



Child Neurology &
Consultants of Austin
Neurology ~ Rheumatology ~ Sleep

CN&CA SNIPPETS

CN&CA Updates and Helpful Health Tips



WELCOME!

Dear CN&CA Families,

Welcome to the first issue of **CN&CA Snippets!**

We made this newsletter to help us stay in touch with the families we care for. It's a quick and easy way to share health tips, news from our clinic, fun extras, and info about things coming up.

Whether your family visits us for neurology, rheumatology, or sleep care, we're glad you're part of the CN&CA family.

Thanks for letting us care for your child - we're excited to share this new way to stay connected

Warmly,
The CN&CA Team
Child Neurology & Consultants of Austin

NEWS AND UPDATES AT CN&CA

Sleep Center

THC Updates

New Check-in

Autism Workshop

Travel Tips

Epilepsy Support Groups

Summer Headache Tips

Family Survey





Did you know that CN&CA has an in-house pediatric sleep center?

Sleep problems are common in children with neurological or rheumatological conditions-and quality sleep is important for symptom management, development, and overall well-being. If your child struggles with sleep, don't wait to bring it up at your next visit. [Read blog here.](#)

TEXAS THC UPDATE - WHAT YOU NEED TO KNOW

This year, over 40 cannabis-related bills were proposed in Texas, but only two are still moving forward:

SB 3 – THC Ban

- This bill would ban all THC products not part of the state's medical cannabis program, including full-spectrum hemp and delta-8. It has passed both the Texas House and Senate and will likely become law soon.

SB 46 – Medical Program Expansion

- This bill would add new medical conditions and would approve cannabis use via patches, lotions, suppositories, inhalers, nebulizers, and some vaping devices.

We'll keep you updated. Let us know if you have questions!

Quick Update!

Our check-in, registration, and appointment reminders may look a little different right now. We really appreciate your patience as we work to make things smoother for families. Please complete all forms promptly. Links may expire, and incomplete steps can be easy to miss.

Thank you!





NEW AUTISM SUPPORT WORKSHOP FOR CN&CA FAMILIES: A PARTNERSHIP WITH VELA FAMILIES

Big News! Child Neurology & Consultants of Austin is teaming up with VELA Families to help support you from the very start of an autism diagnosis.

Starting this month, families who get a new diagnosis at our clinic will be signed up for a free online workshop called “Autism: How to Begin.” It’s a friendly, hands-on way to meet other parents, learn about autism, and find helpful tools and support.

If your child has been recently diagnosed with autism and you’re interested in attending, please reach out to your CN&CA care team for help with registration.

Travel Tips for Children with Autism

- **Prep Ahead:** Talk about the trip, show pictures, and go over the schedule. This reduces anxiety.
- **Choose the Right Stay:** Book quiet lodging and ask about accommodations.
- **Let Them Pack:** Bring favorite toys, books, or sensory items to help them feel secure.
- **Manage Sensory Needs:** Pack noise-canceling headphones, sunglasses, and other supports.
- **Have a Safety Plan:** Make sure your child has ID and talk through safety steps in case you get separated.
- **Encourage Good Behavior:** Use small rewards and stay patient.
- **Plan Supervision:** Create a rotation with family to ensure one-on-one care.
- **Stick to a Routine:** Include breaks and quiet time in your itinerary.
- **Bring Food:** Pack familiar snacks or meals if your child has dietary needs.
- **Get Moving Beforehand:** Encourage physical activity before travel to help them settle during the trip.



EPILEPSY SUPPORT GROUPS

The Epilepsy Foundation is now hosting a virtual Caregiver Support Group as well as an in-person Youth Support Group. The Youth Support Group will be held at our Central Austin location.

Caregiver Support Group

A virtual space for caregivers, partners, and loved ones of anyone living with epilepsy. This group offers a safe space to connect with others, share experiences, and build community with fellow caregivers walking a similar path.

Meets the first Thursday of the month

Youth Support Group

CNCA - Central Austin

7940 Shoal Creek Blvd Ste 100 AUSTIN, TX 78757

A peer group for children, teens, and young adults with epilepsy to connect in person. Participants should be comfortable engaging in group discussions. While caregivers are required to attend for youth under 18, the focus of these sessions is on **peer connection**.

Meets the last Thursday of the month

CLICK HERE TO SIGN UP FOR SUPPORT GROUP REMINDERS 

We'd love to hear from you!

Please take a minute to complete this brief survey so we can offer workshops and educational events that matter most to your family.



CLICK HERE 



5 HEALTHY HABITS TO HELP PREVENT HEADACHES THIS SUMMER

Summer is a time for fun, but the heat and schedule changes can lead to more headaches-especially for kids. Try these simple habits to help everyone feel their best:

- 1. Fuel Up:** With no school routine, it's easy to skip meals. Aim for three balanced meals a day, plus healthy snacks to keep energy (and moods!) steady.
- 2. Stay Hydrated:** The Texas heat is no joke! A good rule of thumb: drink about half your body weight in ounces of water each day.
- 3. Stick to a Sleep Routine:** Late nights are fun, but keeping a regular sleep schedule helps prevent headaches now and makes the back-to-school transition easier.
- 4. Get Moving:** Daily movement is key. Take a morning walk or cool off with water play - just get outside and get active.
- 5. Chill Out:** Don't let summer stress sneak in. Make time to rest, unwind, and enjoy what you love most.

