

FIRST WORDS

A First Steps Communications Tool for Families

Volume 8, Issue 3
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2009

Contact Information: 1-800-964-4746 ~ familynetw@abouthepecialkids.org

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Trainings on Article 7

From ASK

Article 7/Preparing your child's IEP

Saturday, May 9 – Martinsville

Tuesday, May 19 - Evansville

*Trainings are \$60 * Limited scholarships available. Questions: Email asktraining@abouthepecialkids.org
[Register](#)

From IN*SOURCE

El título: de presentación "Article 7 de conocimiento"

May 7, 2009, South Bend

Free - [Sign Up For This Class Now!](#)

Preparing for your special education case conference

May 04, 2009, Roselawn

Free – [Sign Up for This Class Now!](#)

May 14, 2009, Lowell

Free – [Sign Up For This Class Now!](#)

An Introduction to Special Education Rights & Responsibilities

May 16, 2009, Jeffersonville

Free - [Sign Up For This Class Now!](#)

A copy of Article 7 can be found at:

<http://www.doe.in.gov/exceptional/speced/laws.html>



Don't miss the last 2 free
Family to Family webinars!

Advocacy is Not a Bad Word

Presented by Katie Herron May 6th, 7-9 p.m.

<http://breeze.iu.edu/f2fadvocacy/>

&

Strengthening Your Relationships When You Have a Child with
Special Needs

Presented by Julie Ramisch May 13th, 7-9 p.m.

<http://breeze.iu.edu/f2ffamsup/>

Indiana's Medicaid Waiver Program

Presented by the Arc of Indiana

on



[Tune in!](#)



Regional Parent Resource (RPR) Trainings

May 5 – 6
Fort Wayne
[Register online](#)

June 10 - 11
Indianapolis
[Register online](#)

For information about regional parent resources, please visit
<http://www.insource.org!>



Family-to-Family (Free)

F2F Training Series: [Advocacy is Not a Bad Word: Developing Effective Parent-Provider Relationships Using Positive Advocacy](#) (click to register)

Presented by Katie Herron

May 6, 2009 – Webcast

<http://breeze.iu.edu/f2fadvocacy/>

F2F Training Series: [Strengthening Your Relationships When You Have a Child with Special Needs](#) (click to register)

Presented by Julie Ramisch, M.S.

May 13, 2009 – Webcast

<http://breeze.iu.edu/f2ffamsup/>

Other Trainings

Understanding Public Health Insurance for Children with Special Needs

Monday, May 18, Portage, IN

Cost: \$60 ** Limited scholarships available

Questions: Email

asktraining@abouthspecialkids.org

Register online at www.abouthspecialkids.org

See the Training Calendar in May 2009 newsletter: [Outreach Services for Deaf and Hard of Hearing Children](#)

For even more trainings, check out the [Early Childhood Meeting Place – Events Calendar!](#)



If you need financial support to attend a training or workshop, please learn more about the [Consumer Investment Fund](#) and the [Family Involvement Fund!](#)



Summer Activities Provide opportunities for your child to practice - practice - practice! Incorporate activities that will also help prepare your child for school.



take a bus ride and talk about bus rules



visit the local library and take home books about going to school and making new friends



take your child to visit his/her school and play on the school playground; invite a playmate, brothers or sisters; make this a regular or frequent activity to help your child become acquainted with the school grounds



make a calendar for August; draw a school bus on the day school starts and together, mark off the days



make buying school supplies and clothes an exciting event, a time to spend time with your child and to allow him/her to make as many choices as possible (colors, styles, etc.)



talk about the school supplies and ask how he/she might use the supplies



read together



if your child will be taking his/her lunch, go ahead and purchase the lunchbox and let your child practice making lunch, packing the lunchbox; make a lunch and take it on a picnic



talk about what makes a good lunch (vegetables, fruits, etc.); make a shopping list and go grocery shopping!



let your child practice carrying trays at a cafeteria or fast food restaurant; practice opening small milk or juice cartons/pouches, taking the paper off of the straws, and removing forks and spoons from the cellophane packets



let your child pick out a backpack now and practice carrying it; take it to the library to carry library books



Connecting Families



Join the Yahoo INF2F Listserv

Talk to other parents, share resources, ideas, and tips . . . provide support & encouragement . . . receive support and encouragement!!

To subscribe, send an email to INF2Fparents-subscribe@yahoogroups.com



Family Involvement Fund

If you would like to attend a training, online or in person, or would like to purchase a book or CD relevant to your child's disability, please read the NEW guidelines for the Family Involvement Fund (FIF) at www.inf2f.org and apply online!

There is separate funding within the FIF for parents invited to participate officially as a member on the LPCC, its committees and sponsored activities, transition local learning opportunities, or other requested committee participation.



Indiana Blogs & Forums

Autism Resources BlogSpot
<http://iidcautismresources.blogspot.com>

My Insource.org
<http://www.myinsource.org>

For Those Who Follow
<http://www.4thosewhofollow.blogspot.com/>

Indianapolis Special Needs Kids Examiner
<http://www.examiner.com/x-3598-Indianapolis-Special-Needs-Kids-Examiner>

Center for Disability Information & Referral (CeDir), Indiana Institute on Disability & Community
<http://cedir.blogspot.com/>



Resolve school differences with effective communication skills

Disagreements and conflict within special education are normal and inevitable - there will be conflicting interests, perspectives, positions, and views of the child. Most parents want what is "best" for their children while the school is required to provide "appropriate services." In addition, each person is a complex human being, and each school is part of a complex government agency. Effective communication can help bridge these gaps for the benefit of the child with a disability.

Parents are a child's best and longest lasting advocates. Parents with good communication skills can be even more effective advocates for their children.

Parents and school staff do not need to be friends, but it pays to build an effective working relationship. Unless a family moves or someone changes his or her job, parents and educators may be working with many of the same people for a number of years.

Parental approaches, attitudes, and responses are choices. For example, if there is a situation where parents could "take offense," they can choose to not be offended. While people can't control all the situations of life, they can control how they respond to those situations.



Communication is like a mobile - when one part moves, then the whole mobile must move. Likewise, when parents' approaches, attitudes, or responses change, the result may be a different and better outcome for their child.

Parents sometimes feel they are too shy, passive, aggressive, busy, anxious, uninformed, overly emotional, unorganized, intimidated, overwhelmed, distrustful, angry, protective, etc. Each person has a right to their feelings. But parents don't have to let their feelings control their behavior. They should ask these questions:

- ❖ Will my feelings, thoughts, opinions, and the way I express them help my child receive what he or she need?
- ❖ Am I being effective?
- ❖ Does this serve my cause or hurt it?
- ❖ If I put my child first and in the center of what I do, will I still want to behave like this?

First, gather information. Parents should learn all they can about special education and their child's disability. The more parents know, the more they can communicate as an equal partner. PACER Center and disability groups can help build a parent's knowledge base.

Second, think about communication skills. Call PACER to request a copy of "Working Together: A Parent's Guide to Parent and professional Communication Within Special Education." This booklet contains suggestions and techniques to help improve communication with school staff. Parents



Connecting Families

Parent Liaisons & Parent Mentors

1-800-964-4746 (for families outside Indianapolis/Para familias fuera del area de Indianapolis)

317-257-8683 (for families within the Indianapolis area/Para familias en el area de Indianapolis)

familynetw@abousspecialkids.org

F2F Website www.inf2f.org

Indiana F2F Listserv

inf2fparents_subscribe@yahoogroups.com

Family Involvement Fund

www.inf2f.org fif@indiana.edu

1-800-825-4733

"The difference between the right word and the almost right word is the difference between lightning and the lightning bug. ~Mark Twain~

Use Person-First Language!



might already use many of these suggestions and techniques, but others may be new ideas to consider. Parents can choose to do the best they can today, and then learn more skills to do an even better job tomorrow!

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Visit the Pacer Center at www.pacer.org for more information and resources.

Summer Resources!

[Summer's Coming: 5 Helpful Tips for Parents!](#)

Reading

Check out PBS Parents- [Tips for Summer Reading](#)
National Center for Learning Disabilities also has [Summer Reading Tips for Parents!](#)

Safety

Read: [How to protect babies and toddlers in the summer sun](#)

[Summer Safety Tips](#) from the American Academy of Pediatrics

[Consejos de Seguridad Para el Verano - Parte 1](#)

Camping

[Is Your Child Ready for Camp?](#)

[Indiana Summer Camps](#)

[Camp Listings 2009](#) – Indiana Department of Education
[Indiana Children's Deaf Camp](#) (July 5-10)



Newsletter by Cathy Beard, ECC, IIDC, IU-Bloomington.
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