



## NEWSLETTER #1 August, 2007

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***"Find the bridges to the children that are already in place and connect these pathways with as many as possible. Uncover the places where there are no bridges and build them"***

### In This Issue:

1. "Almost there" ... less than a week away from the Gathering in Calgary.... Just what IS happening here?
2. Things to know if you are coming to join us!
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5. Sing to your child!! ... One proven way to eliminate an Autistic Behavior.
6. Comments/questions/suggestions and responses.

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### 1. Almost there... Just What IS Happening in Calgary?

Two weeks away and the excitement and energy is building with a tangible pulse growing by the hour! The hits on the website are now well over 100,000! The email enquiries, the incoming tides of phone calls, the registrations are now in full swing. The speakers have all given final confirmation of their travel arrangements. The post conference workshops are in place. The beautiful Conference Souvenir Program has gone to print. The Audio Visual operators are reviewing their upcoming work. The many, many volunteers are gearing up for the big weekend. There is still much to be done. Materials for the bookstore arrive daily. The logistics of this massive undertaking will need constant vigilance to ensure as enjoyable a time as possible for us all.

Television Interviews are scheduled. Public Presentations are also in line. We have been asked to prepare the DVD's in Spanish and possibly Dutch! Suddenly, after 8 months of preparation, we can almost safely say, "We have prepared this banquet for you all .... now we humbly and eagerly await your arrival"..... There is much for us all to learn.

Please forward this info to anyone you know who could be interested in this event or our goals. We are amazed at how many people still tell us they hadn't heard of this event and immediately resonate with it!

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## 2. Things to know if you are coming to join us.

--- **Please register early!** ... If you have pre-registered you will be able to avoid the lineups of registrations being taken at the door. If you are pre-registered, you could arrive early, claim your seat and relax or check out the bookstore or review the information package everyone will receive. Also registration will be available at the event site on Friday evening, just a few hours before the big day. If you haven't pre-registered, the next best thing would be to come down to the TELUS Convention Centre the previous night, register, familiarize yourself with the facility, parking, etc. and make the next morning a pleasant and simple proposition for yourself.

PLEASE NOTE : Even if you have or do pre-register, a trip to the Convention Centre on Friday evening would allow you to pick up your personal welcome package, including your name tag, and avoid any congestion the next morning as well as the other advantages outlined above.

--- **Understand that your opinions matter!**

This is not a conference where the teachers do all the teaching and the "humble students" do all the listening! The speakers' role, in this conference, is to stimulate YOU and allow YOUR ideas to be considered! Obviously up to 4000 people cannot all be heard in the timeframe we have. Therefore we have set things up as follows:

The Speakers do indeed have much to offer us all! However, each of you will be provided with a comment / question / suggestion sheet on which to write your thoughts and ideas down **As You Get Them**. If you wait until the end of the talk or until the break you will forget!

Remember, the person who gets the best idea or suggestion from the whole weekend may be YOU, so please submit everything you have written at the end of the conference. ALL comments and suggestions will be collated, responded to and published as appropriate. Some of the best ideas for helping the children have come from "everyday people" with insight or just plain common sense!

Please realize that this is a huge undertaking for us and may take time, but we will get our report to you ASAP!

-- **Conference Evaluation!**

I have never enjoyed standard conference evaluations as they are usually given to participants to fill out shortly before the conference actually ends, and I have to scramble to write something before I rush off to the airport. Therefore we have decided that we will send out a simple evaluation form to all about 2 weeks after the conference when you have had time to digest the experience properly. Just fill in the blanks and send it back. That's all we ask.

-- **Let's have the prime intention be of assisting one another.**

Remember, everyone attending the conference is there with the common goal of helping the children, and we all could use a little help at times. So, make the commitment to quietly look out for and offer assistance to each other when necessary at least a couple times a day while in Calgary. This group compassion will greatly contribute to the well-being of all of us and will set a standard for all other conferences and gatherings.

Also, while the "cleanup" crew is already provided by the TELUS Convention Centre, can we make an impression on them as to OUR integrity by leaving the facility as we found it? If you see any garbage please place it in the receptacles around the room. This behavior will certainly make this group the focus of much discussion in the community after you have returned home. Show them how to respect their environment!

-- Apart from the wealth of knowledge we all will gain ...[for those who are more committed to the importance of raising our personal and planetary vibration at this time on earth,....](#) please understand that this common objective for millions today is one which we have long ago set as a prime intent for our gathering. Please join in the energetic focus [starting now] for this manifestation, to the highest blessing, comfort and benefit of all in attendance.

-- [Come to have fun!](#) If we take it all too seriously we need to take a closer look at ourselves! Not that the "problems" we face aren't massive; however, we can celebrate in the certain knowledge that they are at worst temporary and soon will be history. So, please bring your smile and laughter and be prepared to show both frequently!

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### 3. Feature Interview: An Indigo Mom with a Gifted ADHD child

*This 29 year old single mother's story is indicative of thousands of others and needs to be shared, so they (moms and kids) can also "go public", network and support each other as advocates for change and acceptance. Mom is understandably cautious and does not want to be named at this time. She may change her mind at a later date, however, for now can be contacted through our site at: [info@buildingbridgesconference.com](mailto:info@buildingbridgesconference.com) with the subject line: Newsletter*

"Tell us about your son's challenges and how you both have coped?"

"My 6 year old son has been diagnosed with ADHD and severe Sensory Dysfunction. He has difficulty with sequences, impulse control and has excessive movement. I have successfully initiated the following system for him.

Step 1. Identify the problem behavior.

Step 2. Identify the desired behavior.

Step 3. Break that behavior down into its smallest components.

Step 4. Role play and practice what to expect, using only one or two word commands.

Step 5. Practice, Practice, Practice. This can be fun, using puppets, incentives and lots of praise.

With boundaries set and a clear path to practice, the inappropriate behavior dissipates. Commands such as "Walk Properly", "Get Dressed Properly", etc. have no frame of reference for him. Each request must be broken down into specific components. I kept him safe while I was reshaping him and I stopped putting him in threatening situations before he was ready. He can now, for example, choose his own clothing and dress himself and no longer becomes agitated when shopping. I also believe that helping around the house is essential for all children, if only to be aware of how much work it takes to maintain a home and the value in not creating a huge mess.

Please, do not take your child's behavior personally! She / he is not doing it to make you mad! Stop caring about what others think of your parenting skills when your child "misbehaves". Simply add the experience to the list of behaviors to be broken down and taught. Finally, get help. I truly believe that it takes a village to raise a child. Enjoy "silly time" for yourself. Laughter is still the best self medication."

#### "How can Society be better structured to assist?"

"Many providers are hampered by lack of resources, finance and knowledge. Too many physicians are content simply to label children, medicate them and walk away. Before medication is considered, all children should have a full medical workup. Toxicity levels should be determined for lead, mercury etc. Allergies, food sensitivities and intolerances should be identified. Vitamin deficiencies and other possible medical conditions should be evaluated. From there, the family structure and parenting skills should be evaluated. Coping skills can then be offered, including special needs therapies and schools. Only as a last resort should medication be considered as an option and, even then, be closely monitored.

I will NOT allow my son to be kicked out of the system. I will shadow him and teach him how to function when necessary. We will practice the steps and he will overcome every obstacle."

#### "What talents has your son demonstrated?"

"There are SO many! .. He picks up on my deepest thoughts. He can "see" my chords and will tell me to rest when he sees my energy chord is getting depleted. The other day he lectured me about the number of jobs I am doing and stated that my body was very unhappy about it! He said that it is imperative that I stop this behavior. He always has been very empathetic to other's feelings. At a very early age, if I was upset, he would cry and not stop until I was calm, forcing me to limit my contact with negative people or situations. His memory is amazing, as is his learning (non sequential) ability and he already handles Algebra effortlessly. Now he talks of "orb" children who talk with him. As a very young boy he complained of scary voices and noises at night. He is very loving and well adjusted to who he is now and is proud of his abilities and achievements."

#### "What about your own 'abilities'?"

"I have always had intuitive awareness; been able to read people's thoughts to some degree; know their true emotional state and intent, thus know when they are lying to me. Unfortunately, I did not always pay attention to what I "knew" and would have saved myself much anguish if I had. Now, if I still doubt my intuition I only have to ask for a sign and it manifests immediately. As a child I was troubled by my awareness of sounds, smells, noises and knowing that "other beings" were present. I still remember the day I asked these "gifts" to "Go Away" and they, for the most part, did. Later, after taking mental health studies, I was even more determined to ignore my intuitive gifts due to the parallels between them and schizophrenia symptoms.

I often foretold future events, from everyday stuff to warnings of avoidable impending accidents and of impending deaths in my family. This has saved my life on more than one occasion. When I was angry I would (and still can) blow out light bulbs. Often, as a hormonal teenager, I would cause all the lights in my bedroom to "blow"

and be left pouting in the dark! When stressed I still "freeze" computers and, if stressed in my car, it revs up to the max until I calm down! I once practiced and, while meditating, was able to leave my body, but it scared me so much I have never tried it again! I know that in an emergency situation I instinctively and clearly performed successful physical internal healing on a severely and critically injured highway accident victim. I intuitively know what is best for my son and consistently have been validated in my choices for his well-being.

I still have difficulty believing I am "Indigo" as that name does not resonate with me. If you can "shed light" on my story or would like my opinion on your situation please contact me through the website. I will consider all contacts that come from integrity."

*I hope that this young woman's honesty and courage will help so many others to create a world where their child is safe, and, where appropriate, realize that the "gifts" you thought were unique (both your child's and yours) are fast becoming the norm and should be applauded, protected and nourished.*

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#### 4. Editor's Comment ... "What about the Dads?"

Much attention is finally being given to the Children and gradually to the needs of their Mothers also. (See the article in the conference program) This is encouraging, although, as we know, there is so much more that needs to be addressed urgently. We will continue to focus on these needs. However, where do the Dads fit into the equation? Don't get me wrong. There are many loving, balanced husbands and fathers who are an integral and pivotal part of the fight for solutions for today's children.

My focus today is more on those men who struggle with the reality of their children's world and don't know how to apply themselves for the best.

Many mothers seem to be tuned in earlier than their partners to the needs and / or gifts of the children. However, they don't share their insights adequately with Dad and often don't discuss it at all. By the time they decide to try and educate Dad, the "gap" is already there and the male frequently feels distanced and somehow inadequate. Often men then resort to control techniques as they don't know what else to do. This, of course, just increases the distance between the "sides" and often separation and divorce ultimately results. This is often SO unnecessary.

Please, Ladies, let your husband in on your intuitive and intellectual insights about your children as early as you can. Tell them that your child's problems and gifts are now commonplace and there are many such children needing someone to fight for them. It's not, however, always a good thing to say, "Honey, our child just needs more understanding. She's actually from another planet, you know!!!".... Not too many men are "wired" to even remotely relate to this concept. In fact, many struggle with the whole concept of spirituality as it is commonly presented today. In a recent conversation I heard a lady state that she "can't wait for the day when peace prevails and the world is a place of blue skies and flowers!" Most guys want that for their kids too, however, there is a part of the adult male who knows he would be bored to tears in about an hour! Where are the challenges, the mountains to climb, the new lands to explore, the oceans to navigate? Any wonder they hold back just a little? They see themselves as the Warrior and, as the book "Wild At Heart" so clearly shows, we are offering them a heaven stereotype as Mr. Rogers! So let's have a

heaven that suits guys too, O.K.? How can you get them involved?

Tell them you need them to be the warrior again! That's right. Stir their blood! Tell them they don't have to get "all spiritual." Just agree that all children are special and some have different abilities, sensitivities and needs than others. That's a good starting point.

**Guys, It's Easy! ...** To be a super hero to your lady and your children, just pick a topic and fight for them!! It's that simple. Whether you win or not isn't the issue. It's the fact that **you are defending them and trying to make the world a better place for them** that is all important in their eyes.

So, if you know, for example, that the food in the vending machines in your kids school is totally unhealthy for them and the manufacturers and sometimes the school custodians, don't care, then, be a warrior again, lift the phone, call the school, complain loudly and often, refuse to just "go away". This Is Your Kids we're talking about! .... If you know that bullying is a problem in your kids' schools, lift the phone, refuse to "go away" until the school makes the unacceptable behavior "go away". ...The environment, ... the healthcare system, ...Autism, ...A.D.D, ...A.D.H.D, ...drugs, ...the education system, ...New Children, ...global warming, ...starving children, ...chemicals in food, ... polluted drinking water, ...species extinction, ...war, ...governments without integrity, ... the chances to be a hero to your loved ones are endless. From personal to global issues, it's a Smorg !!! Just pick one! If you don't know which one, shock your family, sit them down and ask them to tell you what they would like you to fight for. It only takes a phone call or two to really start making a difference. Your world doesn't have to be dedicated to "The Cause" ... just make noise in the right places regularly and you will be the difference your child needs.

Men sure Can and Will make a difference when their voices are again heard as the rightful protectors [NOT controllers] of their families and the world they will inherit. At least let them see you try! I promise you, your sons and daughters will tell EVERYONE how proud they are of their father. Your wife will be similarly impressed. I guarantee it!

So, Ladies, if you want the hero and modern warrior back in your world, tell him how to be that reality. Just tell him.... "Make Me Proud!"... I bet he will!

Spread the word!

Till Next Time,

**Hugh**

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## 5. Sing to your child! A proven strategy in eliminating an Autistic Behavior!

A few months ago I watched the Larry King Show, as the topic was Autism. It was good to see so many high profile Hollywood personalities discuss how dedicated they were to removing Autism from society and, in particular, their own children. The love, attention and therapy these kids received was proving highly successful for the most part, giving hope to many. I was and am truly happy for these families. However, the possibility of the average American /Canadian parent having the finances and the time to access those treatments is remote at best, and probably only adds to their feelings of inadequacy and guilt.

One of the "problems" discussed on Larry King was the "early warning symptom" of Autism, where the child withdraws almost all eye contact with the parent. About an hour later I was on the telephone to Sherry-Lou, mother of our poster boy Conference Child, Luke, discussing other matters when, "out of the blue" she tells me that one of the first signs she noticed with Luke was that he was withdrawing eye contact! "But I fixed that!" she said happily! I decided to shut up for once, not mention what I had just watched on Larry King, and just listen to Sherry Lou instead. "How did you do that?" I asked.

"I Sang To Him!!" she said. "Every time he looked away I would sing to him and he would slowly but surely bring his focus back to my eyes. Every Time!"

"We have the family video tapes to prove it!" she laughed. "Luke is my life, I have videotaped everything he does", she stated passionately.

So, while it may not be the answer for all children, it may be the answer for 5% or even 75% of them. It certainly isn't an expensive or a chemical intervention and surely is worth a shot. Even if it helps one more child it has been worth sending it out there. Please pass this info on to everyone you know so we can hear how the simple answers, provided by the wonderful parent(s) are often succeeding instinctively where expensive research and experiments have failed! If you are aware of other solutions that need to be presented to a wider audience, please contact us with the details.

Actually, the story of Luke and Sherry Lou is so beautiful I will ask her if I can share it in a later newsletter. It is truly inspirational and will help many other Mothers and Fathers to persist in their fight for their children.

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## 6. Comments/Questions/Suggestions and Responses

This section will be "live" in the next newsletter when we share feedback from the Building Bridges To The Children Conference in Calgary and from this newsletter.

Hoping to meet you in Calgary.

Many Blessings,

**Hugh**