



Connections

Information + Support
Families of Children with Special Needs
Alleghany, Ashe, Avery, Mitchell, Watauga, Wilkes, & Yancey counties

Spring
2011

FAMILY SUPPORT NETWORK - HIGH COUNTRY

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An Affiliate of
Family Support Network-
North Carolina

With Support From

Appalachian State University
Children's Developmental Services
Agency—Blue Ridge
High Country & Mitchell United Way
Friends of Family Support
Network—High Country
Avery Partnership for Children
Mitchell-Yancey Partnership for
Children



A Family's Special Story



My husband and I already had a healthy girl who was 4 1/2 years old when we decided to try to have another child. After 3 unsuccessful years of trying to conceive, out of nowhere we got pregnant with our second child. Everything was going just fine with the pregnancy, so we decided to find out what the gender of the baby was through an ultrasound. My doctor was doing the ultrasound and seemed quiet and focused. She asked my husband to go out with my daughter and gave me the news that there were some concerns.

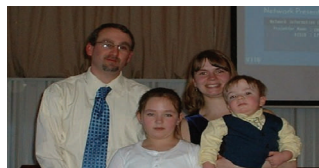
"Hydrocephalus" she said, and she could tell by the shape of the head and size of the ventricles; there were areas of fluid in the space. She also told us it was a BOY, and then referred us to a specialist in Charlotte, NC. The appointment in Charlotte was not as positive. It was confirmed we were carrying a boy, but not only did he have Hydrocephalus, but also Spina Bifida. The doctors felt he was healthy overall but would be paralyzed and not be able to walk. The extent of the birth defect seemed grim but uncertain.

Dillon Paul was born at Presbyterian Hospital in Charlotte, NC on December 20th. We were very concerned about the unknown but also excited for the life that had been added to our family. Dillon Paul was the biggest baby in the NICU at 6 lbs 3 oz. He did have a hole in his back and very little extra fluid on his brain. At two days old, he had his first surgery to close up his back. Then, the fluid on his brain went from a little to a lot! At 7 days old, Dillon Paul had his 2nd surgery to place a shunt to pump the extra fluid off his brain. At 9 days old, Dillon Paul came home.

Since then, he has learned to smile, roll over, sit up, crawl, walk and talk. He is so curious and full of life! As a stay at home mom with a baby who was born with a birth defect, I needed some support. Dillon Paul's service coordinator with CDSA introduced us to Kaaren Hayes at Parent to Parent Family Support Network-High County (FSN-HC). It was a great resource! I needed to know I was not alone and also some other resources to help us financially.

Four years later, I have kept in touch with Parent to Parent FSN-HC, gone to many family support meetings, trained to be a support parent, recently attended a conference and shared my story. Dillon Paul has had 8 surgeries and countless other tests, including MRI's and CAT scans. He is not paralyzed, but we would not love him any less if he were. It has not been an easy road, but with Parent to Parent FSN-HC alongside my family, it has not been a lonely road.

With Many Thanks,
Kristina
Ashe County



CONNECTIONS



We're on the Web and Facebook Check us out!
www.parent2parent.appstate.edu

Love and Logic Helpful hint...Guidelines for Giving Choices

- Only give choices that fit your value system
- Give 99% of your choices when things are going well
- Give choices before the child becomes resistant
- For each choice, give two options, each of which you like
- Use care not to disguise threats as choices
- Don't be afraid to say, "I usually give choices, but not this time."
- If your child does not choose within 10 seconds, choose for him or her

Area Support Groups: Contact Information

Ashe County Support Group: Norma Bouchard at 336/246-3222 or toll free: 866/812-3122 or bouchardnj@appstate.edu
Mitchell County Support Group: Teresa Emory at 866/448-5781 or emorytd@appstate.edu
Watauga County Support Group: Kaaren Hayes at 828/262-6089 or toll free: 866/812-3122 or hayeskl@appstate.edu
Wilkes County Support Group: Norma Bouchard at 336/838-0977ext. 212 or toll free: 866/812-3122 or bouchardnj@appstate.edu
Yancey County Support Group: Teresa Emory at 828/682-4772 or emorytd@appstate.edu

1st Annual 5K Run & 1 Mile Fun Walk/Roll A HUGE SUCCESS! Thank you everyone!

