



# Parent Partnerships

A Newsletter for Parents with Children who have Moderate to Severe Disabilities  
Educational Equity For All

January 2018

California Department of Education News



**California Assessment of Student Performance and Progress (CAASPP) System**

California Alternate Assessments (CAA)

[English–language Arts/Literacy, Mathematics, and Pilot Test for Science](#)



## 20 Things Every Parent of Kids with Special Needs Should Hear

By Dr. Darla Clayton, PsyD, [The Mobility Resource](#)

- 1) You are not alone.
- 2) You too deserve to be cared for.
- 3) You aren't perfect—and that's ok!
- 4) You are a superhero.
- 5) Therapy is play.
- 6) Play is therapy.
- 7) Make time to enjoy your kids
- 8) You will be obligated to make heart wrenching decisions.
- 9) You won't always get it right.
- 10) Forgive yourself.
- 11) Being a parent is hard. Being a parent to a child with extra needs is *extra* hard.
- 12) Parenting a child with extra needs is like a marathon.
- 13) Don't lose yourself.
- 14) Keep your sense of humor.
- 15) Celebrate the little things!
- 16) Don't let typical parents get you down.
- 17) Don't compare.
- 18) You don't have to be "THAT" parent.
- 19) Make time for your marriage.
- 20) Trust your instincts.

<https://www.abilities.com/community/parents-20things.html>

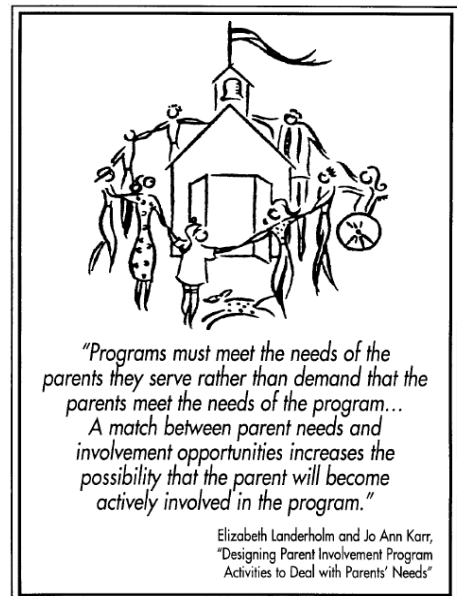


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**RESOURCE DIRECTORY AVAILABLE**

<https://www.parentingspecialneeds.org/>



*"Programs must meet the needs of the parents they serve rather than demand that the parents meet the needs of the program... A match between parent needs and involvement opportunities increases the possibility that the parent will become actively involved in the program."*

Elizabeth Landerholm and Jo Ann Karr,  
"Designing Parent Involvement Program Activities to Deal with Parents' Needs"

**EDUCATIONAL EQUITY FOR ALL**  
... Giving kids what they need to succeed

Tana Donaghy, President, Educational Equity For All  
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## Feature Idea of Month



## Positive Discipline

Creating Respectful Relationships in Homes and Schools

**52 Positive Discipline Tools to Improve your Parenting Skills**

<https://www.positivediscipline.com/products/positive-discipline-parenting-tool-cards>

## WEBSITES AND RESOURCES

<https://goo.gl/47BRvF>  
<http://supportforspecialneeds.com/>  
<http://www.family-friendly-fun.com/>

## GROW with Shield HealthCare

Many videos are available to support parents raising a child with special needs. They are free and can be viewed on your time.

[http://www.shieldhealthcare.com/community/category/grow/grow\\_videos/](http://www.shieldhealthcare.com/community/category/grow/grow_videos/)



<https://youtu.be/9eZLG6zrKTY>

Morgan's Wonderland in San Antonio, Texas is a special place for people with special needs. Debbye Turner Bell reports.

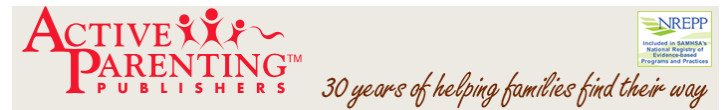
## MOVE<sup>®</sup> INTERNATIONAL

MOVE (Mobility Opportunities Via Education/Experience) is an activity-based program used in homes, schools, day programs and the community. Using a top-down approach, MOVE combines the individuals' present abilities with an instructional process during motivational activities to help the individual improve their mobility skills of sitting, standing, walking, and transitioning – leading to improved health, independence, dignity and inclusion of the individual in the family and community. **MOVE is a way of life!**

### OUTCOMES

- Increased choice making for individuals.
- Increased independence for individuals in moving about their environment.
- Reduced lifting on the part of family members and support providers.
- Promotes better health with increased upright positioning.
- Creates friendships.

<https://goo.gl/FVA2LK>



## Parents of Special-Needs Children Have Special Needs, Too. Here's How to Help.

by **Dr. Michael Popkin**  
 Founder and President, Active Parenting Publishers  
 Special-Needs Children

are best served when parents and other caregivers:



1. Avoid overcompensating by becoming permissive.

2. Show empathy, not pity or annoyance.

3. Provide respectful, non-violent discipline.

4. Help stimulate their independence and build on their strengths

5. Take care of themselves physically, mentally, and emotionally

6. Give lots of hugs and kisses.

<http://www.activeparenting.com/article-Dr-Popkin-on-parenting-children-with-special-needs>