

Sponsored Camp for Autistic Families at Hinchinbrook Farm on July 7, 8, & 9, 2017

652 Highway 325 Blockhouse, Nova Scotia B0J 1E0 - 902 624-0603
www.hinchinbrookfarm.com

To apply go to the web site and down load application

SENSORY INPUT ~ MOVEMENT ~ HORSES For 3 days

- 1) An autism friendly environment where children are allowed to choose activities guided by mentors who help keep it safe and child-led
- 2) Sensory experiences provided by activities and games. Toys and critters are designed to help easier processing.
- 3) Back riding or long lining with the horses or any rocking movement which produces the joyful hormone oxytocin and eliminates the melt-down hormone cortisol.
- 4) Movement Method of learning by doing (instead of teaching) while playing games and doing crafts.
- 5) Perception Taking – Theory of Mind games and discussions around the campfire, in the woods, on the trampoline or while riding.
- 6) Self-advocacy practice at all times with trained mentors so children can learn to speak up for themselves.

WHAT TO EXPECT AND WHAT TO BRING

- *Nutritious snacks and meals prepared on site with the families and staff. Any special diets require that the parents bring their own food.
- *Some Camping gear provided if necessary. Otherwise families are expected to bring their own tents sleeping gear and personal effects.
- *Use of screen devices is discouraged but understandably required at times for communication with staff on the property and the outside world.
- *Activities include water play, Springfree™ trampoline, painting or chalk art, memory and sensory games, climbing, swinging, music, crafts, bread making, horseback riding, goat herding, campfires and what ever the kids come up with.
- *Special Guest Chris Ulmer from Special Books by Special Kids will be visiting and taking interviews — see last year camp here: <http://atlantic.ctvnews.ca/video?clipId=908132>

Autism is not a Problem, it is an adventure

Hinchinbrook Farm programs are designed to work with a few autistic families at a time on a small 10 acre hobby farm on the South Shore of Nova Scotia in Lunenburg County. This sponsored camp is limited to three families. Go to the [Web page](#) to apply.

