: 604-630-3026, or 604-630-3009.

Or, call our toll-free line: 1-877-451-5511, Local 272

Fax Line: 604-451-5651

[www.bc-cfa.org](http://www.bc-cfa.org)



# brainbridge



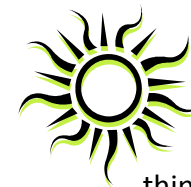
## Community Brain Injury Program for Children and Youth in BC

May 2011

## Program Updates:

The Community Brain Injury Program would like to congratulate Mursal Sakhi who is a former client of the CBIPCY and is one of this year's recipients of the BC Centre for Ability's "Hero of Ability" award. Mursal's accomplishments will be recognized at the BC Centre for Ability's "Dining for Dreams" dinner and auctions being held on May 12<sup>th</sup>, 2011 in Vancouver. You can read Mursal's story on the BC Centre for Ability's website listed at the back of the newsletter.

Congrats Mursal!



## Planning for Summer Activities:

It is never too early to plan for summer activities for your child or teen. Start now to think about what kinds of fun and interesting activities your child or teen could be involved in. Early planning is particularly important if your child has a disability and will need support from another adult. Local community centres are planning for summer courses - you can talk with the program coordinator now about your child's needs, and whether an assistant will be needed. Fun activities are also important learning activities, when they involve other children or teens, and/or if they are novel or unusual experiences for your child.

Summer camps are another option to explore. \* For information on BC provincial parks, check out this website [www.env.gov.bc.ca/bcparks/](http://www.env.gov.bc.ca/bcparks/) or, check here for information about fees for persons with disability: [www.env.gov.bc.ca/bcparks/fees/fees.html#campsitefee](http://www.env.gov.bc.ca/bcparks/fees/fees.html#campsitefee)

\* In British Columbia, there are organizations in various regions that help individuals of various ages to be able to sail, swim, go horse-back riding, and explore parks. There are also organizations which specialize in providing challenging outdoor activities for teens and adults with disabilities. Here are several websites: <http://www.abilities.ca/> (Canadian) [www.reachdisability.org](http://www.reachdisability.org) (BC) [www.disabilityfoundation.org/bcmos](http://www.disabilityfoundation.org/bcmos) (BC).





\*Also talk with your local Child Development Centre and/or Brain Injury Associations for more ideas.


Our Library Resources:


Have you had a look through our Library Booklet we sent you in the package of materials? You may borrow items for a 3-week period, and it costs you only the return postage back to us.



 **HELPING TEENS after brain injury** by Robyn Littleford & Nancy Anderson  
This booklet describes developmental challenges for adolescents with brain injuries. Explains how friendships are altered and gives strategies to interact with peers. Shows how parents can support teens’ independence and development while setting safe limits on risky behaviours. Helps professionals counsel teens and families.

 **KEEPING CHILDREN SAFE after brain injury** by Janet Houston & Ron Savage  
Describes changes in thinking, behaviour, and physical abilities after brain injury that increase risks for repeated injuries. Gives safety suggestions for sports and play, pedestrians, bicyclists, driving, alcohol, drug use, dating, and sexuality.

 **SAFE AND SECURE: six steps to creating a personal future plan for people with disabilities**  
by Al Etmanski, Jack Collins & Vickie Cammack: published by PLAN (Planned Lifetime Advocacy Network (Canada))  
From the back cover: “Safe and Secure has truly encouraged and supported my husband and I to confront our fears and act on our dreams. Its creative and practical advice has allowed us to take the necessary steps to create a safe and secure future for our son.” And also: “Safe and Secure presents a clear alternative to formal, professional and legal solutions to the concerns of families who have loved ones with a disability. It leads us on a journey towards security. It is a wonderful roadmap of the essential stops – friends, families, and neighbours.” Practical, down-to-earth, easy to read, developed by parents who have children with disabilities, with case studies throughout, and with reproducible worksheets to help parents think through what their next steps will be. Excellent resources listed in the back. Highly recommended. 149 pages, soft cover.

 **ALL ABOUT ME!** by Roberta DePompei & Bob Cluett  
An interactive 16-page booklet helps **elementary school-age children** understand brain injury. The child learns how to describe help needed in school by using checklists and answering specific questions. A great teaching tool for therapists, educators and families, to be used with students with any special learning needs. (16 pages)

SUCCESS

is the ability to go from one failure to another,  
with no loss of enthusiasm.  
- Sir Winston Churchill (1874 – 1965)

Some Strategies for Parenting:

You will find that it’s more effective to use very specific clear directions or statements with your child or teen with a recent brain injury. Parents often find themselves constantly saying “No!” “Don’t do that!” “I’m tired of your complaining” “Where do you think you’re going with that!” This is frustrating and annoying to parents, but also confusing and upsetting to the child or teen.

We cannot make assumptions that the child or teen understands what we mean or, what they ought to be doing instead. Try the following idea which many parents have found to be more helpful – often called “Positive Parenting Statements”

Instead of: Don’t do that any more! (banging a fork on the table)  
Say: Please sit with your hands in your lap.

Instead of: Can’t you see you're all dirty!  
Say: Wipe your hands on this towel, dear.

Instead of: Don't yell in here!  
Say: Talk in a quiet (or, soft) voice, inside the house.

Instead of: No - you can't play outside right now.  
Say: Yes, of course you may play outside  
- as soon as we get back from the store.

Instead of: What makes you think you can throw those toys around?!  
Say: Put those toys in this yellow box, please.

Instead of: No, don’t eat the cookie dough!  
Say: You can cut out the shapes for these cookies.

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Thank you!

Earlier in the year, a group of families were randomly selected to take part in a survey about their experience with the Community Brain Injury Program. I wanted to take this time to thank those of you who participated to help us continue to improve on service delivery to families across the province. We received a lot of really positive feedback, as well as some suggestions that we will begin implementing immediately with families (i.e. Greater focus on education and raising awareness of the CBIPCY educational resources).

Please remember that we love to hear feedback of any kind. Whether it’s positive, constructive or negative, we take all feedback very seriously and this is what helps shape how our program is delivered. Call or e-mail the Coordinator with any feedback you may have.

**Teamplayer:** One who unites others toward a shared destiny through sharing information and ideas, empowering others and developing trust. - Dennis Kinlaw

Thank you for being the most valuable members for our team!