

"Be OK with Blindness" Workshop:

2nd
Annual

A day-long program for parents and teachers of blind children and their blind/partially blind children of all ages.

The day long workshop offers hands-on tracks for all participants.

Parents of Blind Children and Educators

Morning Session

"What I Wish My Parents had Known": hear from a panel of successful blind adults about what they wish their parents had known everything from teaching skills to attitudes about blindness.

Cooking without Looking: learn how to work with your child on doing things nonvisually in the kitchen and around the house while gaining some nonvisual skills for yourself.

Lunch prepared by parents in the "Cooking without Looking" session.

Afternoon Session

Cane Travel: learn why using the long white cane is important and how to promote and encourage cane travel for your child.

Homework Struggles: learn how to help your child with homework.

Mentoring: learn how a mentoring relationship with a successful blind adult can have a positive impact on both you and your child.

Children (Birth to 8)

Lunch with parents - provided by "Cooking without Looking" session.

Childcare is provided. The children will have lots of fun while learning!

The theme is the "The Very Hungry Caterpillar."

Activities will be age appropriate and educational.

Youth (9-18)

Morning Session

Shopping: youth will learn from blind mentors/role models how to shop using alternative techniques. They will visit the local Wal Mart and will learn nonvisual shopping techniques. They will also learn how to navigate through the store independently, obtain appropriate assistance, manage their money, and comparison shop. Shopping trip will include a fun scavenger hunt of items to be used later in the day.

Lunch with parents - provided by "Cooking without Looking" session.

Afternoon session

Field day: with their blind mentors, participants will play lots of fun, active games such as jump rope, wheelbarrow race, 3-legged race, human knot, "Minute-to-win-it", etc.

Youth will make their own snacks and generate ideas on how to adapt other games at school and home to stay involved with their peers around them.