

**SUNRISE LEARNING NOIDA
CENTER FOR AUTISM & SPECIAL NEEDS
A UNIT OF SUNRISE LEARNING FOUNDATION**

Monthly Newsletter August 2020



**Embracing
new Experiences and Opportunities**

Highlights Of July

- **ART DISCOVERY: AEMP (Ability Enhancement Multimedia Program)**
- **Rakhis & coasters in Creative Production**
- **Parents-Teachers Meeting**
- **Music is our new way!**
- **About Privacy & Growing up!**
- **Parents Empowerment Saturdays**
- **AVAZ a tool for communication skills**
- **EVENTS!!**
- **SUN FUN ART SHOWCASE!**
- **PREPARING FOR WORK (FOR VTC)**



A WORD OF THANKS TO SUNRISE LEARNING FOUNDATION

On behalf of the Sunrise Learning students & parents, we express heartfelt gratitude to the members of the SUNRISE LEARNING FOUNDATION, who have stood up like a rock during these trying times, and supported the school team, and the Sunrise Learning family in continuing the good work.

In the last few months, the Foundation members have poured in immense financial support, to help to manage the expenses, salaries and bills of the school.

Due to their loving and generous support, we have been able to continue the education of many students whose parents have not been able to pay the complete fees in the last few months (due to their layoffs/ paycuts & financial hardships). Based on the documents submitted by parents, the students were provided with SUPPORT SCHOLARSHIPS, to help these students continue their education smoothly.

Despite all these support initiatives, by the Foundation, the faculty and staff have to face some financial compromises.

But they have taken it in their STRIDE, with a SMILE, and continue to MAKE LEARNING HAPPEN !!

Kudos to the faculty members for accepting and adapting to adversity with HOPE & BELIEF & POSITIVE ENERGY !!

Sunrise learning salutes the Foundation members, faculty team and the parents for standing with each other during tough times !!



MUSIC IS OUR NEW WAY!

Music is a therapy. It is a communication far more powerful than words, far more immediate, far more efficient.

Yehudi Menuhin



MATCHING OUR RHYTHMS TO THE BEATS OF OUR HEARTS AND CONNECTING WITH EACH OTHER THOUGH MILES APART!!

I AM LEARNING TO BREAK OUT OF MY PATTERNS AND LOOK AT THINGS DIFFERENTLY!



CREATIVE PRODUCTION

Creative Production is a key skill, that helps to build the confidence of students and lays the foundation for VOCATIONAL SKILLS !

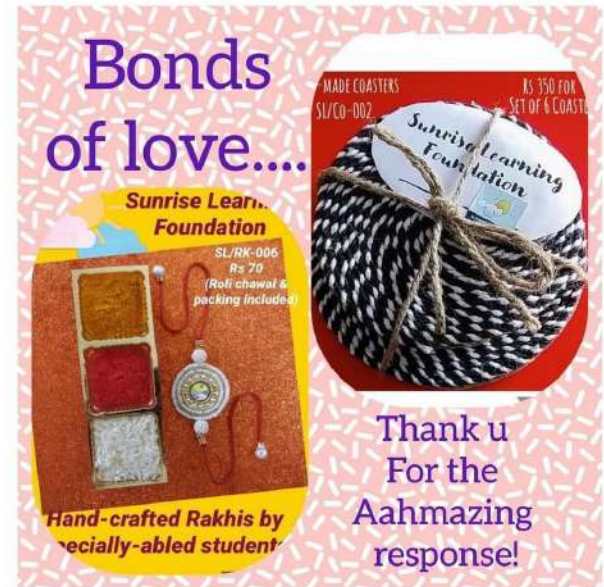
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Sunrise Learning Foundation

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Thank u for your amazing response to our rakhi campaign !
It's been an amazing success !
Our joy students are so excited and motivated to have recei... See More



Thank u
For the
Aahmazing
response!

GIRLS GROWING UP

SOCIAL STORY START



SAFE CIRCLE

MUMMY
PAPA
NANI
DADI
CLASS-TEACHER/
TEACHER



Lets look at the boy's body

While taking a BATH, all boys can try to identify their body parts



Your BODY parts

- Sometimes, If a body part feels funny, its OKAY. Nothing to worry. You can point to it. Mom/ papa/ Teacher can tell you that its OK.
- If there is pain in a body part, you can point and show to mummy/papa/ teacher. They can help.



BOYS GROWING UP

SOCIAL STORY START



In our school, there are BOYS and GIRLS

Boy



Girl

PRIVACY & GROWING UP CONCEPT!

Why do we start teaching about privacy at an early age?

Next page 

PRIVACY, SAFETY, SELF AWARENESS, GROWING UP, SEXUAL AWARENESS & EDUCATION are concepts that are not only difficult to understand, but are also equally difficult to explain, to children.

Children with special needs often find it difficult to communicate about their “private lives” due to an intrinsic challenge in expression and communication, but also due to a lack of awareness in the parents and family members.

Bridging this gap, at the earliest, is the BEST APPROACH to raise aware and confident children.

We at SUNRISE LEARNING introduce the concept of SAFE & UNSAFE TOUCH in the toddler stages, when the students are in the EARLY INTERVENTION STAGE. The students are also taught to REACT when they experience UNSAFE TOUCH with these 3 steps:

- 1. PUSH**
- 2. SHOUT “NO”**
- 3. RUN TO A SAFE PERSON**

The concept of SAFE CIRCLE is drilled into their minds right from their pre-school stage.

With the use of specially-created social stories, we help the students to feel comfortable with the concept of SAFETY, growing up, and about their own bodies.

PRIVACY & GROWING UP CONCEPT!

ABOUT SKILL TRAINING SATURDAYS



Children with autism are wired to follow good routines and be good skilled professionals. It's just that **WE NEED TO IDENTIFY THEIR STRENGTHS EARLY, AND HONE THEIR SKILLS !** If you have a child on the autism spectrum, and you are looking for guidance and training to **SKILL TRAIN** your child, Be a part of this 2 months long **SKILL TRAINING PARENTS EMPOWERMENT PLATFORM**.

Skills included: Communication skills, Language development, Behavior Management, Life skills, ADLs, Leisure, Academics and Independence.

It includes:

- 1. A 2 months long parents empowerment platform, to understand how to begin, continue, resume and maintain the skill training of children and young adults with autism.**
- 2. A series of 8 powerful interactive sessions from 9:30 am to 11 am on Saturdays**
- 3. A set of customized video tutorials to guide you for every step.**

SEATS ARE LIMITED. To book your seat, write to sunriselearningnoida@gmail.com, with **SKILL TRAINING SATURDAYS in the subject line.**

HOMEOPATHY SESSION FOR CHILDREN WITH SPECIAL NEEDS



A powerful **FREE** session was conducted by Dr Sonia Sharma, a senior experienced Homeopathic Consultant, with more than 20 years of rich clinical experience. In this session, she discussed the role of homeopathy & its scope in :

- General Health/ Physical/ Behaviour/ Nutritional areas
- Immunity of children (& managing common infections)
- Sensory/ Sociability/ Cognitive issues
- Language/Communication areas
- Eating & sleeping issues



WHAT IS HOMOEOPATHY?

- Homeopathy is a medical system that was developed by Dr. Hahnemann in Germany more than 200 years ago.
- It is a holistic, natural and safe system of medicine.

PRINCIPLES OF HOMOEOPATHY:

- 1) Like cures like
- 2) Law of minimum doses
 - Dilution

FIGURE TO REMEMBER

I Keep six honest serving men (they taught me all I know) their names are What When Where How Why and How

2) SOCIABILITY

1	General health
2	Immunity
3	Sensory/Cognitive issues
4	Language/Communication
5	Eating & sleeping
6	Physical/Behaviour
7	Nutritional
8	Common infections
9	Autism Spectrum Disorders
10	ADHD
11	ASD
12	Autism Spectrum Disorders
13	ADHD
14	ASD
15	Autism Spectrum Disorders
16	ADHD
17	ASD
18	Autism Spectrum Disorders
19	ADHD
20	ASD
21	Autism Spectrum Disorders
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36	Autism Spectrum Disorders
37	ADHD
38	ASD
39	Autism Spectrum Disorders
40	ADHD
41	ASD
42	Autism Spectrum Disorders
43	ADHD
44	ASD
45	Autism Spectrum Disorders
46	ADHD
47	ASD
48	Autism Spectrum Disorders
49	ADHD
50	ASD

4) HEALTH/PHYSICAL/BEHAVIOR

1	General health
2	Immunity
3	Sensory/Cognitive issues
4	Language/Communication
5	Eating & sleeping
6	Physical/Behaviour
7	Nutritional
8	Common infections
9	Autism Spectrum Disorders
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42	Autism Spectrum Disorders
43	ADHD
44	ASD
45	Autism Spectrum Disorders
46	ADHD
47	ASD
48	Autism Spectrum Disorders
49	ADHD
50	ASD

TOILET TRAINING SATURDAYS

TOILET TRAINING SATURDAYS of July 2020 was a **POWERFUL PARENTS EMPOWERMENT SERIES**, that helped many parents to start, continue or resume their journey of Toilet Training their children. It was conducted by Ms Ritu Saini, a senior experienced Early Intervention Therapist (Special Educator). A parents platform was created and the needs and challenges of each child/parent were analysed and managed effectively.

The parents learnt : how to start and continue the training,

- how to develop a sense of awareness in the child for toilet needs,
- how to create a system with visuals and structure for it,
- how to teach the child to communicate for toilet needs,
- how to get independence in toileting
- and many more areas that they had been struggling with.



The success of this program was a milestone achievement for the children, for their parents, and for the Sunrise Learning Team !

To request for the next TOILET TRAINING SESSION, write to us at sunriselearningnoida@gmail.com with TOILET TRAINING SESSION in subject line.

AVAZ TRAINING SESSIONS

Another series of AVAZ TRAINING SESSIONS was completed in July. It was conducted by Ms Vandana Gautam, a parent and an Educator, at Sunrise Learning.

AVAZ is an AAC (Augmentative and Alternative means of Communication), that is an app-based communication tool/ software. It's a POWERFUL TOOL for building Communication, Speech and Language for children with autism. It can also help to develop social, cognitive and leisure skills. It has been created by IIT team, to help parents and children with autism in communicating and expressing themselves. It can be used on android and IOS phones and tablets. The app is available for Free trial versions (AVAZ LITE).

If you have a child with autism, and you are struggling to build a communication bridge, with your child, then AVAZ is for you.

Team Sunrise Learning has been using AVAZ with their students for the part 2 years, with some phenomenal outcomes, in building various skills. It is a parent-child communication system, that the parents and all family members need to understand and train for, to build a connection with the child, through AVAZ.

A series of 5 TRAINING SESSIONS were conducted in July 2020 by Ms Vandana Gautam. On requests, these AVAZ PARENTS TRAINING SESSIONS have been started for AVAZ beginners also.

To book the next slot, Email at sunriselearningnoida@gmail.com, write AVAZ SEPTEMBER 2020 in the subject line.



WHAT'S NEW FOR AUGUST !!

**HOLIDAYS ON
3rd AUGUST, 11th
AUGUST and 31st
AUGUST 2020**

1. **SKILL Training Saturdays
at 9:30 am in 8th August to
3rd October**
2. **AVAZ Training Sessions in
SEPTEMBER**
3. **Independence Day Quiz on
14th August and
CELEBRATION on 15th August**
4. **HOMOEOPATHY session on 22nd
August**