



August 2020 Edition

As I approach the six month mark of my newsletter, I celebrate all my new followers. After reflecting on feedback I've received, I decided to broaden the scope of my audience. I have renamed my newsletter ED HEADS so that I may educate and inspire all parents.

Let me know who or what inspires you! Drop me a line at jenni@jennibasch.com. If you aren't already receiving this newsletter in your email, please join my list at jennibasch.com.

Have you heard of The American With Disabilities Act?



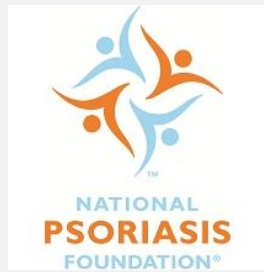
The **American With Disabilities Act** passed in 1990 in order to ensure individuals with disabilities have fair, equitable treatment in the public domain.

The American With Disabilities Act is based on five areas (titles):

- Employment
- Public Services
- Public Accommodations
- Telecommunications
- Miscellaneous Provisions

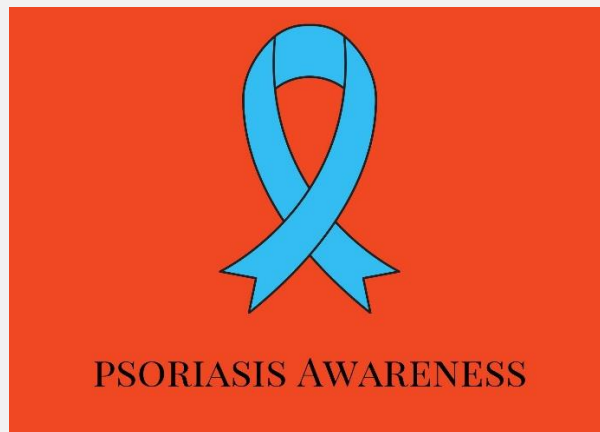
Click [here](#) for more information.

August is Psoriasis Awareness Month!



Did You Know?

- According to the World Psoriasis World Consortium, 2-3% of the population suffers from psoriasis.
- Psoriasis is a chronic, autoimmune disorder that causes patches of red skin and silver scales, usually present on elbows, knees, feet, scalp, and lower back.
- Psoriasis is associated with other health conditions, such as heart disease, depression, and diabetes.
- Treatment for psoriasis consists of medication and/or topical ointments.



For more information about Psoriasis, check out these websites for resources and useful information:

<https://www.cdc.gov/psoriasis/index.htm>

<https://www.psoriasis.org/>

Awesome Product Alert!

So here's a great tool for kids with sensory issues: **Harkla Sensory Compression Sheet for Kids!** A weighted blanket alternative, this compression sheet provides sensory input to help children relax and feel secure in bed. The sheet is designed to regulate a child's nervous system. Let me know if you try it!

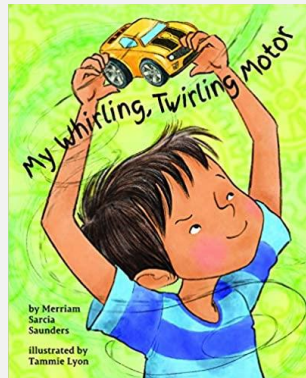
You can find it [here](#)



Book of the Month

My Whirling, Twirling Motor by Merriam Sarcia Saunders is the story of a boy with ADHD who shares his internal monologue during a typical day. The message for children and parents is that ADHD does not define a child. The author includes a note for caregivers at the end which provides inspiration and information about ADHD.

Merriam Sarcia Saunder's Book:



Get it here:

<https://www.amazon.com/Whirling-Twirling-Merriam-Sarcia-Saunders/dp/1433829363>

Inspiring Stuff!

Meet **Temple Grandin**. Nominated as one of Time Magazine's 100 Most Influential People (2010), Temple has shared her experience living with autism in interviews, speeches, and books. She has written dozens of academic papers on the humane treatment of animals and animal behavior. She created a "Hug Box" to help regulate and calm people experiencing sensory-overload. Temple is a living legend!



Check out her webpage:

<http://www.templegrandin.com/>

Check out an interview with her discussing her book "The Autistic Brain":

<https://www.youtube.com/watch?v=31iRJeRpA3w>

I hope this newsletter provided useful and inspiring information. Keep healthy and drop me a line if you have questions or comments.

Until next time,
Jenni Basch