



Parent Partnerships

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

February 2018

California Department of Education News



Training on Writing IEP Based on State Standards <https://goo.gl/xpW3pf>
Self-paced training materials, updated to the implementing regulations of IDEA, provides information on how to write IEPs with goals tied to standards, that are student focused, and measurable.

5 COPING SKILLS FOR PARENTS OF SPECIAL NEEDS KIDS

So what are some ways of coping?

1. Find respite services.
2. Take a break.
3. Utilize your support network.
4. Seek counseling.
5. Accept that some worrying is natural.

<https://koriathome.com/coping-as-a-special-needs-parent/>

4 Ways to Help Your Child Bond With Playmates Who Have Special Needs

It's not about pity or charity. When a child finds common ground with a peer who has special needs, the payoff is powerful—for both kids.

By Jana Banin from [Parents Magazine](#)

1. Talk About Differences
2. Approach the Parents
3. Emphasize Their Similarities
4. Remind Your Child He's a Pal—Not a Hero

<https://www.parents.com/kids/development/friends/ways-to-help-your-child-bond-with-playmates-who-have-special-needs/>

Why every IEP needs a Vision Statement {+ how to create one, free workbook!}

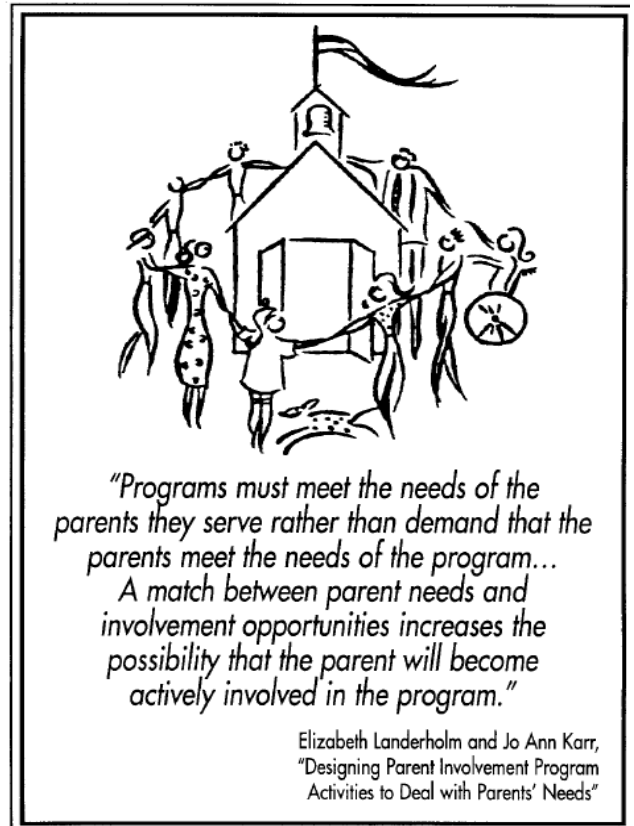
January 12, 2018 by Lisa

The Vision Statement is the big picture. It's what we all want out of life, but we're just going to write it for our child. It's what we want for all of our children.

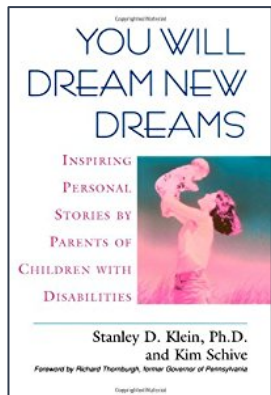
Think of phrases like:

- o obtain meaningful employment
- o contribute to society
- o volunteer in the community
- o take part in meaningful social activities
- o opportunities for personal growth
- o opportunity to develop meaningful friendships
- o pursue post-secondary educational opportunities

<https://adayinourshoes.com/iep-vision-statement/>



Feature Idea of Month



You Will Dream New Dreams: Inspiring Personal Stories by Parents of Children With Disabilities

by Kim Schive and Stanley D. Klein

This book hosts a series of heartfelt and moving stories and essays collected from parents of children who have special needs.

9 tips to help your child with autism sleep better
More than 50% of children with autism struggle with sleep disturbances of some kind.

And since sleep deprivation can lead to learning problems, hyperactivity, inability to concentrate, and aggressive behavior, it can feel like a cruel joke that children with autism tend to struggle with falling asleep – and staying asleep – and that they typically sleep LESS than their neurotypical peers.

1. Make sleep a priority
2. Be consistent
3. Get regular exercise
4. Adjust your child's diet
5. Set the stage
6. Establish a good sleep routine
7. Remove sensory distractions
8. Use sleep tools
9. Get help

<https://www.merakilane.com/9-tips-autism-sleep-get-child-autism-sleep/>

4 Tax Breaks for Parents of Children With Special Needs **TINA OREM**

Exemptions, deductions and other breaks can lower your tax bill.

1. Dependency exemption
2. Medical expense deduction
3. A 529A account
4. Child and dependent care credit

<https://goo.gl/7mTN5E>

Raising an
Extraordinary
Person

Complete Life Planner for
Special Needs Parents – 2018
<https://goo.gl/jidjro>

This complete **planner for special needs parents** package has everything you need to keep organized and on schedule as a busy parent to a special needs child. When your child has appointments, therapies, and medications there are often things to remember that a traditional planner doesn't cover. Everything in this printable package will have you and your children covered.

WEBSITES AND RESOURCES

<https://goo.gl/mp586R>

<http://www.reifpsychservices.com/unforgivable-thoughts-special-needs-parents-have/>

<https://www.cafepress.com/theparentside>

Share Your Know-How As Parents of Special Needs Kids

[Support for Families of Children with Disabilities](#)

If you are a parent/guardian of a child with a disability, special health care need, and/or a child with an IEP, and you have great communication and organizational skills, we are looking for peer advisors to monolingual Spanish and Cantonese families. Come share your experience and expertise with families just like you accessing services, education and health care in the Bay Area.

The Family Resource Specialist provides families of children with disabilities or special health care needs information, education and peer support on a phone line, at the drop-in center and in the community. Family Resource Specialist staff also provides professionals with information.

<https://www.volunteermatch.org/search/opp2836912.jsp>

HUMOR, PARENTING

20 Alternative Date Night Ideas for Parents of Children with Special Needs

So, you don't get out much.

Still, you know that it's important to keep your relationship strong. Modeling love and friendship and enjoyment of one another is essential to helping your child form healthy relationships one day. Becoming platonic co-caretakers isn't good for your marriage or for your stress level. Neither is never getting a moment to yourselves.

Which of these enchanted evenings would you pick?

1. Go to a fancy hotel and have a nice nap.
2. Go to the library and read research on your child's disability to each other.
3. TP a child study team member's house.
4. Do a scavenger hunt going from store to store looking for that one oddball thing your child is obsessed with.
5. Enjoy a meal without constantly having to beg a child to eat or criticize a child's table manners.
6. Go to a class together to learn how to fold old IEPs into origami.
7. Go to a movie and ... have a nice nap.
8. Take dance lessons so you have something to distract and make your child laugh with when a meltdown's coming on.

Read the rest at:

<http://www.friendshipcircle.org/blog/2017/02/14/20-date-night-ideas-parents-children-special-needs/>