

# SENIA-Beijing News



*Dear friends,*


It has been a while since the last time our news were released. Despite and because of our unique challenges, we learned how to create differentiated opportunities for us to be here. ***Coming back together***, the main theme of this edition, depicts how our community has reinvented herself. We are deeply grateful for the massive **support given by you**. Personally, it always amazed me to be part of the SENIA-Beijing board. Behind the scenes, I've experienced how we stand up and support each other, going above and beyond when there is a need. Sometimes, the silence tells more than words, and it is precisely in these moments that the "emptiness" is filled with love, kindness, compassion and comprehension. Moved by these values, this edition is a ***life celebration and a testimony of living seasons***.

"Seasons coincide with holidays." They are the living proof that everything changes, showing us the places' nuances. The ancient Eastern wisdom invited us to *feel the time* as micro-seasons. Seventy-two in total divided in 5 unique days each time. I wonder how we are feeling the fluid micro changes during our days. I hope the calendar below, and the following pages inspire you too, filling the "gaps." When gaps happen, we have a great opportunity to ***be present for our own needs and take care of ourselves***.



**Yours,**

**Juliane Karlsson**

<b>December 2-4</b> 	<b>December 12-16</b> 	<b>December 17-21</b> 
<b>December 22-26</b> 	<b>December 27-31</b> 	

# Holiday Seasons with our Sensitive Kids

By Stephenie Lee

With the holiday season just around the corner, many families are preparing to get together with family or friends, planning menus for festive meals, and decorating their homes. But, holidays can be a particularly tough time for our kids who are sensitive—sensitive to changes in routine, to meeting and interacting with large groups of people, and to the barrage of sights, sounds and smells at these gatherings.

The good news is that with the right preparation and planning, ***every family can enjoy*** a warm and memorable holiday season. At Beacon Learning, we have put together tried and true techniques for making the season bright!

## **Changes to Routine can be challenging**

**TIP #1:** Keep as Much Structure in Your Child's Routine as Possible and preview the Schedule with Your Child- it is the sense of being able to know what to expect that comforts your child, so retain as much "sameness" as you can, be mindful of the changes you are introducing, and preview changes that may be upcoming with your child. In the morning, go over how the day may be the same in some ways but feel a bit different from other days. For the parts of the day that are different, help them anticipate who they will see, where they will be going, what they will be doing, and importantly, what will be the same about these parts of the day- maybe they won't be having lunch at the same place and same time, but they can have spaghetti; maybe they will be at an unfamiliar bookstore in the afternoon, but it will be similar to your neighbourhood library in

that there will be rows of books, there will be unfamiliar people around, but the whole family will be there together and you will be there holding her hand just like when you guys go to the library.

**TIP #2:** Give your Child Choices- as changes are occurring, give your child choices for what to do and how to participate. This active process of deciding what to do and how to do it will give your child an opportunity to preview what is upcoming and feel an element of control in navigating it.

**TIP #3:** Plan for the Possibility of Changes to the Routine- bring your child's favorite fidget toy or comfort item, talk with your child about an agreed upon routine for self-regulation, and reassure your child that you will be there for them and they can always turn to you to problem solve together.

### **Social Interactions can be unpredictable**

**TIP #1:** Role Play and rehearse greetings, conversations, and special events- revisit a photo album with family members and friends, pointing out the people they may see in the next few days, reminding your child of past interactions with them; remind your child of ways to excuse themselves from interactions if they are feeling uncomfortable. Prepare your child for the possibility of meeting and needing to interact with people they may not know. If there is a special event or tradition, feel free to practice the experience with your child so they know how long they may need to be quiet and seated for, what kinds of songs or talks they may have to listen to, and what options could look like for excusing themselves from this part of the day.

**TIP #2:** Reach out ahead of time to let others know what to expect. At times, it may feel like we are unilaterally striving to help our sensitive child adjust and conform to their surroundings. However, if you are open to it, share information regarding the types of changes or stressors that may feel overwhelming to your child, and how your child may respond when feeling overwhelmed.

It is much easier for others to help us when they are aware that our child may perseverate and repeat statements or behaviours to seek to control the outcome and self-regulate, and not to feel hurt or disheartened by your child's response to the new food, the unexpected hug, the bright, blinking decorations, or the invitation to engage in conversation.

**TIP #3:** Other Adults may have their own opinion on how to parent- family members, especially those who do not interact with your child and your family regularly, may cast judgement on the results of your parenting or offer well intentioned, but unsolicited advice for how to parent your child. Plan your strategy and response for how to handle this politely. It is important to remember that there may be nuggets of wisdom in what they say, but they don't know what it is like to raise your sensitive child! Save their comments and feedback for another time to process and if you would like to explore how to incorporate their suggestions in the future, you can always reach back out to them.

### **A new sensory environment can feel overwhelming**

**TIP #1:** Be aware of the sights, sounds, smells, tastes, and interactions that may trigger your child- begin ahead of time to try out decorations and dishes to see what may feel uncomfortable for your child so that you can prepare effectively for a low stress and enjoyable holiday season for everyone. Decide which elements of the holiday season you may want to avoid. For example, be mindful of your child's dietary restrictions, such as gluten sensitivities, and ensure that substitutions can be made ahead of time. There may also be elements that you would like your child to overcome, beginning to desensitize them to those elements ahead of time will allow them to feel more comfortable when they are faced with it in real time.

**TIP #2:** Incorporate your child's interest- it will be easier for your child to explore the unknown when they feel interested by it. Holiday decorations with Spiderman hanging off it, iced cookies

in the shape of the Frozen characters, or arranging fruit in the shape of a pyramid are all ways to make the unfamiliar feel more approachable.

**TIP #3:** Make sure there's a quiet space that your child can go to to decompress- this can be a quieter room in which we can put comforting and familiar items so that your child can be excused and self-regulate before re-joining the festivities. It may be helpful to include familiar and comforting items for your child, like a book that they like or have some music that they find calming queued up for them to play.

With adequate ***planning, communication, and shifting of expectations***, the holiday season can still be filled with heart-warming memories! To adequately enjoy those moments, remember to take care of yourself and your other family members over the holidays. Even though we may feel the need to be our child's defender, and feel the need to be present and prepared as they navigate new experiences, or ones which they have not successfully navigated in the past, unexpected twists and turns in our plans are okay. Memories don't just come for the carefully crafted and planned moments, but sometimes from the spontaneous moments of ***kindness and connection***. Happy Holidays!

Beacon Learning is a Beijing-based organization that provides bilingual, customized sensory motor, cognitive processing, and executive functioning interventions to students with ADHD, on the Autism Spectrum, and with Dyslexia to help them thrive. Leveraging years of experience in North America and Asia-Pacific, the Beacon Learning team believes that collaboration across the student, parents, schools, and specialists is the key to unlocking every child's potential!

# SENIA VIRTUAL CONFERENCE



It's SENIA's 20th anniversary, and to celebrate we are taking part in the ***Inclusion Revolution***! We hope you will join us for this incredible virtual conference starting next week on December 2nd - 4th, with four months of access to ***incredible presentations***.

[Learn More](#)

[Register](#)

# Conference Strands



## Conference Strands

### Growing Inclusive Practices

Universal Design for Learning & Inclusion, building relationships with parents/teachers/team members. Twice-Exceptional learners, best practice in all subject areas, English as an Additional Language, Disabilities 101, sensory needs, or Inclusive Leadership

### Nurturing Diversity

Identity, advocacy, admissions policies and processes, creating a welcoming space for all, gender and sexuality, BIPOC experiences, and language learning and the intersectionality with disabilities.

### Building Better Programs

Policy creation, data collection, testing, documentation in pre-referrals, Individualized Educational Plans, or special programs

### Fostering Social Emotional Learning & Supporting Behavior

Protecting educator mental health, brain science behind behavior, effects of the pandemic, wellness, trauma informed instruction, or practical strategies when working with individuals exhibiting challenging behaviors



## ATTENTION!

SENIA JUST SPONSORED 10 CONFERENCE SCHOLARSHIPS - NOMINATE SOMEONE YOU KNOW FOR OUR OTHER SENIA SCHOLARSHIPS AND AWARDS

World  
Changer  
Award

Student  
Award

Outreach  
Scholarship

Certification  
Scholarship

CHECK OUT OUR AWARDS AND SCHOLARSHIPS

[HTTPS://WWW.SENIAINTERNATIONAL.ORG/AWARDSANDSCHOLARSHIP/](https://www.seniainternational.org/awardsandscholarship/)

CHECK OUT OUR UPCOMING CONFERENCES

[HTTPS://WWW.SENIACONFERENCE.ORG/](https://www.seniaconference.org/)

# SENIA VIRTUAL CONFERENCE

2 - 4 DECEMBER, 2022

<https://www.seniaconference.org/virtual-conference-2022/>

AND... AVAILABLE ON DEMAND FOR 4 MONTHS



THE INCLUSION REVOLUTION



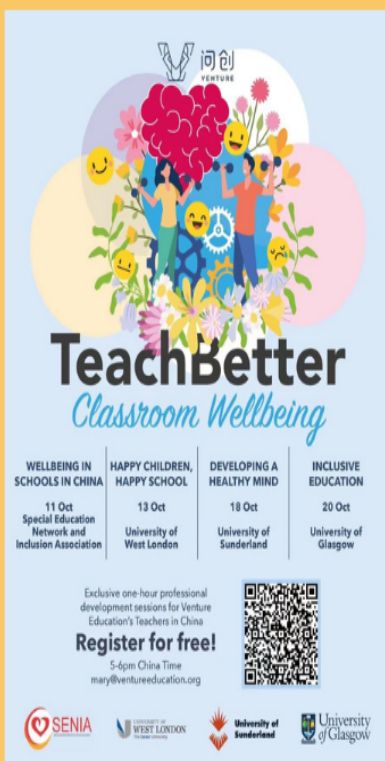
# Events & Collaborations

By Janice Pineda



Artist name: Sarah Anne Bulman  
Age: 14 years old  
School: Western Academy of Beijing

As a student with Dyslexia and Social Anxiety, Sarah utilizes visual arts to express her thinking and feeling. Sarah has a unique and compassionate perspective of life, and believes that every human beings are worthy of love, dignity, and respect - even when they do not believe in it themselves. Through her Hidden Faces painting series, Sarah uses deep color, bold stroke, and sepia tone to convey the dichotomy of staying silent in the shadow versus speaking up in plain sight. Sarah wishes her art to inspire those who feel trapped to show their beautiful souls inside.



SENIA Beijing had the honour and opportunity to partner and join Venture Education in their TeachBetter series, Classroom Wellbeing. SENIA Beijing discussed and talked about Wellbeing in Schools in China, which is one of the scopes of the work we do in SENIA. Our passionate panelists shared their expertise and experiences in their respective contexts, which the attendees all relate with.

## Our panelists:

**Juliane Karlsson** has worked over 20 years in education. Her passion for developing better strategies to promote inclusive settings and well-being for children, families and caregivers crossover public and private spaces. Always committed to a holistic self-development, her expertise encompasses a degree in education, specialization in arts, master degree in socio-psychology, courses in non-violent communication, mindfulness compassion and interpersonal neurobiology reflects her motivation to empower those who are in need. Her book narrates the Children's perception about participation in Amazon-Brazil. Juliane worked as a teacher, collaborated in creating public policies to schools, developed courses to counsellors across Amazon. In 2012, moving abroad to China, she has dedicated her time and experience to raise awareness through collaborative work, advocating for children with different needs. Nowadays, she dedicates her time to support upper school students as a learning support teacher at Harrow Beijing. As a member of SENIA-Beijing chapter, she coordinates the WeChat group and is the editor of SENIA-Beijing's newsletter. During her holidays, she likes to explore unusual parts of the world with her husband.

**Dominique Blue** serves as a middle school Learning Support Teacher at the International School Beijing. She has served students in various roles, including Middle School Science Teacher, Dean, and Learning Support Coordinator. Her work as a SENIA-Beijing board member and as a member of the Advisory Council for the Association of International Educators and Leaders of Color (AIELOC) fuels her personal commitment to Diversity, Equity, Inclusion, and Justice (DEIJ). She enjoys sharing much-needed awareness of the importance of creating a positive Disability identity rooted in Disability culture. Dominique holds a B.A. in Africana Studies, an M.Ed. in Special Education, an M.S.E in Educational Diagnostics, and is completing a Special Education Director licensure. She enjoys walking and learning new knowledge and skills to support and advocate for members of the Disabled community. As the parent of a Disabled youth, her work is personal.

**Stephannie Tebow** has spent 20+ years serving China as a significant voice and thought leader in the areas of student support, safeguarding, child protection and well-being in our most treasured communities of home and school. As a trainer, consultant, coach/ counselor, and senior leader in Pastoral Care, she has traveled to and worked in more 25 Chinese cities from first tier to rural entities: facilitating and promoting teacher training, parent education and leadership development.

Tebow has worked alongside Chinese partners to develop training curriculums that maintain scientific integrity while offering culturally relevant instruction. Tebow has had the opportunity to provide professional development services over a span of 30 years, to international and local communities in Hungary, China, Vietnam, Russia, Central Asia, the USA and Canada.

In Beijing, Tebow contributed as an integral member, of a team selected to establish training, counseling and coaching services to both local citizens and ex-pats. During the Sichuan and Qinghai Earthquake events she worked with the Red Cross of China: training and preparing volunteers to work in the Earthquake Zones and facilitating debriefing sessions for volunteer teams as they rotated in and out of the earthquake zones.

As a seminar and workshop leader, Tebow is known to energize and insight participants to take action to assist self and others to find meaningful and material life changes. She has called Beijing home for 15+ years.

Tebow currently serves as the senior leader for Educational and Community Services for Beijing World Youth Academy.





*It's the friends we meet along the way  
that help us appreciate the journey.*



Harrow Beijing Football Head Coach, Mr Martin Hylton donates sports gears and equipment to Rong Ai Rong Le (RARL), an organization supporting individuals with special needs in China. RARL holds weekly activities. Get in touch with Michelle Wang at wangxh@co-inclusion.org for volunteer opportunities.

You can also follow their wechat Mini-Program to learn about their work and activities in promoting inclusion!



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## SENIA-Beijing joins Awesome Place

in an art exhibition on the 19th of November 2022. The exhibition was titled Autumn's Fairytale. 1st International Inclusive Art Exhibition. *The exhibition celebrates the power of creative expression and serves as a testament to the ability of the arts to encourage accessibility and inclusion. The artworks are a collection from several nonprofit organizations, featuring the work of neurodiverse individuals who have either participated in classes at Awesome Place or share the same values.*



Scan this code to see the exhibition in action.

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# What's Up?

**Beacon Learning** is a Beijing-based organization that provides bilingual, customized sensory motor, cognitive processing, and executive functioning interventions to students with ADHD, on the Autism Spectrum, and with Dyslexia to help them thrive. Leveraging years of experience in North America and Asia-Pacific, the Beacon Learning team **believes that collaboration across** the student, parents, schools, and specialists is the key **to unlocking every child's potential.**



Sprout in Motion, 小黄屋儿童发展中心, is a centre based in Hong Kong, that **offers direct services in the mainland** in English or Mandarin. The professionals do travel to students' schools to conduct psychoeducational evaluations, behavioural consultations and more.

Liu is a Nationally Certified School Psychologist (NCSP) in the United States. She has been supporting children with special needs, their families and schools since 2016. Liu has **extensive experience** working with children at risk or who have developmental concerns, such as specific learning difficulties, Attention Deficit / Hyperactivity Disorder, and Autism Spectrum Disorder.

To Know more, **please go** to: <https://www.sproutinmotion.com>

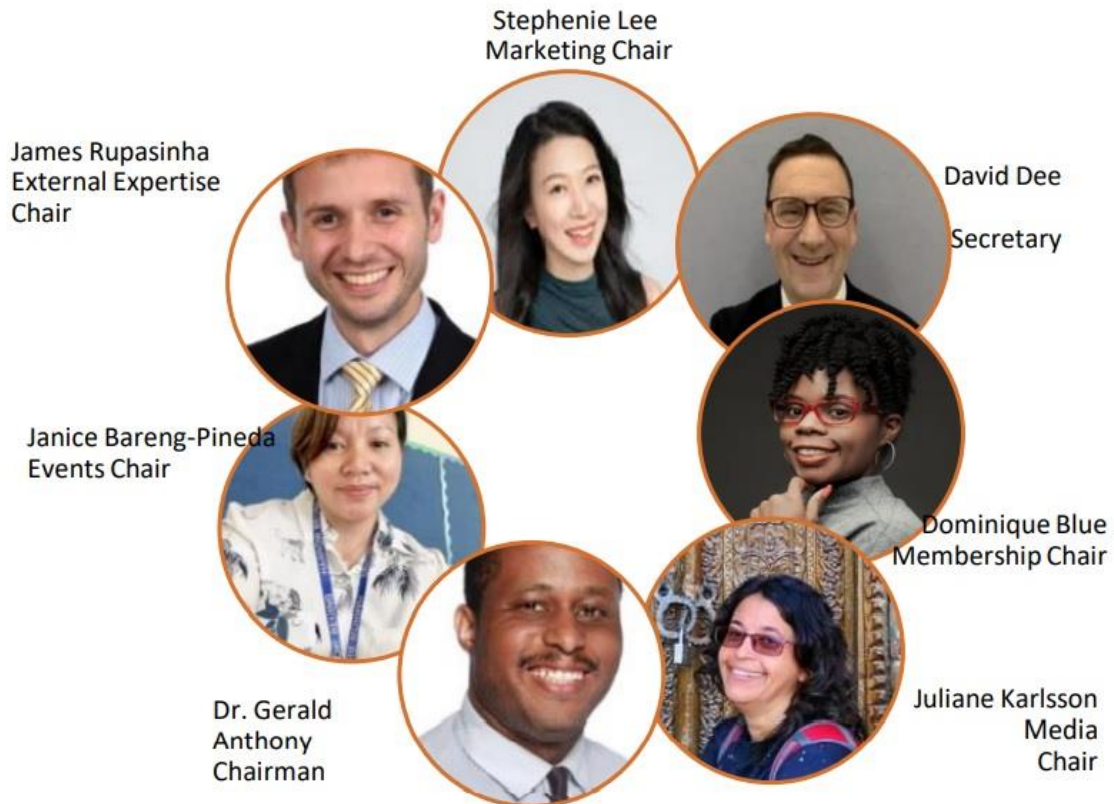
[enquiries@sprout.hk](mailto:enquiries@sprout.hk)

Email: [liuliu@sprout.hk](mailto:liuliu@sprout.hk)





# The Board



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