



“A World Free from Tobacco and Secondhand Smoke.”

Announcing a fun contest for boys and girls grades 3 – 12, with and with out special needs.

Prize: Winners and their parents will be invited to a ceremony at the AAP National Conference in Orlando on Saturday, October 26, 2013. Each first-place winner will receive \$500 and up to \$1,000 for travel-related expenses. The three second-place winners will each receive \$250. The six winners' schools will also win a prize! Some artwork will be featured on the AAP website and in promotional materials.

To enter, send original artwork, entry and consent form by July 31, 2013 to: Children's Art Contest, American Academy of Pediatrics, 141 Northwest Point Boulevard, Elk Grove Village, IL 60007
Winning entries will be selected by a panel of judges and pediatricians, and announced in the summer.

[Entry Form](#) | [Official Rules](#)
[Contest Flyer](#) | [Consent Form](#)

FAST FACT:

18.6 % of Oregon children with special health care needs (around 20,870 children) have anxiety problems.

Learn more: www.childhealthdata.org



Contact the
**Oregon Family to Family
Health Information Center** at
1-855-323-6744

**Stay in touch by joining
our mailing list!**

We are Visiting the Coast, Southern Oregon, and Eastern Oregon!

Now that the weather is warm, OR F2F HIC Regional Family Gatherings are “springing” up around the state. This month, Family Liaisons will be in the following communities presenting information for families in:

- | | |
|----------------|--------------------|
| Astoria | La Grande |
| Ontario | Roseburg |
| Newberg | Hood River* |
| Madras* | Hermiston |



Parents, grandparents, and other caregivers of children with special needs are invited to our free, informal, and informational gatherings. Hear a short presentation, (*Resources and More or Becoming Your Child's Health Advocate*) visit our “mini resource fair”, enjoy refreshments, meet the regional Family Liaison and other parents who have “been there.” If you wish, you may share your story and your knowledge, and maybe win a door prize!

Call the OR F2F HIC for the Spring Schedule

1-855-323-6744

***Spanish/English**



**Scholarships Available
Parent to Parent Training on ADHD**

Scholarships are now available for qualified applicants for CHADD's [Online Parent to Parent Classes](#). The scholarships for this seven-week, interactive program will be awarded on a first-come, first-served basis. Each scholarship will entitle a family to register for a Parent to Parent class for \$25. (Regularly priced \$249) If the family is not a current member of CHADD, the scholarship will also include a free one year membership.

For more information, call 301-306-7070 x 135, or email jennifer.klotz@chadd.org, or write to: CHADD Parent to Parent Scholarship, 8181 Professional Place, Suite 150, Landover, MD, 20785.

FOR INFO ABOUT CHADD IN OREGON write to hillsborochadd@gmail.com or [visit online](#).

Parent Group Spotlight

Parents of Children with Achondroplasia

Help your child's doctor keep current on Achondroplasia by giving him or her a copy of this wonderful new article outlining guidelines for health care from birth through adulthood. This American Academy of Pediatrics article can be downloaded [here](#); or contact the OR F2F HIC for a reprint. Although this article is written for physicians, it is also helpful for parents. The more parents know, the more we can be full partners in health care decision-making.

See the [Little People of America's website](#) for a listing of Parent Support groups, camps, and other information.



New Phone and Email Support Group Meetings

We are pleased to announce two new programs designed for busy parents.

EPILEPSY

Having a hard time getting to in-person support meetings? Live in a rural area where there are no support group meetings? Try our new bi-monthly phone support group meeting! Mark your calendars for:



- June 12th 6-7 pm
- August 14th 6-7 pm
- October 9th 6-7 pm
- December 11th 6-7 pm

For more information contact rcain@epilepsynw.org or call 206-261-6893.

AUTISM

Many of us need support outside of regular business hours, which is why ASD Peer-to-Peer was created.



This email service connects parents, autistic individuals, educators and siblings to one another.

If you have a question, want to hear experience, or just need to talk to someone who understands, send an email to:

ASDPEERTOPEER@GMAIL.COM

Your email will be answered within 24-48 hours. Looking forward to hearing from you!

Alternate Newsletter Formats Available Upon Request



Families of children with special needs who do not have internet access may receive this newsletter by mail by calling 1-855-323-6744.

Do You Have a Heart for Families of Children Experiencing Disability?

Family and Community Together [FACT], Oregon's Parent Training Information Center, is developing its Parent Mentor Program and would like to invite YOU to consider being a mentor.

This program, known as FACT P2P, will match parents who have experience and compassion with other parents who would like to have a mentor. You must be a parent or primary caregiver of a child or adult with a special health, developmental, physical, behavioral, and/or emotional challenge, be familiar with resources in the community, and be able to provide that information to others.

As a mentor, your primary role will be to provide emotional support to an assigned parent based on your personal experience of having "been there." You will be matched with parents who have similar experiences, geographic locations, and interests. Mentoring can take place by phone or by meeting face-to-face in a public setting.

All Parent Mentors must pass a screening, complete training and orientation, commit to at least one year of volunteer service, and check in regularly with the FACT P2P coordinator.



A training webinar will be held on May 15th from 7:00 – 8:30 pm. To register, please go to www.factoregon.org.

For more information please call: 1-(888)988-FACT or evelynp2p@factoregon.org.

New Tool for Families: Document Your Health History

This information is adapted from the United States' Surgeon General's Family Health History Website, <https://familyhistory.hhs.gov/>

Families of children with special health needs may wish to know more about their health history. Knowing this history can help your child's doctor provide better care. Also, it can help your doctor know if you are at a higher risk for some diseases.

The Surgeon General's "My Family Health Portrait" makes it easy for you to record your family health history. It only takes about 20 minutes to fill out online. It is **private**-- your information is not kept.



Using *My Family Health Portrait* you can:

- Enter your family health history.
- Print your family health history to share with your family or doctor.
- Save your family health history so you can update it over time.

For more information, visit <https://familyhistory.hhs.gov/fhh-web/home.action>,

If you do not have access to the internet, contact us at 1-855-323-6744 and an OR F2F HIC Family Liaison will assist you.