

Otago Down Syndrome Association

No. 8 – July 2014

What's been on?

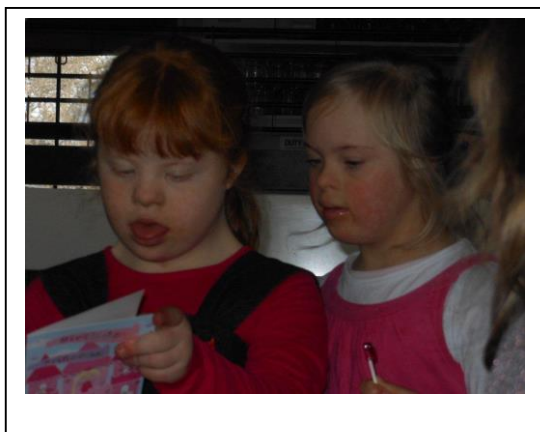
Get-together in May



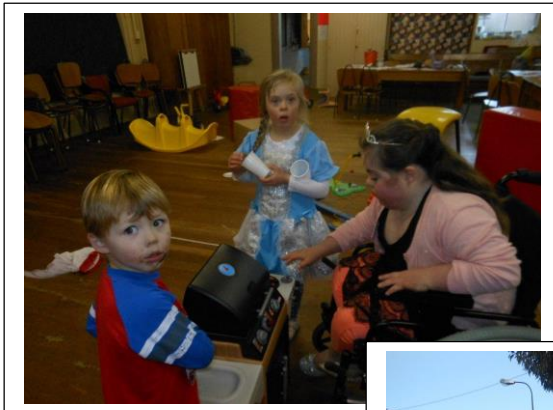
Happy Birthday Isaac!



Happy Birthday Scarlett!



June Get-Together: Frozen Party



**Sausage
Sizzle at the
Warehouse**

**Thank you to
all helpers!!!!**



Contact Details
Karola Franklyn
Jean Melville
Graeme Franklyn

President and regional contact person
Secretary
Treasurer

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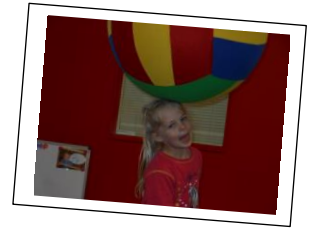
What's on?

RATA

Our fun and educational group at RATA will start in week one this term.

Time: Tuesday, 3.30 – 4.30 pm, every week

Cost: \$ 10.00 per session (pay when you come)



Bowling

Come and join us at Bowl Line on Sunday, the 27th July, from 2 pm. **Please let us know if you are attending by Sunday the 20th July** so that we can book enough lanes. Bring the whanau or some friends – bowling is not just for the kids! Further info in the email that was sent out or contact us.



AGM

Monday 11th August 8 pm. Robert Burns Pub. New committee members welcome! We are a really fun team.

August Social – 30th of August 2-5 pm

Join us for our very own Olympic Games!!!! Sign up the family team and face some entertaining challenges. More details to come.

Find us on facebook! Otago Down Syndrome Association.

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The following is from an article in the NZDSA journal, spring 2011. Just some food for thought.

I am what I am

Self esteem: what it means to a child with a disability

Dominic Pisante, Daniel Wandless, Dave Hingsburger

“What’s wrong with me?”

A group of people with intellectual disabilities is together learning about self-esteem, learning about how to feel good about oneself in the face of negative messages and low expectations. A young woman, barely out of her teens, asks the questions that’s on everyone’s mind. (...) “My mom and dad say I am the same as everyone else, but I know that’s not true.” (...) The young woman desperately wants to know about her disability. She has to learn that her disability is not ‘wrong’, it’s simply a ‘difference’. (...)

Eight ways to approach disability in self esteem

1. *Educate about disability*

It is important for your children to know that so many people with disabilities live full lives. (...)

2. *Challenge the stereotype*

“I can’t do it ‘cause I am disabled.” This is a stereotype that needs to be challenged! Don’t allow your child to stereotype themselves into the ‘helpless’ role. Encouragement and honesty help a lot.

3. *Discuss prejudice*

Teasing is about the presence of a bully, not about your child having a disability.

4. *Don’t lie*

Parents need to be honest about their child’s disability; do so in the context of their love and pride in their child. Messages that say “I wouldn’t want you any other way”, are important.

5. *Have expectations*

Kids with disabilities need to learn early and often that they can’t avoid the tasks that come along with membership in a family. It’s important to learn that you have a place in the world and you learn that by having a place in the family. Low expectations lead to low achievement. Low achievement leads to low self esteem. (...)

6. *Value the difference*

Many parents have learned it’s main stream all the time. Their children never get to meet or interact with others who have similar disabilities. This can easily give the message that others with disabilities are to be avoided, that people without disabilities have more value. It is important that your child have the opportunity to meet and interact with others who have disabilities. (...) It will show your value of others with disabilities and give your child the opportunity to have a ‘break’ from being the ‘other’ as they get to experience being the ‘norm’.

7. *Teach assertion*

(...) Assertion is about taking control of your life and how you allow others to treat you.

8. *Create a safe place*

Ensure that ‘home’ is a safe place. If your child has siblings and those siblings have friends, make sure that everyone knows that in your house, there is no place for words that hurt.

Contact us if you have any suggestions, ideas, questions or comments.

otagodsa@gmail.com