



# Parent Partnerships

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

December 2018

## California Department of Education News



Resources in Special Education (RiSE) Library External link opens in new window or tab.

RiSE Library is located with Parents Helping Parents (PHP) of Santa

Clara, a Parent Training and Information Center (PTI), in an effort to enhance parent partnerships.

<https://www.php.com/public-specialty-library/>

## Download: IEP Goal Tracker

| Goal   | Present Level of Performance (PLOP)   | Benchmarks/ Small Steps   | Observations/ Questions for School   |
|--|---|---|--|
| Katie will increase her reading comprehension from 70% to 90% on late second-grade passages. | Recent measures show that Katie is able to read early second-grade passages at a rate of 40 words per minute, with 80% accuracy and 70% text comprehension. | After being taught new vocabulary, and with no more than two adult prompts while reading, Katie will correctly answer questions about late second-grade text. | <ul style="list-style-type: none"> <li>Why is Katie not able to remember the vocabulary words?</li> <li>What can I do at home to help her improve her vocabulary?</li> <li>Since she is in third grade, when will she be able to move to third-grade texts?</li> </ul> |

Your child's IEP includes annual goals. And while her school will keep you updated on progress, you may want to keep track on your own, too.

This IEP goal tracker can help you stay on top of your child's IEP goals, her present level of performance and the progress she's making. It can also help you keep track of questions or observations you might want to raise with the IEP team.

<https://www.understood.org/en/school-learning/special-services/ieps/download-iep-goal-tracker>



## Twelve Tips for Helping Individuals with Autism Have a Happy Holiday Season

1. Preparation is crucial for many individuals.
2. Decorations around the house may be disruptive for some.
3. If a person with autism has difficulty with change, you may want to gradually decorate the house.
4. If a person with autism begins to obsess about a particular gift or item they want, it may be helpful to be specific and direct about the number of times they can mention the gift.
5. Teach them how to leave a situation and/or how to access support when an event becomes overwhelming.
6. If you are traveling for the holidays, make sure you have their favorite foods, books or toys available.
7. Be prepared and stand firm.
8. Prepare a photo album in advance of the relatives and other guests who will be visiting during the holidays.
9. Practice opening gifts, taking turns and waiting for others, and giving gifts. Role play scenarios with your child in preparation for him/her getting a gift they do not want.
10. Prepare family members for strategies to use to minimize anxiety or behavioral incidents, and to enhance participation.
11. If the person with autism is on special diet, make sure there is food available that he/she can eat.
12. Above all, know your loved one with autism.

<http://www.autism-society.org/holiday-tips/>



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

## Feature Idea of Month



For the family member and caregivers who have no idea what to get the special needs child in their life this list which is grouped by age will meet so many different needs.

<https://goo.gl/Dvmvab>

## Autism and the Holidays: Sensory Overload

From last-minute shopping trips to holiday parties and family gatherings, the holiday season is often a stressful time for parents. But for children with autism spectrum disorder who rely on structure and routine, the hustle and bustle of the holidays can be extremely unsettling, according to experts from Bradley Hospital.

- If you will be visiting relatives or friends, let the child know in advance where you are going, who will be there when you arrive, what you will do when you are there and the time you plan to arrive and leave.
- Holiday shopping with a child who has autism spectrum disorder may present its own set of challenges, especially when the stores are crowded and noisy.
- Holiday decoration-s inside the house - including bright and blinking lights, wreaths, trees, candles and stacks of presents - could be areas of concern.
- Since the holidays are a time for the whole family to enjoy, it's important to make siblings aware of how stressful this season can be for their brother or sister with autism.

<https://www.bradleyhospital.org/autism-and-holidays-sensory-overload>



### 8 Social Stories for Christmas

<https://adayinourshoes.com/social-stories-christmas/>

by Positively Autism

- Christmas social story visit family
- Christmas social story visit Santa
- Christmas Social Story
- Christmas social story-Getting Presents

by Do2Learn

- Picture Cards for Christmas 2
- Picture Cards for Christmas (no words)

And Next Comes 1

Getting Dressed for Winter

## WEBSITES AND RESOURCES

<http://toosmall.org/mission>

<http://talkingisteaching.org/resources>

25 Amazing Gift Ideas for Teens and Adults with Autism or other Special Needs. <https://adayinourshoes.com/gifts-for-autistic-teenagers-adults-special-needs/>

## Making the Most of the Holidays for Your Family and Your Son/Daughter on the Autism Spectrum

While many happily anticipate the coming holiday season, families of sons/daughters on the autism spectrum also understand the special challenges that may occur when schedules are disrupted, and routines broken. Our hope is that by following these few helpful tips, families may lessen the stress and anxiety created by the holiday season and make it a more enjoyable experience for everyone involved.

1. You and your child can make a list of what he or she wants for the holiday.
2. Teaching your child how to use a break card or some other signal by modeling or directly teaching this approach in advance may help your child communicate the need to leave when situations become overwhelming.
3. Know your child and how much noise and activity they can tolerate.
4. If planning to attend a religious service, pre-exposure to the environment can be very beneficial for your child.
5. You might also choose to practice certain religious rituals throughout the holiday season.
6. Since holidays may place extra stress on a child, this may not be the time to introduce them to new demands.
7. Know how much noise and other sensory input they can take. Know their level of anxiety and the amount of preparation it may take. Know their fears and know those things that will make the season more enjoyable for them.
8. During dinner, it may be a challenge for your child to eat at the same table as the entire family.
9. If feasible, hire a respite provider or babysitter to be available during a section of the holidays so that other family members may be able to enjoy the day.
10. In preparation for the family holiday event, rehearse conversation topics in advance with your son/daughter.
11. Holiday shopping may be stressful for your child with ASD when stores are crowded and noisy.
12. Adults with an ASD may want to purchase gifts for family members, friends, and co-workers.
13. Parties are frequent during the holiday season and involve many social (and unwritten) rules.
14. Most important, remember to relax and not get unduly stressed.

<https://www.iidc.indiana.edu/pages/making-the-most-of-the-holidays-for-your-family-and-your-son-daughter>