

# Pass It On



Fall 2021

*A collaboration of NH Family Voices and the Parent Information Center. empowering and informing families and professionals caring for children with special health care needs and disabilities from birth to adulthood for over 30 years.*

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## How Structure Provided Me Resiliency

By Deana Taylor



A pivotal moment in my life occurred the day my son was discharged from ICU care. What I didn't know then was that the freedom of caring for him at home was going to challenge me in new ways that I wasn't prepared for. The hospital had provided us with the security of routine, safety, and an abundance of resources for his needs. Going home meant that I was responsible for seeking out and gathering all of the resources and supports we would need.

The first few weeks of being home, I can remember feeling completely overwhelmed. We had been provided with starter boxes of supplies that we needed to manage, various medical equipment, a pharmacy worth of medications to navigate, and referrals out for needed therapies and services. There was also a mountain of discharge pa-

*(Continued on page 12)*



(603) 224-7005 [www.picnh.org](http://www.picnh.org)



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## Parent Information Center

Established four decades ago, with the belief that all children can succeed with the right support, the NH Coalition for Citizens with Disabilities dba the Parent Information Center (PIC) provides a wealth of services designed to help parents understand their child's special needs and the laws that govern the early intervention (called Family Centered Early Supports and Services in NH) and special education process. In 1995, PIC expanded its focus to serve all parents, not just parents of children with disabilities. PIC assists families, schools and communities to increase family engagement in children's learning and development.



PIC is a pioneer in creating family/school/community partnerships that help parents of all children get involved in their children's learning and development. PIC also offers additional support through workshops and resource and referral. From its inception to the present, the Parent Information Center has demonstrated an ability to identify and respond to the changing needs of children and families in NH.

### NH Family Voices



New Hampshire Family Voices is part of a network of families and friends of children and youth with special health care needs/disabilities around the nation. In the early 1990's, during the health care reform discussions of the Clinton administration, a group of families of children and youth with special health care needs realized that no one was speaking up for the unique concerns of their children. These families contacted other parents they knew around the nation. Families responded enthusiastically and there was an immediate ground swell of support to advocate for better health care for their children. Family Voices was born.

New Hampshire was one of the first Family Voices organizations in the nation to respond to this call. NH Family Voices began in 1994 as a grass roots network of families of children and youth with special health care needs for the purpose of sharing information, resources, health programs and policies.


Today, NHFV continues its work to assist parents and professionals in navigating the systems of care that deliver services. Through the engagement of families across NH, and our partnerships, we participate in program development, implementation and evaluation, sharing families expertise in the formation of policies affecting their children. In addition, NHFV connects families with one another and provides families and professionals information to secure and utilize needed services for children and youth.

♥ New Hampshire Family Voices is administered under a fiscal agreement with New Hampshire Coalition for Citizens with Disabilities Inc., d/b/a/Parent Information Center a 501c3 non-profit organization and is the state affiliate organization of Family Voices National.

 Find us on  
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Join our community!  
On the public page we post the latest events, opportunities inspiring stories and news.

Look up  
[“New Hampshire Family Voices”](#)  
[“Parent Information Center of NH”](#)

Like us and be sure  
 to click the  
“get notifications”  
option so that you receive  
all updated information.

The NH Family Voices private group is a parent to parent community and great way to connect with other families, like yours, in a more private setting. Our staff and group members exchange information, resources and support around the clock.

[http://www.facebook.com/  
groups/nhfamilyvoices/](http://www.facebook.com/groups/nhfamilyvoices/)





# The Story Behind New Hampshire Family Voices & a 30 Year Friendship

By: Terry Ohlson-Martin



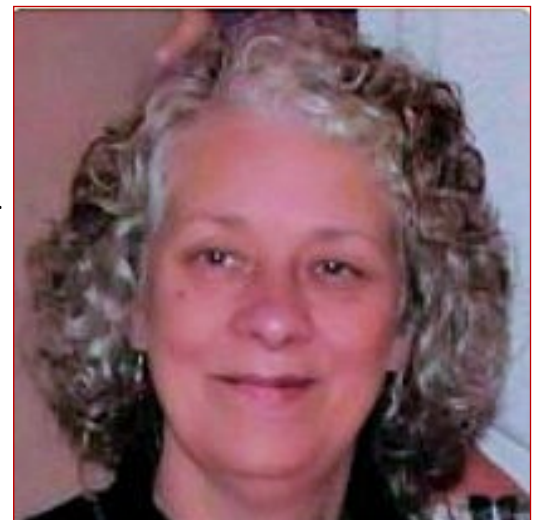
Over 30 years ago I was asked to “find a parent” who could accompany me to a national early childhood conference in Washington, D.C. and represent families from NH. That request would forever change my life.

I had recently met a man through some policy work we were both doing. He had a large family, and I mean LARGE, and his wife was doing the work at home of raising their children. I had never met her, but as a mom, I figured she might be able to use a break. I approached the state employee who had sent me on the hunt for “a parent” with her name and they had concerns, after all she had so many children. That response didn’t sit well with me.

Fortunately for me and many other families in NH, Martha-Jean Madison was able to accompany me on that trip to DC. She had the support to leave her large family and enthusiastically jumped into the world of “parent representation” when given the opportunity. She had taken leadership training from the UNH Institute on Disability (IOD) the first year it was offered, she and her husband Robert, had testified – sometimes with children in tow – at legislative hearings. She had been putting in the time to become an informed parent. Someone who knew systems and who wanted to help others. Even for all of our differences -- She’s neat, I’m not. She’s diplomatic, I’m learning. She’s good with tears, I prefer swears. -- or perhaps because of them, we hit it off. That trip turned out to be the foundation for an extraordinary friendship and the foundation for the NH Family Voices organization.

Over the years we have kept each other grounded by reminding one another of how we started, that the most important qualification we brought to our work was and continues to be, our experiences as a parent. There were conferences we attended with professionals all proudly wearing badges with their college degrees after their names. Martha-Jean proudly put M.O.M after her name. It represented “Mother of Many”, or most importantly “Mom”. She is always reminding us of the value of every single family. Martha-Jean has always gone above and beyond to find a resource, dry a tear or just listen to other families. And she especially enjoys seeing other parents become involved in the work of system redesign. Learning how things work – both how they should and how they actually do – and supporting families to get involved and stay involved has been a mission she lives by.

Martha-Jean has recently “retired” from NH Family Voices and I already miss our daily “discussions” but she will continue to do our website and we will continue to nurture our friendship. If you run into her please thank her for setting an example of the benefits of family engagement at its finest. And I suspect what she will want is for everyone in the system to continue to grow in our efforts to support, develop and involve families at all levels. Martha-Jean is truly the epitome of a parent leader. And we need more leaders like her to continue to move the work forward. I’m lucky to call her my friend.





# IMPORTANT CHANGE TO NH CHILD CARE SCHOLARSHIP PROGRAM



While attending a meeting last week, NHFV Staff learned there is a change happening that may benefit those who receive assistance from the NH Child Care Scholarship Program. If one of the children living within a household is receiving SSI and is under 18, that income will no longer be counted when the Department of Health and Human Services adds up your household income.

**Families in this situation and who have been denied the scholarship in the past may want to reapply after November 19, 2021.**

The official language is here: **Effective 11/19/21**, the Department of Health and Human Services will no longer count the Supplemental Security Income (SSI) of any minor child (under the age of 18) when determining income eligibility or family cost share for the NH Child Care Scholarship Program (NH CCSP). This change applies to a child who is considered part of the “assistance group” whether or not the child is receiving NH CCSP

support. “Assistance group” means the individuals who are residing in the same household whose needs and income are considered and combined together when determining eligibility and the amount of assistance for child care.



## Healthcare Transition Tips For Youth & Young Adults Knowing Your Team of Providers



Healthcare Transition is a process often overlooked as there are many other matters to consider as our children grow into adulthood. It is one that often creeps up on us and then suddenly they are 18 years old trying to figure out how to navigate the healthcare system. Preparing them or for an alternate caregiver is important but one that does not need to be overwhelming. Breaking the process down into smaller steps can ease the transition.

One component to transition is the ability for youth/young adults to be able to identify who their team of providers are. Here are a few tips on helping your youth to learn about their providers and how to communicate with them.

### ***Things for Parents/Caregivers to Consider:***

- Ask each provider how long they will be able to see your youth before the age of transition (some pediatric practices will see youth until the age of 21 while others have different requirements).
- Ask how and what the transfer of care will look like to an adult provider.

### ***Things to do with your Youth/Young Adult:***

- Create a list of all the providers your youth sees including the name of practice and location; contact number; why they see them; and how often (i.e. every 6 months, once a year).
- What is the best way to communicate with the provider? If providers can be reached through a patient portal, keep track of your user name and password for each one because providers may use different ones.

***Remember the process is different for every child/family. Some youth will have continued caregiving needs into adulthood. It is important for those families to take steps in having the information available should another caregiver need to step in to care for their youth/young adult child.***



# Connections What Do They Mean to Us?

*By: Martin Harvey-Olson, Media Representative for Yeah Council*

Connections: what do they mean to us is a question we've all asked ourselves over the past year and a half. Personally, I feel connections are the single most important thing in our society, and truly impact everyone and everything including both our physical and mental health. Yet, social distancing became the theme of 2020. The complete opposite of what I just said. Hello, my name is Martin Harvey-Olson, Media Representative for the YEAH Council, and a New Hampshire Family Voices employee.

How does our experience of social distancing during COVID-19 relate back to the question presented at the start of this article? Let me step back and explain. In the fall of 2019, the YEAH council began planning for our annual conference which was to be held in the spring of 2020. The theme of the conference was to be connections and what they mean to us. Ironically enough, we had to cancel our spring conference because we could no longer go out and connect to each other. Thanks COVID-19.

Fast forward to the fall of 2020, after many canceled plans and zoom meetings, the Yeah council was determined to virtually host our annual spring conference. We decided our original topic choice was still relevant except we decided to look deeper into it to get to the real guts of the matter.

Why does social connection matter? Because as humans, it plays a huge role in our mental health. So we agreed upon a new conference tagline: "The Importance of Social Connections for Mental Health." With a new found excitement for the project, we busily got planning. Going through our notes from last year, we determined we would do a Keynote presentation; bringing in a pro-

fessional speaker to discuss the topic with our designated audience; and have a Panel Presentation featuring members of the council discussing their own experiences with the subject. That would then turn into an open Q/A. Perfect! The problem is after many emails, asking coworkers and friends, Facebook, and reaching out anywhere we could think in search of a keynote speaker, we hit a wall. It seemed there really wasn't someone out there with knowledge on this topic in our area. Uh oh.

About a month before the conference, we were discussing our predicament at a meeting. It seemed we really had no options. Mental health is a subject I cared too much about to see it shelved. So, I offered myself up to be the keynote speaker as social connections has always been an interest of mine (public speaking is also an interest of mine). After further discussion, it was determined I'd do the keynote presentation. Awesome!

I spent several weeks preparing by reading, analyzing, and pondering a wide range of psychological studies, essays, and papers; and listening to other presentations on how social connection impacts and relates to one's mental health, and consulting my Dad for help (he's good at these things). I felt prepared.

I was nervous going in. But, the small group of attendees made me feel welcome. I talked for about 45 minutes, discussing a wide variety of things. Going off my own experiences and trying hard to relate to the experiences of those in attendance. I was excited to see the conversation really bloom; extremely touched; and slightly taken aback by how openly everyone was willing to go into how hard 2020 to date had been; their struggles in life; and what the topic and concept meant to them. For the first time in a while, we all felt connected. Real human beings sharing real stories, real pain, real love and opening themselves up. The presentations Q/A managed to roll perfectly into the panel discussion.

*(Continued on page 14)*



## Tips for Getting Ready to Go Back to School Post COVID-19

The new school year always bring mixed emotions for families, children and youth. This year, preparing for the start of the new school year, will involve more than just buying school supplies, and figuring out your child's school and bus schedule. Many families are concerned about their child's safety as well as their learning. The staff at the Parent Information Center reviewed many resources and are pleased to share the following tips, strategies and resources that families can use to prepare themselves and their children for going back to school.

### Here are a few tips to Getting Your Child Ready to Go Back along with some Resources: below

- Check-in with your child to see what they are feeling? Validate your child's worries by acknowledging, like any new activity, starting back to school can be hard but will soon become easy and fun.
- Offer reassurance not assurance; let them know they are not alone. You can help them find answers.
- Start the back to school schedule and routines a week or two before school begins such as a realistic bedtime and selecting tomorrow's clothing.
- If your student is just beginning Middle or High School, ask for their schedule to be provided to them in advance.
- Reach out to the school to schedule a private walk through of the school. For younger students, have them practice walking into the classroom to help them feel more comfortable and confident while you wait outside the door or down the hall.
- Schedule a meet and greet with the teacher.
- Request an IEP Team meeting if you have major concerns with your child starting school.

### Resources:

- School Anxiety: Helping your Kids and Teens Podcast: [Not Talking About Anxiety Makes It Worse - Flusterclux](#)
- [How to Rebuild Self-Esteem Post-Pandemic | Understood - For learning and thinking differences](#)



## Transition Workshops for Your Student

Does your child or student need help with self-advocacy, work readiness, job exploration, work based learning or post-secondary information? NH Vocational Rehabilitation continues to provide free Student Transition Workshops for students' ages 14-21 in local high schools. We help students prepare for the world of work.

Contact any of our Student Transition Specialists - there's one in your region!

**Berlin:** Rhianne.M.Dube@doe.nh.gov  
**Concord:** Manuela.C.Bittner-Shuey@doe.nh.gov  
**Manchester/Nashua:** Marissa.Chan@doe.nh.gov  
**Portsmouth:** Vanessa.R.Onessimo@doe.nh.gov  
**Keene:** Danielle.M.Love@doe.nh.gov





# COVID-19: What's On the Minds of NH Parent's and Students

You and your child may have questions or are wondering what to expect about this coming school year. You are not alone. Throughout the summer families have shared with PIC staff many questions. Below are some of the common questions we have heard:

- Will masks be required or optional?
- What will lunch and recess look like?
- How will extra-curricular activities and sports be handled?
- Any new adjustments to transportation norms?
- What is the plan for a student testing positive or who is exposed to COVID-19?
- How will remote learning look, if a student needs to be home?
- How will educators communicate with parents?
- How will the school be gathering data on student progress?
- How will the school address the COVID learning slide?



The school, the teachers, and administration want to hear from you. The Governor's office does not have requirements for this upcoming school year. It is for each school district to determine what is the best policies/procedures for their district. Please reach out to your school, the teachers, and administration to learn more.



## Your Child's Special Education: Learning to be a Critical Partner

Families are critical partners in their children's education. Remember you know your child best. It is important that you communicate with the school and your child's IEP Team about how your child is doing, his/her concerns, and their strengths. And together with the school, monitor progress early and often.

Share with your IEP team any changes in your student, academically, social and emotional changes

Share what you have learned from observing your child working remotely

Track any learning or behavior issues you are noticing as the school year begins. PIC has two resources to help you document and track progress:



<https://picnh.org/wp-content/uploads/2018/06/Sample-Discipline-Behavioral-Incident-Tracking-Sheet.pdf>

<https://picnh.org/wp-content/uploads/2020/10/Covid-Learning-Tracking-Sheet-9.2020.pdf>

Want to learn more about special education consider taking one of Parent Information's Workshop visit their website to current listing of events: [www.picnh.org/events](http://www.picnh.org/events)

# The Importance of Gestures To A Child's Language



Gestures are just as important to a child's development as words. The gestures a child uses – even before they say their first word – tell us a lot about how their communication development is progressing .

- Children who produce more gestures early on have larger expressive vocabularies later in development.
- A child who points to or shows an object will likely learn the word for that object within 3 months.
- Children combine gestures with words before they combine words together.
- Children who often combine gestures and words together that have different meanings (e.g. point to the dog and say "big") early on are likely to use relatively complex sentences a few years later.
- Children's gesture use predicts their story telling abilities later on.

Below is a chart of gestures along with age range a child should be doing them. If you have any concerns, please speak with your provider.

Age	Gestures
9-12 months	Clap
9-12 months	Wave
9-12 months	Arms Up
9-13 months	Blow Kiss
12-15 months	High Five
12-18 months	Point
13-15 months	Shake Head No
16-18 months	Nod Head Yes



# Supported Decision Making is Now Law in NH

Did you hear? Supported Decision Making (SDM) is now a law in New Hampshire. This law is a less restrictive alternative to guardianship for adults with disabilities and their families.

Guardianship vs. SMD: In a guardianship proceeding, an adult with disabilities loses their right to make important decisions about their own lives, even about where they reside or how they spend their money.

The use of SDM maintains the autonomy of the person with disabilities by providing supports so that the person can make their own decisions with the help of one or more trusted supporters. It is flexible in how it is applied from one person to the next, and in how it is applied to the same person over time. A SDM agreement will only exist if the person with the disability chooses it and is comfortable with their designated supporters.

Need or want to learn more about the things to consider when choosing the right decision making path, or need or want to understand the differences and choices that best fit your child's needs? [Visit the Disability Rights Center to learn more about the decision making process.](#)



## SAVE-THE-DATE ~ NOVEMBER 20, 2021 PARTNERING FOR STRENGTH MINI-CONFERENCE SUPPORTED DECISION MAKING

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Conference Center &  
Virtually  
Concord, NH



Featuring Keynote Speaker:  
**Jonathan Martinis, Esq., JD**

In August 2021, SB 134 was signed into law in NH, establishing Supported Decision-Making (SDM) as a statutorily-recognized alternative to guardianship for adults with disabilities and their families.

### Who should attend?

Families & Professionals of individuals of all ages that want to learn more about supported decision making as an option when young people turn 18. (It is never too early to start thinking about options for adulthood!)

## REGISTRATION DETAILS TO FOLLOW SOON!



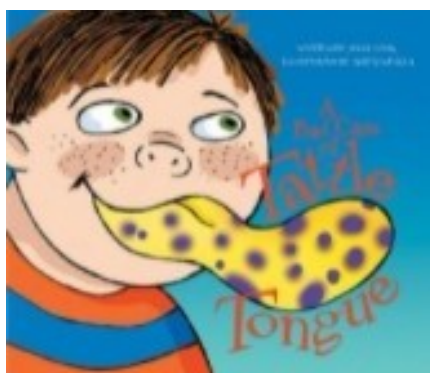


# New Hampshire FAMILY VOICES<sup>®</sup> Lending Library

Check out our rich selection of books written for children, teens, parents, and professionals providing a positive, affirmative approach to learning about behavioral/mental health challenges

## A Bad Case of Tattle Tongue

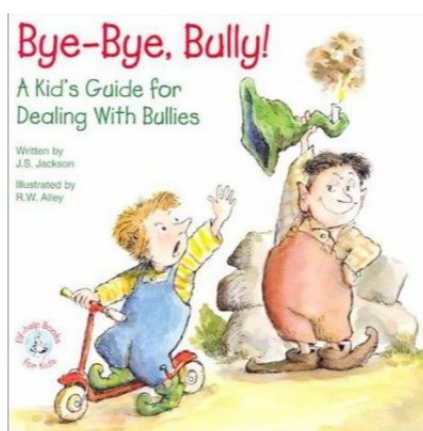
By: Julia Cook



No one likes Josh “the tattler”. One night Josh wakes up to find his tongue covered in spots, a bad case of “tattle tongue”. This story helps all children understand what and when to tell and what is just tattling.

## Bye-Bye Bully

By: J.S. Jackson



This book covers the who, what and why's of bullying – and how to stop them. The Elf characters learn how to assert and protect themselves, and know when to ask for help.

## It's Hard To Be Five: Learning How To Work My Control Panel

By: Jamie Lee Curtis, Laura Cornell



Learning not to hit? Having to wait your turn? Sitting still? It's definitely hard to be five. But Jamie Lee Curtis's encouraging text and Laura Cornell's playful illustrations make the struggles of self-control a little bit easier and a lot more fun!

Give us a call or search our catalog by subject online. Books are sent free of charge through the mail with a postage paid return envelope.



Call us or log on to [www.nhfv.org](http://www.nhfv.org) and click on “how we can help, then choose Lending Library

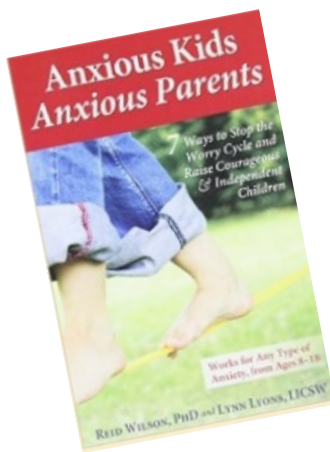


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### **Anxious Kids, Anxious Parents**

By: Reid Wilson PHD &  
Lynn Lyons LICSW

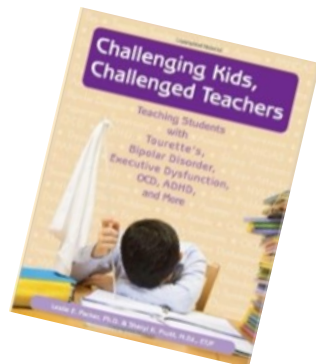
This book offers a different and unique yet effective approach to help children and teens push through their fears, worries, and phobias to ultimately become more resilient, independent, and happy. Using current research and contemporary examples, this book exposes the most common anxiety-enhancing

patterns— reassurance, accommodation, avoidance, and poor problem solving which may, unknowingly reinforce a child's worry and avoidance –and offers a concrete plan with 7 key principles that foster change.

### **Challenging Kids, Challenged Teachers-Teaching Students With Tourette's, Bipolar Disorder, Executive Dysfunction, OCD, ADHD, and More**

By: Packer, Leslie E. Phd & Pruitt, Sheryl K M.Ed.

Challenging Kids, Challenged Teachers is an educator's go-to source for creating a supportive environment to successfully teach children with multiple neurological disorders including Tourette's Syndrome, OCD, ADHD, LD, Nonverbal Learning Disability, Pervasive Developmental Disorders, Asperger's Syndrome, Anxiety Disorders, Depression, Executive Dysfunction, Sensory Processing Disorder, Pediatric Autoimmune Neuropsychiatric Disorder Associated with Strep (PANDAS), Bipolar Disorder, "Storms" or "Rages", Oppositional Defiant Disorder, and Sleep Problems. Parents, school psychologists, and social workers will also find this book essential reading. A wealth of practical tools and strategies are discussed in this book. Full of charts, graphs, lists, quotes, and vignettes, this well-organized resource makes it easy for busy teachers to find the information and are on the accompanying CD-ROM for easy reproduction.

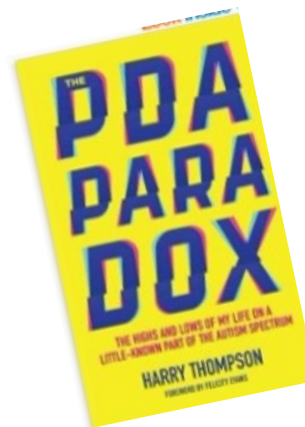
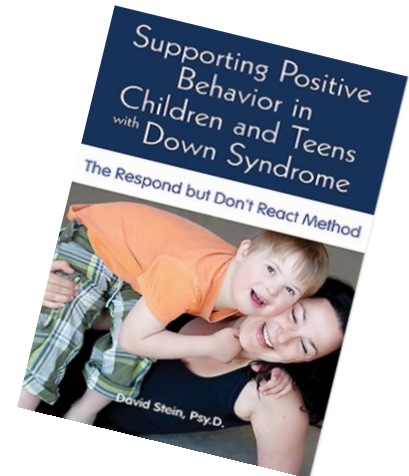


## **New Arrivals to NHFV Lending Library**

### **Supporting Positive Behavior in Children & Teens with Down Syndrome**

By David Stein, Psy.D

This book examines how the brain of a person with Down syndrome works, how those differences impact behavior, and why bad behavior should not be viewed as a willful act. Governed by this new awareness, parents are in a better position to change and manage their child's behavior using these guiding principles. Some of these parenting concepts are intuitive, others are not, but when they are followed consistently, children and teens with Down syndrome do their best behaviorally and the parent-child relationship remains as positive and loving as it should be.



### **The PDA Paradox: The Highs and Lows of my Life on a Little-Known part of the Autism Spectrum**

By Harry Thompson

Diagnosed with Pathological Demand Avoidance (PDA) in his teenage years, Harry Thompson looks back with wit and humor at the ups and downs of family and romantic relationships, school, work and mental health, as well as his teenage struggle with drugs and alcohol. By embracing neurodiversity and emphasizing that autistic people are not flawed human beings, Thompson demonstrates that some merely need to take the "scenic route" in order to flourish and reach their full potential. This memoir will bring readers to shock, laughter and tears through its overwhelming honesty. It is a turbulent memoir, but it ends with hope and a positive outlook to the future.

- ✿ Borrowing time is 20 days, with extensions available upon request.
- ✿ You may borrow up to 3 titles at a time by calling us or through our Lending Library cart.
- ✿ Please allow up to 5 days to receive the titles you requested.
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per work from the hospital that needed attention. I wasn't sure where to begin. It felt like I was buried and the only choice was to methodically dig my way out of it. That's when I decided it was time to implement some controls over the perceived chaos. I had to sit down with my family and discuss how we would begin managing our life at home with a child who had special health care needs.

We started our "Operation Organization" (the term we humorously assigned it) by separating medical supplies. We put what supplies we would use in a week's timeframe into an over-the-door shoe organizer, labeling what supplies were in each bin. The rest of the medical supplies were placed in clear and labeled bins so they would be easily accessible. A white dry-erase board became the extra hand we desperately needed. On it we wrote: Vitals, medication times, feeding schedules, and a daily report of how our son's day had been. It was hung next to his bedside. It was a wonderful start to feeling a sense of structure in our home.



One of the most helpful tools we created was a binder that we labeled "Dear Nurse, Get to know our son." We began small, creating documents on the computer of necessary information. Each tab in the binder was labeled. Tabs included: Contacts (including a list of all providers/pharmacies/insurance information), G-tube Cares, Tracheostomy Cares, How-To (manufacturer instructions for medical equipment maintenance), and Discharge paper work from any last appointment, Upcoming appointments, and Resources for parents. The binder acted as a safety net in the event of an emergency, so that anyone who pulled the binder would be able to access pertinent information.

Over time, there was comfort in the routine and tools we pieced together to help us through. Late nights were filled with putting together documents into a file on our computer that would act as templates for a long time to come. With each upcoming doctor's appointment, I was able to reference last updates from the documents I created. I could provide up to date information that I could email or hand to the multiple providers on appointment days.

Upcoming appointments were landscaped on a large calendar that we kept in a central location in our home. Another white board calendar that was kept in our son's bedroom held information on when medical supplies needed maintenance. Though nothing was fancy or organized to the extreme, we found relief in the organizational systems we had created. They also provided staff, therapist, and family coming into our home a feeling of inclusion as to what was going on developmentally and medically with our son.

Sharing what worked in our home with other parents nurtured a support network for our family. I knew what worked for our family wouldn't work for every family. But, it could help guide another family with a special health care needs child to find what works for them. When I had the opportunity to do so, I would connect and outreach to other parents both in-person and through online support groups if/when they asked for various recommendations from other parents. I particularly enjoyed providing support and insight concerning traveling tips for oxygen, ventilator, and feeding tube support.



Offering and receiving general support from other parents who had similar experiences to my own provided me with the opportunity to expand my own views and perspectives. Beyond that, growth continues by keeping an open mind and remaining resilient towards inevitable changes that were/are out of my control at home. Organizing the chaos at home didn't change the amount of chaos that was often experienced, but it certainly did help my family persevere through it.

New Hampshire Family Voices would like to welcome Deana as one of the newest members of our team as an Outreach Coordinator. Starting in our Winter Pass It On newsletter, we will highlighting staff bios introducing you to those behind scenes of PIC and NHFV.

# Ideas & Tips for Healthy School Snacks & Lunches



Did you know? Students, who eat healthy meals including snacks, are less likely to be tired, are more attentive in class, and retain more information.

Unfortunately, in today's world, it is easy to fall into the trap of getting prepackaged, convenience foods to pack for our children's snacks and lunches which tend to be high in saturated and trans fats. Yet, our children love them and the convenience makes it hard to pass up.

Here are a few ideas to get you started towards helping your child learn healthy habits and perform well in school:

## **Snacks:**

Dark chocolate-covered raisins

Pretzels

Popcorn (air popped if possible)

Rice Cakes,

Whole-grain crackers

Trail Mix

**\*\***Instead of buying prepackaged cheese or peanut butter crackers make your own with whole grain crackers spread with natural peanut butter or slices or cubes of reduced fat cheese or string cheese. It is often healthier and cheaper than the pre-packaged one.

## **Lunches:**

Cut up raw vegetables, such as, baby carrots; cucumbers; celery sticks; cherry tomatoes; broccoli; cauliflower; or bell pepper strips. Send with a small container of low-fat dip or hummus.

Add a piece of fruit that has been washed and ready to eat, such as, grapes; blueberries; strawberries; apple slices tossed with lemon juice to avoid browning; fruit salad; or dried apricots.

Be creative when making sandwiches consider using: pita bread; bagels; flour tortillas; English muffins; or wheat or multi-grain bread. If your child does eat bread, consider rolling up a few slices of deli meat and add cheese with veggies and fruit to their lunch boxes.

Other: hard boil eggs, pasta salad; salad; and granola bars

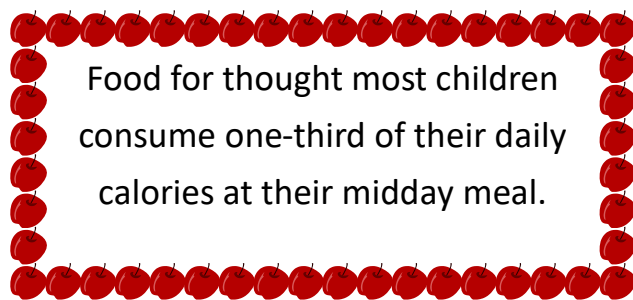
If your child frequently brings their lunch home uneaten, ask them why. Were the foods too messy or difficult to eat? Did they not like the food? Were the foods not at the right temperature? What foods are their friends in school eating? Most of these problems are easily solved.

- Remember to keep cold foods cold and hot foods hot by following these tips: Use an insulated lunch box; use ice packs or frozen juice box or water to keep items cold; send hot foods in a thermos.

- Be sure all lunch items are easy to eat. Peeling and slicing fruit and vegetables at home will make it easier for them to eat at school

- Involve your child in deciding what to make for lunches together. The more your child is involved the more likely they will eat their lunch.

It's important to note that if your child has food allergies. It is crucial you contact the school authorities ahead of time. A letter from your provider outlining your child's food allergies is the best way to ensure support from the school.



Free and Reduced breakfast and lunch programs are provided throughout New Hampshire School Districts for qualifying families. Families are required each year to complete an application with their school districts to determine qualification.

Below are some of the eligibility criteria for these programs:

- All children in households receiving benefits from [State SNAP], [the Food Distribution Program on Indian Reservations (FDPIR)] or [State TANF], are eligible for free meals.
- Foster children that are under the legal responsibility of a foster care agency or court are eligible for free meals.
- Children participating in their school's Head Start program are eligible for free meals.
- Children who meet the definition of homeless, runaway, or migrant are eligible for free meals.
- Children may receive free or reduced price meals if your household's income is within or below the Federal Guidelines. Contact your local school district to learn more.

(Continued from Connections: What Do They Mean to Us page 5)

By the end of the conference, we were all saying how much the day had meant to each of us.

For me, the real magic of the day, was feeling connected to every single person. The sense of unity, togetherness and willingness to get through this societal rough patch was present in the most optimistic and brightest way possible. A truly wonderful day, experience, and memory I won't soon forget. That is the meaning of connection.



Photo by [Hannah Busing](#) on [Unsplash](#)



To learn more about the YEAH Council visit: <https://yeahn.org/>



## NH Mental Health Centers

### Region 1: Northern Human Services

Conway, NH

#603-447-3347

<https://northernhs.org/>

### Region 2: Western Central Behavioral Health

Lebanon, NH

#603-542-518

<https://www.wcbh.org/>

### Region 3: Lakes Region Mental Health Ctr

Laconia, NH

#603-524-1100

<https://www.lrmhc.org/>

### Region 4: Riverbend Community Mental Health, Inc.

Concord, NH

#603-228-0547 (children)

#603-338-1600 (adults)

<https://www.riverbendcmhc.org/>

### Region 5: Monadnock Family Services

64 Main St.

Keene, NH

#603-357-4400

<https://www.mfs.org/>

### Region 6: Greater Nashua Mental Health Center

Nashua, NH

#603-889-6147

<https://gnmhc.org/>

### Region 7: The Mental Health Center of Greater Manchester

Manchester, NH

#603-668-4111

<https://www.mhcgmn.org/>

### Region 8: Seacoast Mental Health Center

Portsmouth, NH

#603-431-6703

<https://smhc-nh.org/>

### Region 9: Community Partners

Dover, NH

#603-516-9300

<https://communitypartnersnh.org/>

### Region 10: Center for Life Management

Derry, NH

#603-434-1577

<https://www.centerforlifemanagement.org/>

[Click here to locate your region - a full map and listing supplied by the NH Department of Health and Human Services.](#)



## Online Subscription



NHFV and PIC are striving to deliver valuable information and resources to families and the professionals that work with them through a variety of outreach tools. The paper copy of *Pass It On* serves many purposes and is one of our most valued resources. But reality is... many do their reading and sharing online. The webpage pdf of *Pass It On* contains live links so that readers may click and get to more in depth information in seconds. We would like to encourage those who are receiving a

hard copy to think about this alternative and feel free to switch to the web page newsletter. This is easy to do, just follow these steps!

- Go to [www.nhfv.org](http://www.nhfv.org) and click on **Membership**.
- Fill out the form as if you were a new member (please include address information).
- Add [nhfamilyvoices@nhfv.org](mailto:nhfamilyvoices@nhfv.org) to your email safe senders list, address book or contact list so that an email notice of a new newsletter is not blocked or filtered into your spam folder.

This free resource is intended for sharing so please continue to “*Pass It On*” to friends, family and professionals you think might find it useful.

## Crisis Support at Your Finger Tips

- **2-1-1:** Directs to all information and supports available during COVID-19. Call 2-1-1 or visit [www.211nh.org](http://www.211nh.org).
  - **Domestic Violence Helpline:** 24/7 help at 1-866-644-3574 or [www.nhcadv.org](http://www.nhcadv.org) for free, confidential support.
  - **Crisis Text Line** – free, 24/7 support for those in crisis. Text HELLO to 741741 from anywhere in the US to text with a trained Crisis Counselor.
  - **National Suicide Prevention Lifeline** – call 1-800-273-TALK (8255) for free and confidential support for people in distress, prevention and crisis resources for you or your loved ones, and best practices for professionals.
- [The LGBT National Help Center](http://www.thelgbtcenter.org) – call 1-888-843-4564. Open to callers of all ages. Provides peer-counseling, information, and local resources.

[The Trevor Project](http://www.thetrevorproject.org) – a national 24-hour, toll free confidential suicide hotline for LGBTQ youth. If you are a young person in crisis, feeling suicidal, or in need of a safe and judgment-free place to talk, call 1-866-488-7386 to connect with a trained counselor.



**Pass It On** is a free newsletter for parents of children with special health care needs and the professionals that support them.

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This publication is not intended to provide medical advice on personal health matters. All health concerns should be discussed directly with your physician.

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**I am a** ☐ Parent / Family member of a child/teen/adult (circle) with a: ☐ chronic health condition ☐ physical disability  
☐ learning disability ☐ developmental disability ☐ behavioral challenges

☐ I am interested in materials relating to: \_\_\_\_\_

**I am a** ☐ Professional working with families and/or children/adolescents/adults (circle) with: ☐ chronic health conditions  
☐ physical disabilities ☐ learning disabilities ☐ developmental disabilities ☐ behavioral challenges

☐ I am interested in material relating to: \_\_\_\_\_

**I am a Professional in** ☐ Education (circle one), EI, Head-Start, Pre-school, Elementary, Middle, High school, Residential setting. ☐ Health Care Field (circle one), Community clinic, Hospital, VNA, Physician, Family Practitioner, Nurse.

☐ Human Services (explain) \_\_\_\_\_ Other: \_\_\_\_\_

How did you hear about our newsletter? \_\_\_\_\_