



# Our Time

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## HELLO Everyone!

It's almost that time of year again when my brother, Hemo, leaves for Camp Wannaklot. I always miss him, but this is the best time of year for me and my parents to roll in the mud and catch up on some quality time-just us. Dad says not to be sad when Hemo leaves because this is "our time!"

The folks at HoG asked me to encourage you to spend extra time with your kids who don't go to camp. They are the siblings of special needs children, and they deserve some extra special attention! Hope you like my ideas!

HogSley



### Suggested Atlanta Activities during Camp Wannaklot

**Imagine It! The Children's Museum of Atlanta**  
Can You Tell Me How to Get to Sesame Street?  
Call for pricing  
404.659.5437  
[www.imagineit-cma.org](http://www.imagineit-cma.org)

**Martin Luther King, Jr. National Historic Site**  
"Red Was the Midnight" Exhibit  
Free  
404-331-5190  
[www.nps.gov/malu](http://www.nps.gov/malu)

**Medieval Times Dinner and Tournament**  
Dinner & Tournament  
\$47.95  
888-WE-JOUST  
[www.medievaltimes.com](http://www.medievaltimes.com)

**Booth Western Art Museum**  
Explore The West! Without Leaving The South  
Call for pricing  
770.387.1300  
[www.boothmuseum.org](http://www.boothmuseum.org)

**Jimmy Carter Presidential Library**  
Building Hope: 25 Years of the Carter Center  
Call for pricing  
404.331.3942

**Inside CNN Atlanta Studio**  
Tour  
\$12.00  
404-827-2300  
[www.cnn.com/studiotour](http://www.cnn.com/studiotour)

**Fernbank Museum of Natural History**  
Imax Theatre: Coral Reef Adventure  
Call for pricing  
404.929.6300  
[www.fernbank.edu](http://www.fernbank.edu)

**Atlanta Botanical Garden**  
Big Bugs  
\$12.00  
404.876.5859  
[www.atlantabotanicalgarden.org](http://www.atlantabotanicalgarden.org)

**High Museum of Art Family Learning Gallery**  
ongoing  
Call for pricing  
404.733.HIGH /[www.high.org](http://www.high.org)



For more listings like these, check the bottoms of the "Time Tips" pages!



# I'M SPECIAL too !! SIBLINGS OF SPECIAL NEEDS CHILDREN

Being the sibling of a child with special needs may be challenging. With the support of a loving family, this experience can result in rich life lessons that serve children well. So take time to let your children know they are all special.

**Here are six tips to meeting the needs of siblings without disabilities:**

- **Make one-on-one time with the child without a disability a priority.** Siblings deserve time away so they can have your full attention. Such efforts may also help your child make it through those days when special needs demands more of your time and attention.
- **Encourage your child to express honest feelings about having a brother or sister with special needs.** Siblings may hold back emotions to avoid adding stress to the family, or because they feel guilty about having negative feelings. Let them know these feelings are normal.
- **If, despite your best efforts, your child still has a hard time coping with his/her role, seek professional help.** This can challenge even the most well adjusted child. It's OK, and sometimes necessary, to ask for help.
- **See your family's special challenges as a chance to model positive problem-solving behavior for your children.** Kids with brothers and sisters with special needs often display a maturity and sensitivity beyond their years, which can serve them well in other challenging situations.
- **Try hard to avoid using siblings as caregivers.** There are community agencies designed to help with these needs. Access them!



This is an abbreviation of the original article written by Judy Winter, author of [Breakthrough Parenting for Children with Special Needs: Raising the Bar of Expectations](#). For more information, visit [www.JudyWinter.com](http://www.JudyWinter.com) or write [jappwinter@aol.com](mailto:jappwinter@aol.com).



## WHEN SIBLINGS FEEL LEFT OUT

Living  
with Hemophilia

If hemophilia becomes the focus of your family, siblings may feel left out and even guilty that they are healthy. Remember to recognize the needs of all your children, including those not affected by hemophilia. Siblings may blame themselves for causing a bleed, but it's important to remind them that even if they did cause a bleed by playing too hard, they didn't cause the hemophilia.

**Possible sibling behaviors may include:**

- Minimizing their own needs to avoid bothering the family.
- Acting out for attention – negative attention can feel better than no attention at all!
- Unwillingness to participate in activities appropriate for them because their affected sibling cannot join in.

**Tips for recognizing the needs of the rest of your family:**

- Your expectations regarding their abilities, interests, and aptitude should be consistent for all your children. Feelings and accomplishments of siblings should be respected and praised.
- The way you discipline must be safe and appropriate. Avoid treating your child with hemophilia differently than you treat the others.
- Provide age-appropriate education about hemophilia to your non-affected children. If you have a daughter, when she is ready to understand, carefully explain about carrier risk and what testing is involved.

[Parents Empowering Parents](#) and [NHF's First Steps](#) are excellent resources for helping to understand the needs of your non-affected children.



# #1: Have a Picnic.

Make a date with your child to visit the local park and have a picnic!



There is a state park within an hour of just about every Georgia resident. Check out [www.gastateparks.org](http://www.gastateparks.org) for one near you!



Pack food items that don't melt or have to be kept cold or hot. Include favorites like sandwiches, chips, string cheese, fruit, nuts, cookies and water (sodas & juices attract ants!)



Bring games you can play as a family like Frisbee, hula-hoop, volleyball, soccer, baseball and relay races.

Don't forget the blanket, disposable paper products, trash bags, bug spray and sunscreen!



Center For Puppetry Arts/ Pinocchio/Call for pricing/ 404-873-3391 /www.puppet.org  
Horizon Theatre Company/The Bluest Eye/ Call for pricing/404.584.7450  
Atlanta Braves vs. St Louis Cardinals/Baseball/\$7-\$60/404.522.7630

# Our Time ON the Road



Clean up a local park or find other fun service projects at [HandsOnAtlanta.org](http://HandsOnAtlanta.org)

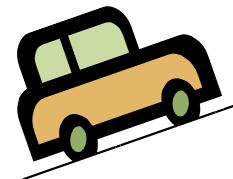


Send a letter to your favorite Wannaklot camper:  
1391 Keencheefoonee Rd.  
Rutledge, GA 30663

Find arts and craft stores and projects for kids and teens at [CraftPlace.org](http://CraftPlace.org)



Spruce up mundane Mondays by creating fun family holidays like Pajama Day or by observing unusual ones like National Singing Telegram Day on July 28th. Find more on [BrownieLocks.com](http://BrownieLocks.com).





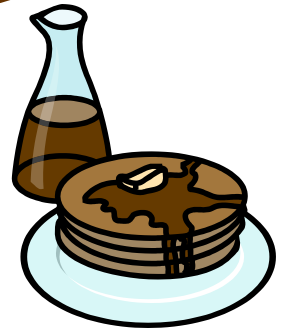
## #2: Wake up Early.

Get up 30 minutes early and savor the morning!

Use breakfast time to talk before the day gets hectic. Find out what they have planned for the day and encourage them to face it with their sunny sides up!

Plan for a pancake breakfast the night before. Before bed put dry ingredients & utensils on the counter: mixing bowl, measuring cup, spoon, spatula, skillet, shortening.

Let kids help you in the morning by mixing up all the ingredients in a bowl. Then use a measuring cup to pour batter in the shapes of letters and numbers  
 Note that spray butter is easier to use on letter pancakes and has less calories.  
 Heat syrup for 20 seconds and top those pancakes off right!



TIPS





# #3: Plan a Game Night.

Choose one night a week to break out the games!



Let your kids teach you games they enjoy—even video games. Remember this is your time to meet your kids at their level and show interest in them!



Be sure to provide plenty of snacks! Salty or sweet treats will do!



Include traditional games that will promote their social and educational development. This is a great way for you to take an active role in helping them to enhance their team building, reasoning, communication, and life skills!

Mad Whirled Family Entertainment Complex/Laser Tag /Tue, May 22 - Sun, Dec 30/Call for pricing/770-953-4040  
Georgia Aquarium/Ongoing/\$24.00/404-581-4000/ www.GeorgiaAquarium.org  
Black Arts Festival/Music, Theatre, Film, Dance & Events throughout Atlanta/July 20-29/ Call for pricing/www.nbaf.org



Time  
Tips

# #4: Do Good Together.

Get out with your kids and do something good!



Do good for the environment by starting a compost pile:

Your family can turn landscape refuse and garbage into gold by adding things like grass clippings, leaves, vegetable/fruit scraps, coffee grounds and filters to a compost pile. Visit [www.compostguide.com](http://www.compostguide.com) to learn how easy it can be!

Do good for the community by volunteering:

Volunteering together strengthens the family and contributes to a great community cause. Studies show that kids who volunteer are more likely to carry on the tradition. Check out [www.volunteermatch.org](http://www.volunteermatch.org) to find the right project for your



Do good for yourselves by getting some exercise:

Being active outdoors is a fun use of leisure time, and it does wonders for your physical, mental and spiritual health. Grab your walking shoes, bicycle, canoe, or swimsuit and enjoy some family time outdoors! Find a recreational center or park near you at [www.n-georgia.com](http://www.n-georgia.com).



Atlanta History Center/Benjamin Franklin "In Search of a Better World"/Call for pricing/404.814.4000/www.AtlantaHistoryCenter.com  
Zoo Atlanta/Singin' Summer Sleepover Night Crawler/Call for pricing/404.624.5600/www.ZooAtlanta.org  
Underground Atlanta/Underground Railroad Quilt Code Museum/Call for pricing/404-523-2311/www.Underground-Atlanta.com

Time  
Tips



# THINGS KIDS SHOULD KNOW

*HemophiliaGalaxy*

Common issues often surface for siblings dealing with the health concerns of a brother or sister. The table below lists some of the most commonly occurring issues for siblings of a child with hemophilia.

Sibling's Viewpoint	Effect on Sibling	Parenting Tips
<b>Why do you spend so much more time with him?</b>	Siblings might feel abandoned or neglected due to less individual time and attention from parents.	Organize short-term care in order to attend important sibling events. Sometimes put siblings' needs first and let them make decisions.
<b>Why him and not me?</b>	Siblings might feel jealous of their brother with hemophilia and feel left out because they are not "special" in the same way.	Encourage siblings to see each individual as a person with unique needs. Meet other families who have similar issues.
<b>Why can't I bring my friends home whenever I want?</b>	Siblings might feel isolated or believe that they have to make sacrifices because of their brother with hemophilia.	Talk over how to explain hemophilia to siblings' friends. Don't expect the child with hemophilia always to be included in sibling play.

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Camp Wannaklot, a week-long residential summer camp, is the only camp in Georgia that provides children who have hemophilia or other inherited bleeding disorders the opportunity to enjoy a traditional camp experience.

Camp Wannaklot offers educational, athletic, and recreational activities in a medically safe environment. Each year, campers make new friends, learn about their bleeding disorders, and share new experiences.

Hemophilia of Georgia partners with Camp Twin Lakes in Rutledge, Georgia to provide facilities, programming, personnel for specialized programming, and food service for our campers.



For more information:  
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