Hello! We hope you all enjoyed the past month and were able to do some crafts and activities, as well as check out some resources. As we move into this month, we have added a date for a Coffee Chat! It will be held on Wednesday, November 18th. For more information, please see the next page.

Our theme of the month for November is family. We hope to encourage you all to spend time with your families or those closest to you this month in a safe & fun manner!
FOCUSING ON FAMILY

RESOURCES

Our featured resource of the month comes from the Organization for Autism Research. They have a great page for siblings of children with autism linked here. Once there, scroll down to the Autism Siblings Initiative and select the preferred guide.

There is also an informative webinar from the Autism Research Institute that focuses on helping individuals with ASD cope with virtual and family interactions during the pandemic. The video runs about an hour, and is linked here.

ACTIVITIES

Three craft activities are attached to this newsletter to try! We suggest your family pairs up with an NIU student volunteer to complete them! You can also do the activities on your own, as a list of materials needed and directions are provided. See ‘NIU Student Volunteer’ section for more details!

COFFEE CHAT

The NIU Autism Caregiver Group is virtual this year! If you would like to join our Caregiver Coffee Chat, please RSVP by emailing Allison Gladfelter at agladfelter@niu.edu to receive the private Zoom link. Our November Caregiver Coffee Chat will be on Wednesday, November 18th, from 1:00 - 2:00pm. For more information about our group, please visit our website, http://go.niu.edu/xhm3gs.

Dial-In Information:
Email Dr. Allison Gladfelter to receive a private Zoom link

BOOK LIST

Provided below is a link to a list of books that are recommended for siblings of children with Autism. Link here.

EXERCISE

Thanksgiving Yoga: http://go.niu.edu/4uk4fg

IF YOUR FAMILY WOULD LIKE TO HAVE A VOLUNTEER DO A VIDEO CALL WITH YOUR CHILD(REN) AND DO A CRAFT, READ A BOOK, OR DO AN ACTIVITY, PLEASE CONTACT DR. GLADFELTER VIA EMAIL, AT AGLADFELTER@NIU.EDU. ALSO, PLEASE INCLUDE INFORMATION ABOUT WHICH DAYS AND TIMES WORK FOR YOUR FAMILY, HOW MANY KIDS WILL BE ON THE CALL AND THEIR AGES, AND ANY OTHER INFORMATION YOU WOULD LIKE THE VOLUNTEER TO KNOW

PEN PAL PROGRAM

IF YOUR CHILD(REN) WOULD LIKE TO HAVE A PEN PAL WITH A STUDENT FROM THE NIU COMMUNICATIVE DISORDERS STUDENT ASSOCIATION (UNDERGRADUATE SPEECH PATHOLOGY AND AUDIOLOGY STUDENTS) PLEASE SEND AN EMAIL TO DR. GLADFELTER (AGLADFELTER@NIU.EDU) TO GET PAIRED WITH A STUDENT! BE SURE TO SEND HOW MANY KIDS WILL BE WRITING, THEIR NAMES, AND AGES!

JOKE

Why did the turkey cross the road twice?
To prove he wasn't chicken!
Sponge Painted Turkey

Supplies:

- Paper plate
- Pain
- Sponge
- Construction paper (brown for body, orange for beak, and red for snood)
- Glue
- Scissors
- Googly eyes

Instructions:

- Cut sponge into strips.
- Pour a small amount of each color of paint onto paper plate.
- Dab sponge on paint and then dab sponge onto the paper plate.
- Repeat with every color until paper plate is covered.
- Let paper plate dry.
- Cut out a body for the turkey with the brown paper.
- Cut out a beak with the orange paper
- Cut out the snood with the red paper.
- Glue the body to the bottom of paper plate.
- Glue the googly eyes, beak and snood onto the body of the turkey.
- Your turkey is now finished!!
SENSORY AUTUMN LEAF PAINTING

Supplies:

- Leaf template
- Black construction paper
- Zip lock bags
- Paint
- Sticky tape
- Scissors

Instructions:

- Print out leaf template and cut out the leaf.
- Put leaf on top of black construction paper and trace leaf, then cut out leaf again from black paper.
- Squirt some paint in zip lock bag (any desired colors)
- Press on the bag to remove all the air from inside and zip the bag closed.
- Tape your paint filled bag onto a table top.
- Grab the black construction paper with leaf cut out in the center, place over the zip lock bag and tape it down.
- Press on the bag with fingers and move paint around to fill the leaf with color.
1. BLUE
2. ORANGE
3. BROWN
4. RED
5. YELLOW