



The Magnifying Glass - A newsletter

May, 2012
Volume 2, Issue 1

What's New?

May Awareness

May is National X & Y Chromosomal Variations Awareness Month! Help us to spread the word about X & Y Chromosomal Variations to those who might be suffering from lack of diagnosis. Current research indicates that **ONE** in 500 births has an X & Y Chromosomal Variation. This is a staggering statistic and when you think that 75% of these children and their families **WILL NEVER** know! Let's change this by spreading awareness to locate the more than 500,000 undiagnosed forgotten children.

As you all know, many of these children are affected with reading and learning issues that were previously undiagnosed but are preventable or treatable. **Fifteen out of 20** children will never be diagnosed and therefore not receive appropriate treatment. This lack of diagnosis and treatment can leave children severely challenged from learning disabilities, language impairment, motor planning deficits, reading dysfunction, attention disorders and behavioral problems that can affect them for a life time. Early detection and treatment actually results in recovery and remediation of the reading dysfunction and improved job employment. Getting a proper diagnosis could completely transform a child's life.

How can YOU help?

- This year with the help of over 40 families we have collected proclamations from around the nation. Distribute flyers in your community, Doctors' offices and schools.
- Contact your local news.
- Chat with family and friends. Every little bit counts!
- **Contact us** at The Focus Foundation for flyers and information of how to help!

Successful Atypical Learner Conference

The Focus Foundation's 2nd Annual Atypical Learner Conference was held April 13 - 15 in Annapolis, Maryland and what a success it was!

Our keynote speaker, Nancy Clements, introduced everyone to the wonders of Social Thinking and the importance of social learning in fostering friends. Clements shared how to encourage boys and girls to use social language to help them proceed through their childhood easier.

This year, we also had a strong showing of XXX parents - it was so great to see all the groups learning from each others' experiences and gaining new friends in the process! The conference could not have been such a great success without all of the wonderful parents and professionals who attended and were so enthusiastic about the information presented to them!

The Focus Foundation and Melissa Bilash at the Senate!

On May 1st, The Focus Foundation joined Melissa Bilash of Advocacy & Consulting for Education, and Mom Congress members, and stormed the Senate. A planned visit was held with Senator Casey of Pennsylvania and Senator Harkin of Iowa to push for an exact definition of "educationally relevant" to be included in future legislation. Often, necessary for children are discontinued or downgraded because they are not seen as "educationally relevant," by the school. The meetings were seen as a great success. We look forward to keeping you updated on any future progress with this matter.

Coming Up:

Dr. Samango-Sprouse presenting at the Innovative Research In Autism (IRIA)

Dr. Samango-Sprouse will be presenting the research on **Head Circumference (HC) & Head Tilt Reflex (HTR) as Biomarkers for Autism Spectrum Disorder (ASD)** in infancy at the international conference on Innovative Research in Autism (IRIA) in Tours, France **May 30 - June 1**. This study has also found Lost Children with X and Y Chromosomal Variations.

Golf Outing Benefiting The Focus Foundation

The Scandinavian American Business Forum, the Swedish-American Chamber of Commerce and the German-American Chamber of Commerce are holding their annual **Golf Outing** in Oreland, PA at the Sandy Run Country Club, **June 11**.

The Ninth Annual 49ers Conference with a special invitation to the Families of Boys with 48, XXXY

The Focus Foundation is holding our ninth annual 49ers Conference in Annapolis, Maryland, **July 16 - 20**, more information and how to register coming soon.

The Second Annual Oktoberfest Under The Sea

Join The Focus Foundation and The Greater Philadelphia Fundraising Committee, **September 27th** at The Adventure Aquarium in Camden, New Jersey for a night under the sea dedicated helping the Forgotten Children. Keep an eye out for more information on this great event!

Second Annual Chesapeake Walk for The Focus Foundation

The Focus Foundation will be holding our second annual Chesapeake Walk, details are coming soon and we would love to have you join in the fun with us this **fall!**

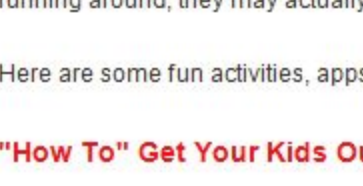
San Francisco Event

We are currently have families planning a fundraiser in the San Francisco area. If you would like to help or have an idea for a fundraiser in your area, please contact estapleton@thefocusfoundation.org!

DeXY's Corner - Get Outside and Move!

John Medina, PhD, had it right when he said, "exercise is cognitive candy." Movement is proven to make you smarter, decrease anxiety, increase your well being, reduce depression and decrease behavioral problems. That is why it is so important to make sure you and every member of your family take enough time out of your day to get outside and play!

Today, nearly one in three U.S. children are overweight or obese, and while summer should be a time to get up, get out and grow, kids will be at a greater risk for brain drain and weight gain when the school year ends. Research shows that without activities to keep their minds and bodies active, kids are likely to gain weight twice as fast and show little to no academic growth over the summer than during the school year. During the school year, only 19 percent of kids play outside and get at least the recommended 60 minutes of physical activity seven days a week; only 17 percent of kids read books for fun every day; and only 12 percent of kids eat at least the recommended eight fruits and vegetables daily. Let's make an effort to change this!



Physical activity does the body good, and there's growing evidence that it helps the brain too. Researchers in the Netherlands report that children who get more exercise, whether at school or on their own, tend to have higher GPAs and better scores on standardized tests. In a review of 14 studies that looked at physical activity and academic performance, investigators found that the more children moved, the better their grades were in school, particularly in the basic subjects of math, English and reading.

According to the Centers for Disease Control and Prevention, students need about one hour of physical activity every day to remain healthy; only 18% of high school students met this requirement in the week before a 2009 survey, and 23% had not exercised at all during that period. Physical activity can improve blood flow to the brain, fueling memory, attention and creativity, which are essential to learning. And exercise releases hormones that can improve mood and suppress stress, which can also help learning. So while it may seem as if kids are just exercising their bodies when they're running around, they may actually be exercising their brains as well.

Here are some fun activities, apps and books to keep your kids active, happy and healthy!

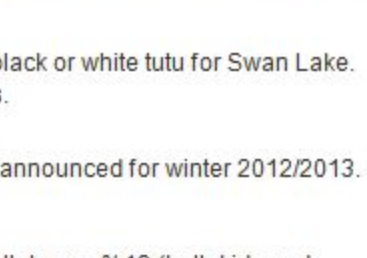
"How To" Get Your Kids Outside

1. Set up a swing set or play equipment for younger children.
2. Put up a basketball goal, volleyball net or skate ramp for older children. Kids will be more likely to go outside if they can engage in an activity they enjoy.
3. Take family bicycle rides or walks together. Encourage outdoor activities by setting a good example.
4. Plan a scavenger hunt for your children and their friends. Send them around the neighborhood looking for various outdoor things.
5. Sign your kids up for a camp where they can explore the outdoors and participate in outside activities. This introduction may foster an appreciation for being outside.
6. Limit the amount of time they are allowed to spend watching television or playing video games. Without these distractions, they will want to get outside to play.

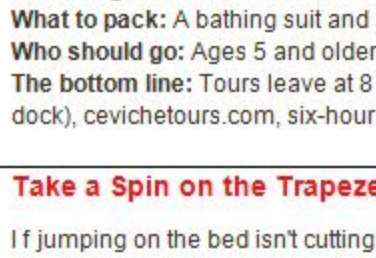
Dream Trips for Active Kids

Dance with the New York City Ballet

Let's face it: Even the most promising of budding ballerinas may have trouble understanding the plot of a classical ballet. That's where the **New York City Ballet Children's Workshop** leaps in. Before select matinees, children can take part in a 450minute class that offers a stripped-down, kid-friendly guide to the music, themes, and techniques they're about to see onstage. Under the guidance of a corps member, dancers learn simple choreography while donning pint-size costumes, such as a black or white tutu for Swan Lake. The best part? Classes end with a performance for family members.



When to go: May 19, 26, June 9 at 12:45 PM, with more dates to be announced for winter 2012/2013.
What to pack: Leotards, tights and ballet slippers.
Who should go: Ages 4 to 7.
The bottom line: 70 Lincoln Center, 165 W. 65th St., 7th floor, nycballet.com, %12 (both kids and adults need tickets).



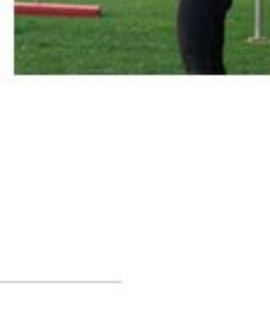
Swim with Whale Sharks

There's a 60-foot sea creature lurking in the waters off the Mexican island of Isla Mujeres that makes the 20-foot great white look like a guppy. But don't fret: The whale shark—the world's largest fish—dines only on plankton. In fact, the polka-dotted giant is so gentle that the minimum age for a shark swim with **Ceviche Tours** is only 5 years old. Ceviche, which has been leading half-day boat tours from this Cancun-adjacent island since 2007, touts a 97 percent shark-spotting record. That means the likelihood of your child's being disappointed is practically zero.

When to go: The 2012 season runs May 17 to September 17.
What to pack: A bathing suit and an underwater camera.
Who should go: Ages 5 and older.
The bottom line: Tours leave at 8 AM from the Isla Mujeres Gas Dock (100 yards to the left of the ferry dock), cevichetours.com, six-hour boat tour with lunch \$125.

Take a Spin on the Trapeze

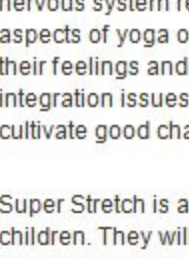
If jumping on the bed isn't cutting it for your little ones anymore, **Trapeze School** might be the answer. Kids will be surprised by how quickly they get the hang of it: During a two-hour beginner class, they'll pick up an arsenal of tricks, from simple knee hangs to the more advanced whips and splits. By the end, they'll be ready to throw caution—and themselves—to the wind, as they learn how to dismount, flying through the air 23 feet above the safety net into the (hopefully) waiting arms of an instructor. The school has branches in Boston, New York, Washington, D.C., Los Angeles and most recently, Chicago.



When to go: Classes are offered indoors year-round and outdoors in warmer weather.
What to pack: Snug but comfortable clothing (such as yoga pants or tights).
Who should go: Ages 6 and older.
The bottom line: trapezeschool.com, classes from \$47.

Fun iPad Apps and Books To Get Your Kids Moving!

iPad Apps



Super Stretch Yoga

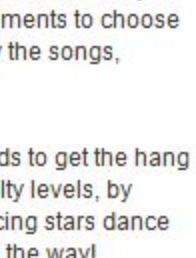
Move, play and breathe as Super Stretch introduces you to his friends and their yoga poses. Super Stretch is your guide, who takes you on your journey. Using storytelling, animation and video examples, kids enjoy making NAMASTE a part of their day, so easy and entertaining we forget that it's exercise.

Research has proven yoga beneficial in teaching positive cognitive skills for a variety of different special needs populations, from physical disabilities, ADHD, autism spectrum disorders. The physical practice of yoga provides a healthy outlet to calm the nervous system reducing stress and teaching kids how to relax. The mindfulness and breathing aspects of yoga offer children skills for dealing with emotions giving them an ability to understand their feelings and relate to others. The balancing and standing postures help kids with sensory integration issues, which help to provide structure and discipline in their development. Yoga helps cultivate good character traits like trusting and respecting themselves and others.

Super Stretch is an educational yoga tool to use and teach the fun of physical activity and breathing to children. They will use the skills of self-awareness, self-esteem and self-regulation that they learn from this app as a foundation for the rest of their lives.

Toddler Toss Ball

Toddler Toss Ball is an exciting FREE game where you race to toss as many balls as you can in the basket before the timer runs out. Challenge your friends or try to beat the clock, either way you'll have fun.



Your child will love this addictive game. How many balls can you toss into the basket before your time runs out? This game is not only fun but also educational. The ball toss motion helps your child develop hand eye coordination. As your child tosses the balls into the basket, he can learn his numbers and how to count.

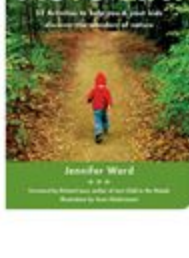


CookieCoo Dancing Star

CookieCoo Dancing Star teaches kids to sing and play along with a variety of popular, educational children's songs. With a variety of instruments to choose from, and a troupe of five cuddly, silly dancers to accompany the songs, children will fall in love with this game, and parents will too!

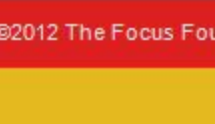
CookieCoo Dancing Star is designed to be easy for little hands to get the hang of, and is appropriate for a wide range of ages. Children can play at different difficulty levels, by themselves or with a parent, or they can simply enjoy watching the CookieCoo dancing stars dance and sing. There are plenty of popular songs to choose from, and many more are on the way!

Books



Hop, Skip, Jump, Maisy!

Get kids moving with Maisy! Just pull the tabs or spin the wheel, and your favorite mouse will show off fun actions that children will want to imitate, like stretching, jumping, running, playing ball, jumping rope, and somersaulting. They'll also want to take time for a nutritious snack, and cuddle up for a good night's sleep too, just like Maisy. Ages 2-5.



I Love Dirt!

I Love Dirt! presents 52 open-ended activities to help you engage your child in the outdoors. No matter what your location—from a small patch of green in the city to the wide-open meadows of the country—each activity is meant to promote exploration, stimulate imagination, and heighten a child's sense of wonder.

