

Pass It On



Fall 2022

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.

Inside this issue

Health care Transition Preparing Youth Beyond High School	4
Special Education Eligibility Extended to Age 22	7
NHFV Lending Library	10
Tips for Preparing Your Child for Pre-school Beyond Potty Training	12
Bullying Beyond School: What Parents Should Know	14

Creating Change from Heartache

Suzanne Keays, Outreach Coordinator and Editor of the Pass It On at NHFV was privileged to speak with Martha Dickey who is an advocate and champion for change surrounding Suicide Prevention, and mental health here in New Hampshire.

Back in the fall of 2017, Martha Dickey became a member of an exclusive club for a second time. One that members do not want to join nor do members willing invite others to join. It is called the survivors of suicide loss.



Martha will always remember where she was when she received the call informing her that her son Jason Dickey had died by suicide at the age of 19. Unfortunately, Martha had experienced such a loss with the death of her brother back in 1981. She remembered the stigma surrounding his death, and lack of support the family received. She braced herself for what was to come after receiving the news of her son, Jason's death. Instead, she found an out

(Continued on page 8)

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
Facebook

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/>





Getting to Know the Faces Behind the Voices at NHFV

People familiar with New Hampshire Family Voices mostly likely to know our Director, Terry Ohlson-Martin. For those of you aren't, we thought we do an informal introduction by asking her a few questions to learn more about her.



How long have you been with NHFV?

Forever! NH Family Voices was started by myself and Martha-Jean Madison so it is not an exaggeration to say I've been here from the beginning. (Martha-Jean was her CO-Director for 30 years before retiring in the fall of 2021).

What brought you to NHFV?

That's a hard question because I first worked at PIC on two different projects. One was an early childhood grant and the other was focused on maternal and child health and children with special health care needs. Simultaneously the country was experiencing major changes around health insurance. The grants were ending, but I had a new baby so I needed health insurance. I still wanted to be part of the system changes I was watching develop so going to find another job was not at all what I was interested in. All of those things turned into an opportunity to work with Martha-Jean under a contract at what is now Bureau of Family Centered Services. We slowly grew the organization to become NH Family Voices as you know it today.

What is a favorite part of your job/passion?

I like many parts of this job or I wouldn't have stayed here for 35 years! Helping to change the systems to be more receptive to family experiences has been really satisfying. I love being able to say these are the ways the system in NH has gotten better but I suppose my absolute favorite part is talking to young families. Letting them know that this new diagnosis hasn't changed who their child is. It's another layer of information about your child that you may have recently learned but your child that you loved the day before the diagnosis remains the same. They can do this and there are many families around NH who will support you if you look. NH is a great state to live in.

On a personal note. when not working, what is a favorite past time of yours?

I have many – some would say too many. I love to read so I spend many hours with a book in my face. I also have a passion for quilting – although I was recently told that my passion is for collecting fabric with some occasional quilting which might be fairly accurate. I enjoy car shows with my husband and I really enjoy spending time with my kids and my grandchildren. I will drop everything to spend some time with any of them.

With schools starting back up, we would like to know what was your favorite subject/class in school?

I always loved English class. I even liked the dreaded grammar. I found diagramming sentences like solving a puzzle which I loved but even better were the books that we read. I have always loved to read. This year I'm following my daughters lead and keeping track of the number of books I read in a year. As of today I've read 45 – the house isn't clean but I've read 45 books. 😊



(Continued on page 15)



Healthcare Transition: Preparing Youth beyond High School

You have a junior or senior in high school who is looking towards the next chapter of their life? This can be both exciting, and a bit frightening. Youth often look forward to more freedom, and parents sometimes worry about not having oversight. If not well prepared, the transition can be rocky.

Preparing youth for transition goes beyond academics. Living away from home means managing a lot, including health needs. For youth with special health care needs, this part causes a lot of worry for parents. Will they be able to manage their medications, and their health needs? We have heard many parents admit that letting go is not easy. We've also heard that helping youth learn to manage their needs, now, while they are at home and have access to a parent's guidance, helps them learn, and helps the parent worry less. So think about the following as you prepare your youth for transition ahead.

Below are some things to consider when taking the steps towards independence

- Do they understand their health condition(s)? Can they explain it if needed?
- Do they have a health summary to share if they need care away from home? Such as allergies, history, and condition?
- Do they know the name of their providers and why they see them?
- Do they know the names of their medications, why they take them, and who prescribes them?
- Do they know how to read the RX label properly? There is a lot of useful information in helping manage medication. Such as how many refills are left before needing a new prescription.
- Do they know how to call or ask the pharmacy, their provider's office, or therapist for refills?
- Can they manage their medications on a daily basis? This is the time for them to learn. While you are able to monitor whether they are taking them as prescribed or need help figuring it out. Pill boxes are a great way to start.
- Technology is a great tool for today's youth. Setting alarms on their smartphones as a reminder to take their medications is one idea; free health apps can be downloaded onto their phones that will help with reminders and health management ([a flyer on these apps can be found on NHFV website](#)); and finally smart pill boxes. These can help teach youth to take their medications independently and provide parents a peace of mind.

(Continued on the top of page 5)

●Do they have a copy of their insurance card? If so, do they carry it with them? Explaining to your youth, the need of insurance information to access care is necessary.

Finally, don't become overwhelmed by the process. Breakdown the process into smaller steps focusing on: medication management, appointment management, health management, and health insurance information can help. Let your youth drive the bus by allowing them to set goals with you on what they want to learn first.

Not sure where to start visit [NHFV website](#) for a variety of tips and tools on health care transition.

The Importance of a Good Night's Sleep

Many of us live on sleep deprivation including children. Getting a good night's sleep is important for our children's health and academic success. Did you know grade-schoolers (ages 6 to 12 years old) require between 9 to 12 hours of sleep? And teens (ages 13-18 years old) require between 8 to 10 hours of sleep per night. Yet, educators will talk about how often their student's arrive over tired and irritable. This leads to disruptive behaviors, lack of focus, and can lead to health problems such as headaches if a child goes without the necessary sleep.

As parents/caregivers, there are ways for us to help build healthy sleep habits for our children. Children thrive on routine. Creating a bedtime routine early on can help set your child up for a good night's sleep. For young children, this routine could be as simple as brush teeth, read a book, and bedtime. Something that can be done anywhere. Another part of the routine should be a set regular bed time. This may seem impossible as our children get older and involved in more activities. Avoiding over scheduling to give children time to do their homework and unwind from a busy day will help to achieve this. Keeping the routine consistent even during weekends, vacations, and school breaks is important as well for younger children. As children get to be middle school age, weekend , vacation, and school break routine does not need to be as regimented but do not let them sleep too late or all day. This disrupts their bodies sleep rhythm.

Another thing is access to electronics. This is a known sleep disrupter for both children and adults. In our modern world, many children have televisions, computers, tablets, gaming systems, and cellphones in their room. Educators will mention student's telling them that their parents assume they are asleep but they are actually watching television until all hours of the evening, or on social media or texting friends. Removing electronics from the bedroom and setting it up as a place to sleep can reduce the temptation to use electronics at all hours of the night. Reducing screen time prior to bedtime also helps. The blue light from electronics can suppress the melatonin in our bodies which promotes sleep. Consider turning electronics off at least 60 minutes before bedtime to help your child's body prepare for sleep.

For younger children, the distraction may be toys in their bedroom. Having just a favorite blanket, stuff animal or a doll at bedtime will reduce the temptations to play with their toys once the door is shut.

Comfort is another factor to helping get a good night sleep. Think of ways to make their environment as favorable towards a good night sleep as possible. A cooler room provides a better night's sleep than one that is too hot. Maybe, your child would benefit from relaxing music or soothing sounds of nature as they fall asleep. The goal is to get an environment and routine in place that allows them to get the necessary sleep to help them develop physically and academically.





Tips for Helping Special Needs Kids Change Schools

How to ease anxiety-provoking transition

No one likes to be the new kid in school. Kids with autism, OCD, anxiety, or learning disabilities may have an especially hard time adjusting to a new setting and new people. But by planning ahead, parents can help kids with special needs make an easier transition.

Start by talking about the change often. Tell your child about the new school so they learn what to expect. Focus on the positive aspects such as the playground or the lunches. By learning details about the new school, children start to feel more comfortable before they even get there.

You can also visit the school ahead of the first day so your child can see what the classroom looks like. Walk down the hallways, visit the music room, find the bathrooms — whatever helps your child feel more comfortable in the new environment. You can also introduce your child to their teachers and set up playdates with other children in their class. Starting school surrounded by friendly faces can help a lot. This also gives you the chance to fill the teacher in on your child's needs and what works best for them.

Thinking of the transition as a story can help, too. Social Stories is a tool that helps kids prepare for new experiences. You make your child the main character in the story, and cover a lot of the things they'll experience in changing schools, including what makes them nervous and how they'll deal with it. You can even include details of your child's new teacher and day-to-day schedule so they know what to expect. Reading children's books about new schools together can also help kids feel more prepared.

This article was written by Beth Arky and published on Childmind.org. [Click here to full article](#).



Bus Safety 101: Things for you to remember and teach your children.

Go to the bus stop with your child to teach them the proper way to get on and off the bus.

Teach your children to stand 6 feet (or three giant steps) away from the curb.

If your child must cross the street in front of the bus, teach him or her to walk on the side of the road until they are 10 feet ahead of the bus; your child and the bus driver should always be able to see each other.

Never pass a bus loading or unloading children -The area 10 feet around a school bus is the most dangerous for children; stop far enough back to allow them to safely enter and exit the bus.

Special Education Eligibility Extended to Age 22

Republished and
Contributed by the



Students with disabilities will now have an additional year of school-based supports and services to help them prepare for their transition into adulthood. This bi-partisan effort allows students who have not yet earned a regular high school diploma the opportunity to remain in school until the day before they turn twenty-two.

The new law brings New Hampshire into compliance with existing federal law and provides students with more time and flexibility to prepare for, and decide when to, transition from high school into post-secondary education, employment, or other community-based activities.

[The law became effective on June 17, 2022.](#)

What about students who left school without earning a regular diploma but are not yet 22?

If a student left high school when they turned twenty-one but wants to return to school and receive school-based supports and services until their twenty-second birthday, they can. Contact the school immediately to re-enroll and request an IEP team meeting as soon as possible to plan services for the summer and/or upcoming school year.

Will staying in school impact area agency services?

No. It is unlawful to deny home and community-based services simply because a student is still in school. Individuals who are eligible for services through an Area Agency may receive those services regardless of whether they are enrolled in school or not. [Learn More Here.](#)

If you have questions about the new law or want to learn more about special education rights please visit <https://drcnh.org/issue-areas/childrens-issues/education/> or contact our office at (603) 228-0432 or mail@drcnh.org to speak with an attorney free of charge.

time for transition
a family to family chat
THE POWER OF PARTNER PARENTING:
teams of trusted adults to support youth
OCTOBER 6TH @ 6PM
REGISTER: [HTTPS://CONTA.CC/3ADBD3H](https://conta.cc/3ADBD3H)

Young people will get their needs met with or without us. Let's partner to set up spaces where they can do so in healthy, positive, and constructive ways. Join Kim Siwec, a Trainer and Content Developer at One Trusted Adult, to discuss parenting strategies to support the young people in your care. This event will be held virtually on Thursday, October 6, 2022 from 6:00-7:00 p.m. To register for this virtual event: <https://conta.cc/3ADbd3H>

time for transition
a family to family chat
ACCESSING ASSISTIVE TECHNOLOGY
IN HIGH SCHOOL & BEYOND
NOVEMBER 3 @ 6PM
REGISTER: [HTTPS://CONTA.CC/3v51MIL](https://conta.cc/3v51MIL)

Assistive Technology today is easily accessible and widely available to support reading, writing, and organization. This chat will spotlight assistive technology to support high school academics and independence. This event will be held virtually on Thursday, November 3, 2022 from 6:00-7:00 p.m.

To register for this virtual event: <https://conta.cc/3v51mil>



pouring of support from others within the community that had also loss a child to suicide, in addition to so many people who had known Jason. It was with their support that Martha found her way to finding a purpose in Jason's death so he didn't die in vain. She also began volunteering with NAMI (National Alliance on Mental Illness) New Hampshire and has become an advocate for suicide prevention, and mental health.

She joined forces with other parents, who are also survivors of suicide loss. They saw the increasing suicide crisis in New Hampshire, and wanted to help advocate for change by removing the stigma that surrounds "mental health" and "suicide". Together they advocated for a law to be passed surrounding suicide prevention education in schools. Their efforts were rewarded. On August 2, 2019, Governor Chris Sununu signed SB282 into law requiring school districts and chartered public schools to develop a policy for preventing, assessing the risk of, and responding to student suicide; and provide annual training for faculty, staff, and school volunteers on suicide prevention.

Once this law was passed, Martha began her next crusade to have a law passed requiring public schools 6-12, colleges, and universities in New Hampshire that provide school ids to have the National Suicide Prevention Lifeline number **(1-800-273-8255)** and three digit emergency number **(988)** published on the back of these cards. Jason always carried his Merrimack Valley High School student id, and had with him the day he died. She often wondered if the number had been accessible could it have possibly saved his life. Would he have reached out in his moment of need?

Again, her efforts were rewarded. On August 3, 2022, Governor Chris Sununu signed the "Jason Dickey Suicide Prevention Act" into law. As early as this coming fall, public schools will begin publishing the number of the National Suicide Prevention Lifeline and their three digit emergency number on the back of student ids. It is her hope that a student in crisis will see the number, and reach out for help before it's too late, to save another family and friends from experiencing the heartache of loss due to suicide.

Although there has been progress made in suicide prevention education and addressing the increasing mental health crisis here in New Hampshire, Martha will tell you it takes a village for change to occur. We must band together as parents, families, educators, health care professionals, and communities to make mental health less of a stigma and offer the support our youth need. If one life can be saved, it is well worth it.





September is Suicide Prevention & Awareness Month

According to the Center for Disease Control (CDC), suicide is the 12th leading cause of death in the United States, and 3rd leading cause of death for ages 10 –19 years of age ([statistics were retrieved from the national suicide fact & figure sheet](#)). In New Hampshire, it is the 9th leading cause of death, and 2nd leading cause of death between the ages of 10-24 years of age ([statistics were retrieved from the New Hampshire suicide fact sheet](#)). September is suicide prevention and awareness month. Together we can help create a positive change by reducing the stigma around mental health, and educating ourselves and others to better help those in crisis. Here are few things you can do as a parent:

- Understand the risk factors. First note, not all risk factors directly results in a suicide attempt. However certain ones increase the likelihood that someone will consider, attempt, or die by suicide. These risk factors include mental and substance use disorders, a history of trauma, major physical illness or an experience of loss, among others.
- Recognize warning signs. Sudden changes in behavior. This can be difficult to notice in youth as teenagers are often moody. Some signs include things like avoid hanging out with friends and family; being sad or angry; suddenly not doing well in school, sleeping a lot. If something feels off, don't be afraid to talk with your child. An article [“What to Do if You’re Worried About Suicide”, written by Nadine Kaslow, PhD and published on Child Mind Institute](#) provides guidance on helping children in distress.
- Reach out for help. Knowing, supporting, and loving a youth who is struggling with their mental health can be stressful. Being able to reach out to the right resources can help (see below). Also knowing you can reach out to the behavioral health number on the back of your insurance card or the ability to contact your Employee Assistance Program (EAP) if you have one.

Mental Health/Suicide Prevention resources and trainings:

988 is a suicide and crisis lifeline available across the United States 24/7 .

Crisis Text Line is free 24/7 across the United States. To access text **741741 with an opening message “home, “start”, or “hello”**. This connects the individual with a trained crisis volunteer counselor.

NAMI (National Alliance on Mental Illness) **New Hampshire Info & Resource line: 1-800-242-6264** or email :info@naminh.org. For information visit their website: <https://www.naminh.org/>

Conor’s Climb Foundation provides suicide prevention education to New Hampshire’s school staff under NH Law 193-J, community leaders, and others. To find out more visit: <https://www.connorsclimb.org/>

UNH Extension offers a Youth Mental Health First Aid Training Course online the first Wednesday of every month from 9:00 am –3:30 p.m. This course helps adults, who work with youth, the ability to identify, understand and respond to signs of mental illness and substance use disorders in youth. The next course is schedule for Wednesday, October 5th. To find more visit: <https://extension.unh.edu/event/2022/10/youth-mental-health-first-aid-training-course-1052022>



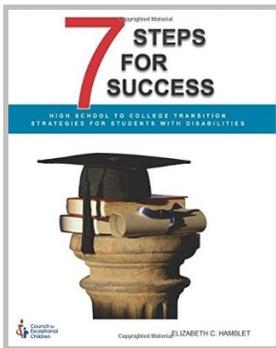


New Hampshire
FAMILY VOICES[®]
Lending Library

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

7 Steps for Success: High School to College Transition Strategies for Students with Disabilities

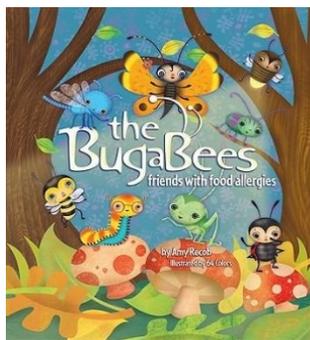
By: Elizabeth C. Hamblet



This practical guide explains how the system for accommodations works, describes students' rights and responsibilities within that system, and employs the voices of seasoned professionals and college students to explain the skills and strategies students should develop while they are in high school to ensure success when they reach college.

The Bugabees: Friends with Food Allergies

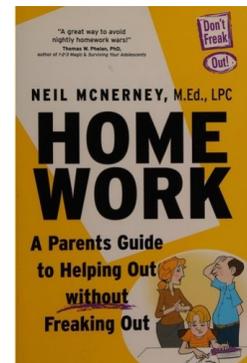
By: Amy Recob



This light-hearted story explores the daily routines of eight best buggy friends such as Beetle, Cricket and Butterfly, as they face their respective food allergies with positivity and poise. At home and at school, at the park, or on the beach, Bugabees find ways to stay safe, have fun, and remember that the joy of friendship is far sweeter than any food they can, or in some cases, can't have.

Homework: A Parents Guide To Helping Out Without Freaking Out

By: Neil Mcnerney M.Ed., Lpc



Whether your child is 5 or 15, helping your child with homework can cause problems at home. Neil Mcnerney, a licensed counselor and parenting expert, will show you ways to help your child do better in school without arguments, yelling, or guilt. In his 25 years working with school-age children and their parents, Neil Mcnerney has developed a simple and powerful approach that will increase achievement and decrease aggravation!

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 and click on "how we can help, then choose Lending Library"



Search thousands of books by subject. Drop selection into cart & send.

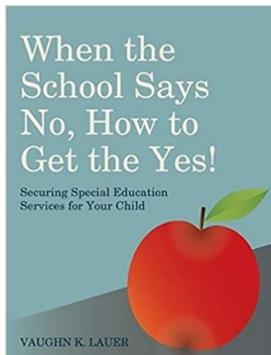


Books will be delivered to your home/office with a prepaid postage envelope for you to return them



When the School Says No, How to Get the Yes!

By: Vaughn K. Lauer



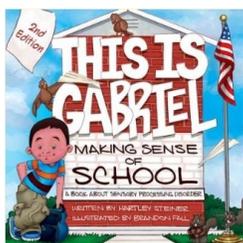
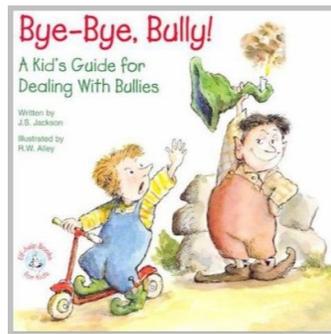
When planning a child's Individualized Education Program (IEP), it is vital that parents and educators are involved in collaborative decision making. This book offers parents of children with autism and other disabilities a unique way of approaching and tackling the problems that can arise relating to the provision of special education services.

Taking a structured, cooperative approach to IEPs, the easily applicable six question process enables parents to determine the needs of their child and obtain the services required by asking key questions during IEP meetings. Explaining the approach through real life scenarios and issues, this book demonstrates how to achieve effective collaboration with school personnel, ensuring the child receives the appropriate and necessary educational program and services. Providing a practical, structured approach to IEP planning for parents and offering insight into the parental perspective for educators, this book is an invaluable resource for anyone involved in IEP meetings.

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.



This Is Gabriel Making Sense of School: A Book about Sensory Processing Disorder

By: Hartley Steiner

This provides a look into the challenges children with Sensory Processing Disorder (SPD) face in the classroom. This easy to read and beautifully illustrated picture book gives teachers, parents and students a better understanding of all seven senses, how they are each affected at school and what kinds of accommodations are necessary to help children with SPD become learning sensations!

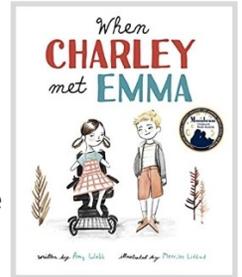


New Arrivals to NHFV Lending Library

When Charley Met Emma

By: Amy Webb

When Charley goes to the playground and sees Emma, a girl with limb differences who gets around in a wheelchair, he doesn't know how to react at first. But after him and Emma start talking, he learns that different isn't bad, sad, or strange--different is just different, and different is great!



This delightful book will help kids think about disability, kindness, and how to behave when they meet someone who is different from them

Extraordinary! A Book for Children with Rare Diseases

By: Evren and Kara Ayik



Written collaboratively by mother and son, Extraordinary! A Book for Children with Rare Diseases opens up a child-friendly discussion about identity, inclusion, and self-concept in light of the challenges and silver linings of living with a rare disease. Family members and caregivers are invited to share in this conversation and to customize the reading according to each young reader's developmental needs. The gentle lessons draw on

the co-author's firsthand experience of growing up with an ultra-rare genetic disease and offer young readers a framework for understanding personal identity and how their rare diseases can help shape it in positive ways.



Tips to Preparing Your Child for Preschool beyond Potty Training



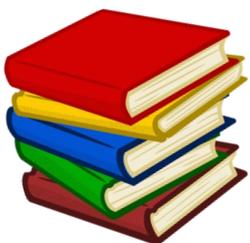
The time has come to think about preschool for your child. It's a big step not only for them but for you. You think to yourself are they ready? Here are a few things that will help them get ready beyond potty training.

Children love independence and to do things on their own. Often times as parents, we find ourselves stepping in when they become frustrated learning a new skill such as putting on their shoes or learning zippers to avoid tantrums or to speed the process up. Stepping back and encouraging them to become independent builds confidence, helps them learn to deal with frustrations, and perseverance.

There are ways we can help nurture independence. One is to help create routine which is not to be confused with a schedule even though they may overlap. Routine is events that occur throughout the day such as wash our hands before they sit down for lunch, and includes the steps taken to accomplish this task. Your child learns what to expect and will start to do some of these steps on their own. Another way to encourage independence is to give them choices such as what to wear or snack to have. This does not mean free rein of the situation. Choices could be as simple as apple juice or milk with your snack or three outfits to choose from.

Helping them to learn social skills including manners is another way to prepare them for preschool. Teaching your child to greet others, say please and thank you, not interrupt others, and to say excuse me in addition to learning table manners will show respect and consideration for others. Something that will impress any teacher. Also, teaching them to share with others and take turns will help prepare them to interact with their peers.

Finally, as the big day approaches read books with your child talking about preschool, visit the preschool together, keep your tone positive and upbeat, and listen to their worries. Acknowledging their worries and answering their questions can help set them off on the right foot.



Check out Your Local Library for Fun Free Resources

Fall Fun Activities in New Hampshire

Fall in New Hampshire brings images of fall foliage, apples, pumpkins, corn mazes, and even fun Halloween events.



We've compiled a list of family friendly and handicap accessible Apple Orchards in New Hampshire from the visitnh.gov website.

- Apple Hill Farm, Concord, NH
- Berry Bogg, Bow, NH
- Brookdale Fruit Farm, Inc. Hollis, NH
- Carter Hill Orchard, Concord, NH
- DeMeritt Hill Farm, Lee, NH
- Durocher Farm, Litchfield, NH
- Glove Hollow Christmas Tree Farm, Plymouth, NH
- Gould Hill Farm, Hopkinton, NH
- Hackleboro Orchards, Canterbury, NH
- Mcleod Bros. Orchards, Wilton, NH
- Moulton Farms, Meredith, NH
- Poverty Lane Orchards, Lebanon, NH
- Robie Farm, Piermonth, NH
- Riverview Farm, Plainfield, NH
- Spring Ledge Farm, New London, NH

Things to do with your pumpkin after Halloween



No carve pumpkin decorating is on the increase leaving the pumpkin intact and ready to use in other ways. Please note if the pumpkin was carved and left to sit outside for a few days. It is not to be eaten as it was exposed to bugs, dirt, and bacteria.

Either way, here are a few ways to get the most out of your Halloween pumpkin:

- Roast the pumpkin seeds: separate them from the stringy guts and rinse well. Lay them out to dry than toss with olive oil, a sprinkle of salt, and roast 300 degrees for about 45 minutes.
- Feed the critters by making a bird feeder by cutting off the top and filling it with bird seeds or cut it up into smaller pieces for foraging animals such as squirrels or deer.
- Add it to your compost pile just make sure to remove the seeds first or you will find yourself with your own pumpkin patch.
- For pumpkins left whole how about making a batch of pumpkin puree or [baked pumpkin bread such as this version by Alton Brown](#) which calls for shredded pumpkin. There are many great recipes out there that allow you to use up your fresh pumpkin.

Corn Mazes can be fun but a challenge to navigate with a wheelchair due to the uneven terrain which they are built on. [Coppal House Farm's website](#) under the corn maze section states they are handicap accessible. Visit their website to find out more about their farm and corn maze.



Bullying Beyond School: What Parents Should Know

In today's world, bullying goes beyond the face to face bullying of previous generations. Thanks to the increasing use of electronics and cellphones, there is an increasing concern over cyber bullying.

What is "Cyberbullying"? Cyberbullying includes the use of harmful words and actions targeting a youth that take place in the digital world (text messaging, on social media sites, apps, e-mails, or multi-player online games). This form of bullying can occur at all hours of the day, and difficult be for youth to get away from.

Cyberbullying is not to be taken lightly. There are steps parents can take to help their children navigate the digital world. First, talk to your child about what is acceptable online behavior before they start interacting online with others. Remind them it is not ok to be mean to someone online or otherwise. Words hurt even if you cannot see the reaction of the other person. What might simply be a joke may not be perceived as one. If they know of someone being bullied online or in person, it is not ok to join in on the conversation. Some children participate out of fear they will be bullied next by the person doing the bullying. Talk about not sharing photos of themselves that they would not want shared with others. Remind them not to share photos or videos of others without their consent. Remember to set a good example for them.

If you think your child is experiencing cyber-bullying, talk with them and attempt to collect more facts. Kids hesitate letting their parents know they are being cyberbullied because they may feel embarrassed or ashamed or fear their parents will make it worse. Reassure them that you love and support them while helping create a plan of action.

One step is for them to ignore the cyberbully and walk away from their device. Like all bullies, the cyberbully is seeking a reaction. Another way to help prevent the bullying is to block the bully by removing them from their friends list or blocking their number. If harassment continues, do not delete the text or post. You may need it as evidence should you need to involve and go to their parents, school officials or the authorities. It is best to have proof.

Finally, learn your school districts bullying policy. Every school district has an anti-bullying policy.

NH Transition Community of Practice

Engaging Partners = Improving Outcomes

The New Hampshire Transition Community of Practice

16th Annual Transition Summit

"When Students Program the GPS"

This event focuses on the needs of professionals who work in the transition-related field. The sessions offered at the event respond to the needs expressed by these professionals. Join us for another exciting year of practical tips and tools for student-focused transition planning practices for NH students with disabilities that support self-determination and post-school success!

Families and transition age students wishing to attend and learn more about transition planning are welcome to attend. **Please note** that this event is not designed to respond to person specific questions or needs regarding transition planning as this focuses on the needs of professionals to support you and your youth in the transition planning process.

When: Friday, November 18th, 2022

From: 8:00 a.m. to 3:00 p.m.

Where: Grappone Center, Concord, NH with an online option available

Registration is \$100.00. **Pre-registration is required-Walk-ins are not accepted for this event. Deadline is November 4th.**

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 and click on **Membership**.
- Fill out the form as if you were a new member (please include address information).
- Add 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.

(Continued from page 3 Getting to know the Faces behind the Voices at NHFV)

Lastly, what did you want to do when you grew up?

I wanted to be a teacher but unfortunately in my family college wasn't considered necessary. We were expected to graduate high school and get a job so I primarily planned to do office work. I went back to school 20 years later for my degree and by then my career was pretty well mapped out. (Fortunately for us, Terry found her calling. Like Martha-Jean, she has helped many families throughout her career with NHFV, and made an impact in New Hampshire.)

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

This publication is made possible by funding from NH Department of Health and Human Services, Special Medical Services (Title V, Social Security Act). Opinions, activities, products and publications mentioned are for informational purposes only and do not imply endorsement by NHDHHS or Special Medical Services. The NH Department of Health and Human Services does not discriminate in its activities on the basis of race, color, national origin, sex, religion, age or disability.

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

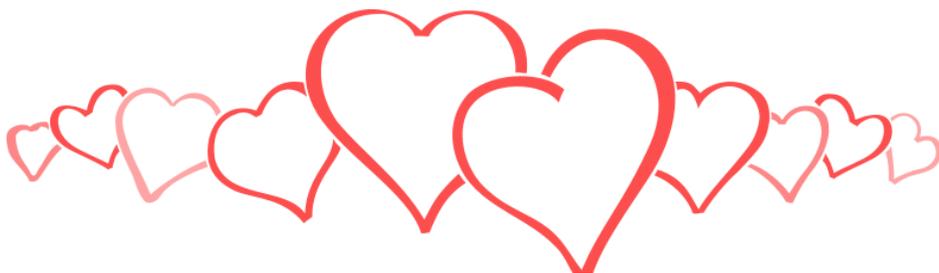
Permission is granted to quote from this publication, while giving credit to Pass It On, a publication of NH Family Voices (and original author, if appropriate). Some material may carry other copyrights as well (noted where appropriate) and cannot be reprinted.

For correspondence:

Suzanne Keays
smk@nhfv.org

New Hampshire Family Voices
129 Pleasant St. Thayer Bldg.
Concord, NH 03301
(603) 271-4525

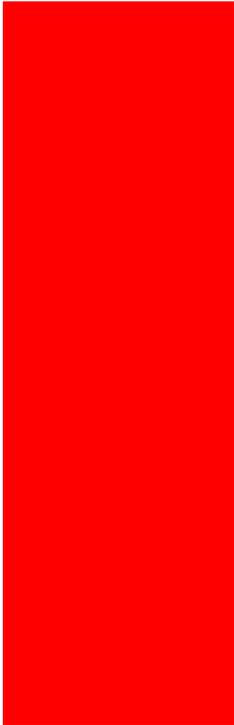
nhfamilyvoices@nhfv.org
www.nhfv.org



8282
NHDHHS/SMS
NH Family Voices
129 Pleasant St. Thayer Bldg.
Concord, NH 03301

Return Service Requested

PRST. STD.
U.S. Postage
PAID
Concord, NH
PERMIT # 1478



I WOULD LIKE TO RECEIVE "PASS IT ON"...

This is a FREE publication.

Return to



NH Family Voices
129 Pleasant St. Thayer Bldg.
Concord, NH 03301

Please Print Clearly

NAME: _____

STREET: _____

CITY, STATE, ZIP: _____ Tel. #: _____

E-MAIL ADDRESS (If you would like it sent by web page) : _____

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? _____