



ACS CONNECTION



April 2019



ACS Main Location: 2601 Indiana Avenue
Telephone (270) 798-9322



April is Autism Awareness Month

By Felicia Jefferson
Exceptional Family
Member Program,
Supervisor

The first National Autism Awareness Month was declared by the Autism Society in April 1970. According to the Autism Society, in the United States, "Autism affects one in every 59 children" (Autism-society.org)

The focus of National Autism Awareness Month is to educate the public and raise awareness about Autism Spectrum Disorder (ASD) and the issues that arise in the autism community.

In America, about 1 in 150 people have autism and the chances are that you know someone with this disability.

A better informed public will be more empathetic and supportive towards people with autism.



The Autism Awareness Puzzle Ribbon is the most recognized symbol of the autism community in the world. The puzzle pattern reflects the complexity of the Autism spectrum. The different colors represent the diversity of the people and families



living with the condition.

You can show your support for people with

autism by wearing the Autism Awareness Puzzle Ribbon.

You can wear it as a pin on your shirt, a magnet on your car, a badge on your blog, or even your Facebook profile picture and educate folks on the potential of people with autism.

This year ACS EFMP will kick off Autism Awareness Month with a cake cutting on 1 April from 1100-1300 at the Main Exchange to maximize the opportunity to educate and raise community awareness about ASD.



On 2 April 2019 ACS will be decorated with blue pinwheels in observance of "Light It Up Blue Day" Information, Resources and Art submitted by individuals on the Autism Spectrum will be on display at the Main Exchange for the entire month of April.

If you have any questions about this month's events, please visit us at 2601 Indiana Avenue or call (270) 798-2727.

www.autism-society.org

Safe Sleep Environment

By Cris Isom, Family Advocacy Program Specialist

April is Child Abuse Prevention Awareness Month and one of the topics the New Parent Support Program focuses on is safe sleep practices.

Infants are at risk for Sudden Infant Death Syndrome (SIDS) and other related infant deaths when the infant and caregiver are “co-sleeping” or “bed-sharing”.

Another term used is Sudden Unexplained Death in Childhood. The “American Academy of Pediatrics” recommend, the following tips to keep parents and infants safe.

(pediatrics.aappublications.org)

- ♦ Infants are put on their backs until the age of 12 months. Pre-term infants are at greater risk.
- ♦ While skin to skin is recommended for bonding, the infant should be placed back into a crib or basinet after bonding.
- ♦ The surface should be firm and not conform to the infant’s body. Avoid using couches, arm chairs, swings, and car seats. The sleeping area should be free from blankets, stuffed animals, bumper pads, etc. Keep the crib or basinet away from cords, such as curtain coverings and electrical cords. The infant should be in the parent’s room but not in the parent’s bed.



- ♦ Consider offering a pacifier at nap and bedtime.
- ♦ Avoid smoke exposure during and after pregnancy.
- ♦ Avoid alcohol and illicit drug use during and after pregnancy.
- ♦ Avoid overheating and head covering in infants.
- ♦ Pregnant women should obtain regular prenatal care.
- ♦ It is recommended infants receive immunizations.
- ♦ Breast feeding is highly recommended, if possible.

If you would like more information on Army Community Service, New Parent Support Program please call 270-412-5500.



Main Army Community Service at 2601 Indiana Avenue:

Information & Referral 270-798-WEBB
(270-798-9322)

Exceptional Family Member Program
(EFMP) 270-798-2727

Family Advocacy Program (FAP)
270-412-5500

Financial Readiness Program (FRP)
270-798-5518

Outreach Program 270-798-2062

Relocation Readiness Program
270-798-6313

Resilience Training (RT)
270-798-0609

Family Resource Center (FRC)
at 1501 William C. Lee Road:

Information & Referral
270-956-2935

Mobilization/Deployment (Mob/Dep)
270-798-3849

ACS Volunteer Program
270-798-2063

Army Family Action Plan (AFAP)
270-956-2934

Army Family Team Building (AFTB)
270-798-4800

Army Volunteer Corps (AVC)
270-956-2934

Military Family Life Counselors (MFLC)
270-205-1917

2433 Indiana Avenue:

Soldier & Family Assistance Center (SFAC)
270-412-6000

5001 Screaming Eagle Drive:

Survivor Outreach Services (SOS)
270-798-0272/0277