



Parent Partnerships

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

June 2018

California Department of Education News



The **2018 California Superintendent of Public Instruction election** will be held on June 5, 2018. The officially nonpartisan position is elected via a nonpartisan primary election, with a runoff on November 6, 2018, which will only be held if no candidate receives a majority of the vote.

Summer Learning Tips for Compton Families



This video gives some great summer learning tips for parents across California. ‘

<https://goo.gl/p6WByo>



Plain Language Guides. Tailored to your family.

There are lots of services available to help children with disabilities and their families. But it can be hard to learn about the options and figure out how to apply.

Each Guide will walk you through these processes step-by-step, featuring:

- Key information from expert sources written in plain, easy to read wording
- A personalized checklist of action items, based on your answers to questions we ask at the beginning of the Guide
- Saved progress so you can come back to your Guide at any time, on any device
 - Autism Diagnosis
 - Special Education Services
 - Health Insurance
 - SSI Benefits
 - Transition to Adulthood
 - Employment

<https://exceptionallives.org/our-guides/>

Friendship Circle

82 Summer Activities for Families with Special Needs

Between June and September my kids have 82 days of summer vacation, and I've promised them something fun every single day. That means I need 82 fun summer activities for one child with a developmental disability and one child who refuses to participate in most activities.

Borrowing the weekday "Summer Schedule For Kids" at somewhatsimple.com, scouring the internet for more ideas and adding some of my own activities, here are 82 days of summer fun and learning:

- Safety Sunday
- Make Something Monday
- Time to Read Tuesday
- What's Cooking? Wednesday
- Thoughtful Thursday
- Somewhere Fun Friday
- Social Skills Saturday

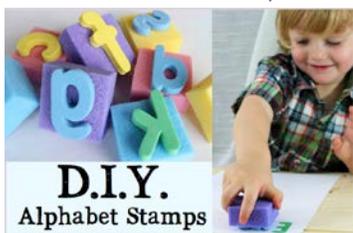
<https://goo.gl/c7U2fN>

Feature Idea of Month

<http://blog.maketaketeach.com/d-i-y-letter-stamps/>

MAKE, TAKE & TEACH

Hands-on activities for the primary classroom.



11 Tips for a Great Vacation With Your Special Needs Child; It Takes a Little Extra Work, But It's Worth It!

By Lisa Jo Rudy

What Special Needs Kids Need to Survive and Thrive

For many kids with special needs, structure and consistency are key for daily success. Perhaps just as important are accommodations, either formal or informal, that reduce sensory challenges, lower a few barriers, or simplify certain tasks. With structure, consistency, and accommodations in place, life is mostly manageable.

Here are some tips for making it work. Choose a vacation plan that you and your child can live with.

1. Keep it simple.
2. Leave your anxieties at home.
3. Have a comfortable place to retreat to.
4. Plan at least a few activities your child will love.
5. Bring along accommodations.
6. Always have a Plan B.
7. Be fair to one another.
8. Prepare your vacation-mates.
9. Be flexible.
10. Prepare your child with special needs.

Here are some tips for preparing your child for a vacation:

- Create a "social story" explaining where you're going and what you'll be doing. If possible, use real photographs of the people and places. Read it together early and often.
- Talk about your plans with your child, sharing and emphasizing the positive. Keep it as simple as necessary. For example, "when we get to the beach you'll get to splash me!"
- Consider using a reward system for great behavior. For example, "If you can sit with us at the restaurant until everyone is finished, you can watch an episode of your favorite TV show."
- Have a plan for each day, and go over the plan at breakfast. Use visual schedules to help your child make sense of and remember what you have in mind.

<https://goo.gl/qgPwDm>

WEBSITES AND RESOURCES

https://fcsn.org/camps/summer_planning.pdf

<https://goo.gl/uyQSdj>

<https://goo.gl/GpVuiU>

FREE Stuff for Kids with Disabilities (and/or Kids with Special Needs)

Free Passes

- National Park Service: free lifetime pass to US national parks and more. There are some requirements and stipulations, so read through the application – which is linked here.
- State Park Service: state parks have a disability discount – look up your state for more information and for the application. California's is linked here.
- Disney Disability Pass: this is changing as a result of the abuse, but it still helps families with a child with a disability or adults with disabilities. Check it out.

Transport

- Angel Flight: free air transportation for any legitimate, charitable, medically related need.
- First Hand Foundation: providing gas money, parking and transportation related to a child's care, vehicle medications, equipment and more.

Fun Stuff

- Challenge Air: A child with a disability can learn to fly a plane!
- Dream Factory: dream wishes fulfilled for kids of all different disabilities.
- Sunshine Foundation: dream wishes fulfilled for kids of all different disabilities.

<https://www.meriahnichols.com/free-stuff-kids-disabilities/>



10 Tips for De-Escalating a Child with Special Needs' Sensory Meltdowns

What's the difference between a meltdown and a tantrum?

A good place to start is by understanding the difference between a sensory meltdown and a tantrum.

Tantrums are behavioral outbursts which are a deliberate attempt to get something. Tantrums and meltdown are very different and cannot be handled in the same way. By simply dismissing a meltdown as a petulant child acting out, you can cause severe harm to a child with special needs.

1. Identify and remove sensory triggers
2. Try distracting your child
3. Make your child feel safe
4. Remove any dangerous objects
5. Invest in a good weighted blanket
6. Always carry a pair of noise-cancelling headphones
7. Put together an emergency meltdown kit
8. Stay calm
9. Watch what your child eats
10. Never act without explaining

<https://goo.gl/Yx1SOe>