

## Prom with Perks



Our daughter had an incredible time at PROM. Everything about the day was simply perfect. She enjoyed:

- Selecting her dress
- The Salon Experience
- Nails, Toes and Accessories
- The MAKEUP
- The Music
- The Photos
- The Ultimate Experience of Creating Memories



We are very grateful for her experience. Our daughter's High School made an effort to embrace inclusion, but all students on the spectrum are not so fortunate.

I ran across an article that shared some sensible tips on how to have a more inclusive prom experience and the suggestions were spot on. Students on the spectrum sometimes have sensory issues that prevent them from enjoying large gatherings with music. AND - they just may not know what to expect from the environment. Giving students a preview of what to expect can help ease anxiety. Answering questions like what does the room look like, where is the bathroom, is there a quiet space, what if I do not like the food, or how do I tell

someone the music is too loud all help a person with ASD navigate their environment. Our daughter LOVES to dance and she definitely had the time of her life. I think we all want our children to experience a Prom with Perks! A little help goes a long way- let students with ASD know what to expect.



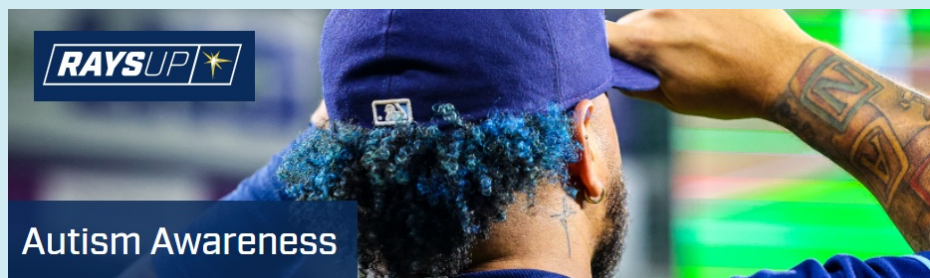
## How to hold a prom that empowers neurodivergent kids

Every year the Ivy Street School in Brookline, Massachusetts organizes a prom that is inviting to all students with special needs.

[Read Article](#)

## GO Rays!

Our daughter is not the biggest sports fan but she appreciates family time and attending events with us. Although we have a lot of choices in the Tampa Bay Area, it has always been difficult to find the "RIGHT" environment. Families with loved ones on the spectrum want to have quality time enjoying sporting events without the stress of navigating large spaces. Oftentimes, families will stay away from professional sports because it takes more work to get settled and take it easy at the games.



As we begin baseball season it was refreshing to be reminded that the RAYS are committed to providing a neurodiverse experience for families who need it most!

[More Information](#)

## Happy Easter!

We had a weekend full of love! Now that the children are well NO LONGER children - we do not always have the opportunity to gather. We celebrate Easter like many families. Church, Eggs, Food, Candy and More Candy! In all seriousness what I love about this particular holiday is being together and recognizing the blessings we have surrounding us. Regardless of your beliefs, if you are a family living with a person with ASD you live for the moments when there is an abundance of laughter and love. It was a good weekend! **Happy Easter**

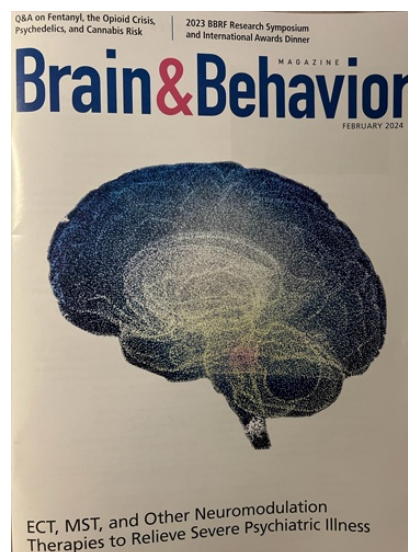


## MORE RESOURCES-Brain & Behavior

I had a chance encounter with a person who shared a life-changing resource I had not heard of: the Brain and Behavior Research Foundation, (BBRF). BBRF. is an organization dedicated to providing funding to research the brain and discovering breakthroughs to address persons who live with various forms of developmental disabilities. I run into many people as you can likely imagine who share resources often. BUT- sharing the story behind the story of Brain & Behavior was powerful.

In the late 80's the family who started this non-profit personally wanted to support persons with neurodiverse, developmental or mental illness issues by providing the funding to research and develop a greater understanding of the challenges involved with these diagnoses. They had a child that navigated her primary years well, but experienced more challenges during her adult years. It was the 80's and society had not progressed with even discussing these difficult topics. Having a concrete pathway to understand persons living with these issues evolved into several decades of significant work.

It makes sense right? We research every other disease and provide significant data for breakthroughs and support, why would we not do the same for persons with attention-deficit hyperactivity disorder, anxiety, autism, and a host of other issues. The more we know the more we all grow. It is time to destigmatize, provide help and support and contribute to solutions Life is for the LIVING! While we are here we should ALL experience joy. **MORE RESOURCES!**



"The Brain & Behavior Research Foundation is committed to alleviating the suffering caused by mental illness



by awarding grants that will lead to advances and breakthroughs in scientific research."

[Read All About It](#)

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