What to Do When Your Child Refuses to Put on Winter Clothes

Many people—kids and adults—find putting on winter clothes to be a pain. But sensory processing issues can make it a real misery. Kids who are hypersensitive or who are tactile defensive may literally scream if they put on clothes that don’t feel right. The clothes might be too tight, too bulky, too itchy or too hot. And that can make everyday life difficult for the whole family.

Getting your child with sensory processing issues to wear winter clothes isn’t impossible. But it can take time, compromise and some creativity. The strategies you use will depend on your child’s age and his particular challenges and sensitivities. But giving him choices and some sense of control is key. Here are some tips to consider:

**Buy sweaters and sweatshirts with loose collars.** (If your child prefers his clothes to be close to his skin, do the opposite and get tighter-fitting items or even turtlenecks.)

**Settle on hoodies instead of a coat.** Hooded sweatshirts are a great compromise item because they can be layered over T-shirts and worn unzipped. If your child doesn’t mind warmth or weight, buy some extra-fleecy ones.

**Remove all tags.** That goes for hats, mittens, scarves, sweaters—coats, too. Even if a tag is touching a layer of clothing rather than skin, it can be annoying to some kids. Also, consider buying socks with no inner seams.

**Practice wearing winter clothes.** Get kids used to winter clothes by having them wear them for short periods before it gets cold.
Experiment with fabrics. Some kids might tolerate fleece, for example, where they couldn’t handle wool or down.

Stock up on soft clothes. If you find an item your child is comfortable in, buy a few in larger sizes. Hand-me downs and thrift-store clothes are good options, too.

Dress in layers. If your child prefers T-shirts or other light clothing, dress him in layers that he can peel off indoors.

Shop together. Have your grade-schooler or middle-schooler try on everything from sweaters to gloves to coats. The more say he has, the more buy-in you’re likely to get—and the fewer returns you’ll have to make.

Let your child choose. The night before, have your child pick out what he wants to wear, and lay it out for the morning. Let younger kids choose between two or three options.

Put summer clothes away. When it’s time for long pants and boots, pack up the shorts and flip-flops and put them away. “Out of sight, out of mind” may really work here.

Keep warm clothing at school. For young kids, have the teacher hold on to a sweater, sweatshirt or extra coat. Older kids can keep spares in their locker or backpack. Even if they don’t manage to dress warmly enough in the morning, they have the option to add some layers during the day or on the way home.

Leave extra time. Set your alarm for 10 minutes earlier to leave more time for getting dressed and wrangling with outerwear.

Create a to-wear list. Hang a picture chart or written list of outerwear in your child’s room or near the coat closet. This will help him keep track of what he needs to put on before leaving the house.

Negotiate with older kids. Having your child be part of the solution may be worth giving up some ground. For instance, you might give up on the scarf and mittens if he agrees to the coat and hat.

At some point, you may find that it’s not worth the tantrums, arguments or frustration to insist that your child wear proper winter clothes. So do your best to let it go.

As he gets older, you won’t be able to control what he puts on—or keeps on. The best you can do is provide options and be sensitive to his needs. And then, if it gets too cold, he may opt to wear warmer clothes on his own!

Reprinted from: www.understood.org
The Autism Society of Michigan is celebrating 40 years of Making Human Connections 1976-2016

The History of the Autism Society of Michigan
From MSAC to ASM
Through the Years-The Fourth Decade

1997-ASM in collaboration with the State Department of Education presented a symposium on Early Intervention on May 16th & 17th with Dr. Robert Koegel and Dr. Lynn Koegel as the keynote speakers. 1998-ASM, The Arc Michigan, Michigan Developmental Disabilities Council and United Cerebral Palsy/Michigan held its first annual Joint Conference on May 19th & 20th.

1999-ASM, The ARC, UCP and P&A were Partners in a Michigan Developmental Disabilities council training project grant on Person Centered Planning and Managed Care, which trained over 3,000 participants statewide.

2000-The copy right and proceeds of the ABC’s of Autism written my Davi Kathiersan were donated to ASM and are disseminated nationally through Lansing, MI.

2001-Cycle USA Ride and Rally for Autism Research, Senator Leon Stille proclaimed April as Autism Awareness Month.

2002-ASM trained over 7,000 families, teachers and other professionals through Focus Workshops, School Trainings and Conferences.

2003-ASM’s Spring Conference featuring speakers Temple Grandin and her mother, Eustacia Purves-Cutler.


2005-ASM’s 1st annual 5k Walk/Run for Autism Acceptance at Hawk Island Park in Lansing, MI.

2006-ASM held a Holiday Card contest to feature local artists on the Autism Spectrum.


2008-ASM’s Spring Conference featured Brenda Smith-Myles held at Macomb ISD.

2009-ASM hosted a Spring Expo “Resources across the Lifespan” held at Oakland ISD featuring MI authors.

2010-Quarterly Horizons Newsletter becomes available in electronic format to ASM’s members.

2011-ASM’s Spring Conference featured Carol Stock-Kranowitz held in Ann Arbor.

2012-ASM’s Conference featured Temple Grandin in Grand Rapids.

2013-Autism Training for Delta Airline Staff at a lunch & learn at Metro Airport.

2014-Numerous Parent Empowerment Workshops held throughout Michigan.

2015-ASM’s Fall Conference featured speaker Paula Kluth in Grand Rapids.

2016-40th Anniversary and new website launched.
TITLE: Temple Did It and I Can, Too!: Seven Simple Life Rules

AUTHOR: Yacio, Jennifer Gilpin

SUBJECT AREA: Autism-Children’s Literature

PUBLISHER: Sensory World

PUBLICATION DATE: 2015

NUMBER OF PAGES: 23

By now, everyone acquainted with people on the autism spectrum probably know who Temple Grandin is, but it is hard for a child with ASD to know how he or she can be as successful as Temple has been. Jennifer Gilpin Yacio has written a wonderful book for younger children that is an easy to read and beautifully illustrated roadmap on how to get started on the road to success.

These rules include going with one’s passions, be it cattle, writing multimedia blogs or studying budgie genetics. Kids learn that they must work hard and stay disciplined and committed to what one is doing. You must being oneself, but try to fit in by wearing appropriate clothing and speaking and behaving in a socially acceptable manner. The rules stress living life to the fullest; joining clubs, engaging in hobbies, developing one’s talent and being willing to not be perfect as perfection isn’t possible. Never, ever stop learning!

Each of these rules is illustrated in gorgeous watercolor by Lynda Farrington Wilson and at the end there’s a section where the reader fills in his or her answers on how one would use each of these rules to forge ahead and achieve goals. This is a wonderful, easy to understand, step by step guide for children with ASD who feel down and beleaguered by a school system and a society that often underestimates ability and goes to the lowest common denominator out of ignorance and fear. I loved the upbeat positive message of this little gem and the combination of this positive message and beautiful illustrations is a winning one. This is not the newest kid on the block as it was published in 2015, but it is recent enough to be relevant for a long time as the information is timeless and will never go out of date. This should be in every single school and library all over the world!!!
Hot Cocoa Breathing: Sensory Art Activity

You may have already heard of the technique to help children learn deep breathing by allowing them to imagine smelling hot cocoa then blowing on it to cool it off. I have used this technique with children of all ages and find it particularly helpful for children who need the more tangible image to remind them of the skill.

I recently started having children draw their own good morning mug that would remind them of something positive in the morning. I then allow them to use chocolate SCENTED marker to color the hot cocoa and use cotton balls for marshmallows. This allows the child to experience multiple senses during the activity and can help them better remember the skill by integrating the experience! Children really enjoy learning deep breathing this way and it can help them remember to breathe in their nose and out their mouth (smelling hot cocoa in their nose and blowing out their mouth to “cool it off”). You can also have them design a positive affirmation mug in this activity and create a morning routine! This can be done by having the child practice deep breathing in the morning while imagining their positive affirmation mug and hot cocoa breathing technique! We all need to start mornings off right and sometimes all we need is a little positive and fun reminder.

Reprinted from: www.kristinamarcelli.wordpress.com
My Morning Activities before My Choice Time

- **Arrival**
  - Said, “Good morning” to
  - Put my backpack & coat in cubby
  - Stood for pledge
  - Was quiet during announcements

- **Calendar**
  - Stayed seated with group
  - Answered weather questions
  - Placed months & seasons in order
  - Sang calendar songs

- **Group Work**
  - Cut out/Ike with group
  - Kept my hands to myself
  - Raised my hand for help
  - Looked at my teacher when asked

- **1:1 Work**
  - Stayed seated
  - Did first activity
  - Did second activity
  - Did third activity

I need to earn a total of ________ checked green squares to have a special choice time.

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Contingency Map

- **When computer is finished**
  - If Andrew waits his turn and takes a deep breath → If Andrew cries and doesn’t wait his turn → He doesn’t get another turn on the computer
  - He gets another turn at the computer

Graphics by

www.autismclassroomnews.com
Snowman Soup

A Fun Family Tradition for the First Snow!

You just make some rich hot cocoa, then add these toppings to make it look like a yummy melting snowman…

- marshmallow creme spread
- mini marshmallows
- candy eyeballs
- mustache icing decorations
- orange candy coated chocolate (We used Reese’s Pieces!)
- rolled wafer “straws”
- snowflake sprinkles
In Honor of Robert Bazzy’s 25th Birthday:
Vicki Ashker
Green Builders Plus
Katrina Thomas
Tallal A Turfe & Neemat Turfe Trust

In Honor of Allen Warner’s Birthday:
Amanda & Valerie Warner

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Janet Teskey

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