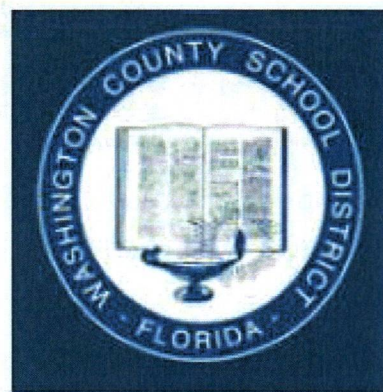


THE EXCEPTIONAL EXPRESS

Fall 2025 Newsletter



-Address: 652 3rd Street, Chipley, FL 32428
- Phone: 850-638-6222
- Fax: 850-638-6226

SUCCESS SUPPORT

- Unseen, Not Unheard:

Advocating for Your Child's Invisible Disabilities

Featuring helpful tips, inspired by an article by Teacher Plus Magazine

- Disability & Identity:

Helping Children Build Self-Esteem and Pride

Three powerful examples to help parents support their child's identity in positive, meaningful ways.

Awareness Article: Sensory-Friendly Fun: Events & Activity Ideas

- 3 ways to have low-budget and sensory-friendly fun with the whole family!



Florida Diagnostic & Learning
— RESOURCES SYSTEM —

This issue:

Using Assistive
Technology to Support
Your Child's Homelife

Exceptional
Encouragement

Resource Highlight

AT-HOME TIPS:

Feeding Without
Pressure: Mealtime
Strategies That Work
for Sensory Needs

FDLRS PAEC
Parent and Family Services
753 W. Blvd. Chipley, FL 32428
Phone: 850-638-6131
Toll Free: 877-873-7232
Fax: 850-638-6142

FDLRS is funded by the Florida Department of Education, Division of Public Schools, Bureau of Exceptional Education and Student Services, through Federal assistance under the Individuals with Disabilities Education Act Part B and State General Revenue funds. Section 1006.03 Florida Statutes (F.S.)- Diagnostic and Learning Resource Centers

Using Assistive Technology to Support Your Child's Homelife

Smart speakers like Amazon Echo (Alexa), Google Nest/Home (Google Assistant), and Apple HomePod (Siri) can be a powerful tool for children with disabilities and their families, not just for convenience, but for communication support, structure, learning, and independence.



Function Ideas:

- Encourages articulation and pacing in speech while trying to be understood by the device.
- Set reminders for brushing teeth, taking medication, feeding pets, etc.
- Use custom routines: One command (e.g. "Good morning") triggers a series of actions: lights on, weather report, to-do list read aloud.
- Play calming sounds/music on command for de-escalation (e.g., rain, ocean, white noise).
- Listen to audiobooks or podcasts for kids who struggle with reading fluency.
- Timers & alarms: Useful for homework, screen time limits, or transition warnings.

Exceptional Encouragement

The Invisible Work You Do Is Powerful-

Much of what you do may not be seen or praised.

This is especially true in the world of special needs parenting. It's not just therapies and appointments; it's reading between the lines of behavior, staying up late researching, and celebrating victories that others might overlook. That quiet, invisible work is powerful, and it's shaping the world your child lives in.

Don't underestimate it.

Resource Highlight

The Autism Dad Podcast

A heartfelt and no-nonsense resource by a dad raising three autistic sons.

Rob shares real-life experiences, including his family struggles and triumphs, such as navigating IEPs, meltdowns, sensory challenges, burnout, and self-care.

Weekly episodes feature expert interviews covering topics like telehealth autism evaluations, neuroinflammation, financial planning, grief, and comorbid diagnoses, alongside his personal reflections.

The site includes blogs and tools on special-needs parenting, sensory issues, caregiver burnout, transitions, and technology tools.

The blog has been featured by ABC, CNN, BBC, and is a go-to for realistic, supportive guidance.

<https://www.theautismdad.com/>