

E-CONNECTOR

News from Colorado Parents of Blind Children (CO-POBC)

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THE SOUNDS, SMELLS AND TASTES OF FALL

"Come said the wind to the leaves one day,
Come o'er the meadows and we will play.
Put on your dresses scarlet and gold,
For summer is gone and the days grow cold."

- A Children's Song of the 1880's

Without question, autumn is a season of visual splendor. The leaves turn to brilliant shades of gold and red. Orange pumpkins decorate the front porches of homes along the street. Even though blind children may not see all the colorful changes that fall brings, the sounds, smells and tastes of fall can be enjoyed by everyone.

The wind rustles the leaves in the trees before they drift to the ground. The leaves crunch

under our feet. Migrating geese honk to each other as they fly overhead. The air smells fresh and feels cool and crisp. In the evening smoke from a neighbor's fireplace may hang in the air. A pile of raked leaves emits a musty, earthy scent. Spiced cider simmering on the stove or a freshly baked pumpkin pie are the smells and tastes of autumn.

Here are some suggestions of things to do with blind and visually impaired children to help them understand and enjoy this time of year:

*Rake leaves and jump in the piles. Have a leaf fight!

*Collect leaves. Examine their sizes and shapes. Choose a few favorites and press them between two pieces of wax paper. (Put an old towel on the ironing board, sandwich leaf between two pieces of wax paper, put another rag on top and hold the iron on top for a few seconds at a time. Check to see when the wax paper has fused together.) Now you can cut out the leaves and they won't crumble and fall apart. Let your child string them together to hang in a window,

Editor's Note: Please feel free to contact us if you have an announcement you would like included in the newsletter or if you would like to add a friend or family member to the e-mail list. Direct all communications to: copobc.newsletter@gmail.com, attention Julie Hunter, editor.



or let your child glue them to construction paper. See if your child can name the trees the leaves came from based on the shapes of the leaves.

*Collect acorns and seed pods that have dropped to the ground. Put them in a cloth bag or box along with some other shapes, such as small blocks and little toys. See if your child can reach in the bag and find the acorns.

*Take a nature walk in the yard or the park. Talk about what is happening in nature. What do the flowers look like now? Where do the insects, birds and animals go for the winter?

Touch, smell and taste autumn. It's a season for all the senses!



INTRO TO BRAILLE FOR FAMILIES

Here is a notice from National Braille Press about their Braille Book Bag offer:

Did You Know?

Did you know that as the parent of a blind or visually impaired child you are eligible to receive One Free Braille

Book Bag from National Braille Press?

If your child is between the ages of birth and seven and is blind or visually impaired, we will send you one free Braille Bag full of fun and easy-to-read resources for both you and your child. And remember, you can request one Braille Bag for every blind child in your family!

Of course, you may not yet know exactly what your child's abilities will be. What can he see? Will she be a Braille reader? Some parents may not know the answers to these questions until their children are much older, but that doesn't mean you can't expose them to Braille in the meantime! Just [fill out the form](#), order a free Braille Bag, and begin the lifetime of learning and reading that you and your child will enjoy, no matter what their abilities may be!

Braille Bags are available in English or Spanish and contain the following:

1. An age-appropriate print/Braille book for three age groups: birth-3, 4-5, and 6-7 in English or Spanish;
2. A Braille primer for sighted parents entitled [Just Enough to Know Better](#);
3. A tactile ball (red bags only);
4. Print/Braille bookmark;

5. Print/Braille alphabet card;
6. [Because Books Matter](#), a guide for parents on why and how to read books with their young blind child;
7. [Because Pictures Matter](#), a guide for parents on the importance of tactile pictures for their blind child;
8. A tactile maze or flag;
9. Wikki Stix, a product that allows a child to make tactile pictures (green or blue bags only);
10. A gift coupon redeemable for another print/Braille book or Braille/large print playing cards;
11. Print/Braille magnetic letters or numbers (blue or green bags only);
12. A Braille Caravan block;
13. A description of the program on DVD.

How to Order a Braille Bag

Ordering a bag is easy. Just fill out our [ReadBooks Order Form](#). Remember to let us know how many blind children are in your family and their ages so we can send you the appropriate bags.





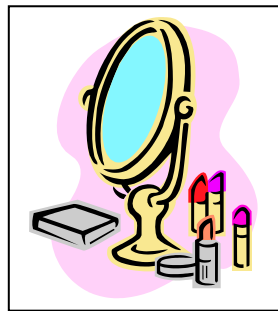
NEW: TVI SERVICES IN YOUR HOME

Kaitlin Lombardi is a teacher of the visually impaired who is providing one-on-one services to families in their homes.

After working in the school system, Kaitlin discovered that the favorite part of her job was working with the families in the home on daily living skills and other expanded core curriculum areas (Expanded core curriculum includes assistive technology, career education, compensatory skills, recreation and leisure, orientation and mobility, social skills, self-determination, and independent living skills.) Here is what Kaitlin writes about her new services:

"No two families are the same or have the same needs. We are very lucky to have amazing TVI's and groups in Colorado, but sometimes, families just need something a little more tailored to their lives. I work with families who have children with visual impairments, ages 0-21, to achieve developmental milestones, to create a safe active environment in which to grow, foster daily living skills at all ages, and support families in their everyday needs. I spent 6

years as a TVI and found that working in the homes with families was the best part, but time restraints often limited how much we could get done together. I have created, Learning Channels, as a family focused approach to working on adaptive skills; especially those in the expanded core curriculum. Please feel free to check out Learning Channels at www.learningchannels.org or give us a call 303-918-0465."



APPLYING MAKEUP

For a teenage girl, the wearing of makeup is a rite of passage. Yet many girls (and their mothers) may have questions about how a blind teen can apply her own makeup independently. Fortunately, there are some wonderful role models in the community who can help. Maureen Nietfeld, home management instructor at the Colorado Center for the Blind, has been blind since she was seventeen. One thing you can't fail to notice about Maureen is the fact that she always looks beautiful...from the chic and trendy outfits she wears to her perfect makeup and hair. How does she

manage this as a totally blind woman? [Click here](#) to watch and listen to Maureen's demonstration of how she applies her makeup in preparation for going to a party.

For a humorous reflection on the challenges of using makeup, here is another posting by blind ministerial speaker, Jennifer Rothschild. Take a look at this [clip](#).



CALENDAR OF UPCOMING EVENTS

Tuesday, November 5:

Audio described performances of "No Dogs Allowed": A family's trip to the lake turns into a comic misadventure when Iris sneaks the family dog into the car.

Arvada Center Children's Theater; 10 a.m. or 12 noon. Tickets: \$8 Call 720-898-7200.

Thursday, November 7:

7:30 p.m. Colorado Parents of Blind Children conference call board meeting open to all. Join the call and help plan the Christmas party. Send an e-mail to copobc@gmail.com to request the conference call phone number.