



# Parent Partnerships

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

September 2019

## California Department of Education News



A Message to California Parents  
We have gathered here some information that can help you support your child's education. That includes finding care for

our youngest learners, determining how well a particular school performs, and learning about the standards we have set for what a student should know and be able to do to be ready to graduate and succeed in life.

<https://www.cde.ca.gov/re/di/po/parents.asp>

## HOW DO ROUTINES FOR SPECIAL NEEDS CHILDREN HELP?

### Creating Stability

The most important thing about routines for special needs children is that it helps them to build confidence in themselves.

When a child has an established schedule to follow and knows what is expected from them, and how long they have to get the job done, it will help them to manage their time and behaviour better. Your child thrives on pleasing you, and will hard to do so.

You can break your Childs daily schedule into smaller, more manageable "mini-routines" such as - morning, after school, dinner, and before bed time. In between these times you can schedule family time, house work, sports events etc. Plan your week ahead of time and include appointments and other activities that don't interfere with your day. When you have a schedule that works, it not only benefits the child, but the family as a whole, for there is less stress and everyone is prepared.

Here is a list of some daily routines and how your special needs child can benefit from them: Morning Time, After school Time, Dinner Time, Bedtime Time.

<https://www.the-special-needs-child.com/Routines.html>



## Nutrition Tips for Children with Special Needs

Special needs children oftentimes have problems eating, as behavioral issues can make them forgetful, picky, and flat out unwilling to eat – either the proper food or any food at all. Here are some essential tips for ensuring your child's nutritional needs are met.

- Set family meal guidelines
- Get creative to incorporate good nutrition
- Meal plan for their time away from home
- Know that supplements aren't "cheating"

<https://t.ly/Rp3Mq>



*"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"

## Feature Idea of Month



Parents and Families of  
Students With Special  
Needs: Collaborating Across  
the Age Span 1e Edition

by Vicki A. McGinley, Melina  
Alexander

### Consistency Between the Classroom and Home

Here are some practical guidelines for promoting continuity between the classroom and the home.

#### **Communicate Regularly**

The key to any relationship is open communication, and this rule applies to the parent-teacher relationship. Whatever system you use—progress reports, phone calls, emails or behavior and work journals—you should be communicating often.

#### **Keep Goals in Mind**

IEP goals should always serve as the guideline for learning at home and at school.

#### **Be Prepared for Homework**

Homework, when properly used, can be a valuable tool to promote learning outside of the classroom.

#### **Watch for Teachable Moments**

Remember that learning isn't just about "The Three R's: Reading, wRiting, aRithmetic." Human beings are constantly learning and adapting.

#### **Most Importantly, Make Education a Priority**

This may seem like a no-brainer, but it is extremely important to show students that their education matters.

<https://t.ly/gz808>

### Creating a Home Where Your Child Can Thrive with a Disability

Home modifications can help you make your home into a place where your child is safe, comfortable and thriving. At HomeCity, we want to help you with the process of modifying your home. Here are some tips to make it a little easier.

This website provides a variety of modifications that can be done for different disabilities. It also includes financial resources to help augment the cost of these modifications.

- How to Modify a Home While Staying in Budget
- Where to Get Financial Help

<https://t.ly/1nZvB>

## WEBSITES AND RESOURCES

<https://www.pacer.org/about/howpacerhelps.asp>

<https://t.ly/xjBKw>

<http://www.eparent.com/>

### Children with Special Needs: Why Sleep Is So Important (and how to get more of it)

As if parenting a child with special needs weren't difficult enough—children with special needs often experience sleep difficulties. Down syndrome, autism and ADHD, and other conditions are associated with a higher risk of certain sleep disorders, and some medications prescribed for special needs conditions can cause problems with sleep.

Children who experience sleep problems often have difficulty with fatigue, daytime sleepiness, impaired concentration and performance, and exacerbation of symptoms. Consider how your family can meet the needs of your special needs student by focusing on healthy sleep habits.

Improving sleep habits should be the first step to address sleep difficulties for children with special needs.

- Maintain a regular bedtime routine. Have children go to bed at the same time every night and wake up at the same time each morning, even on weekends and vacation. Go through the same steps before bed each night, such as brushing teeth, reading a book and giving a hug before turning off the light. Keeping the same routine night after night will help train your child's brain to trigger feelings of sleepiness.
- Create a sleepy bedroom environment. Your child's bedroom should be relaxing and an ideal environment for sleeping. It should be quiet, dark and cool. Make sure you're choosing an appropriate mattress, bedding, and sleepwear. Keep in mind that children with special needs may require low profile beds, bed rails, weighted blankets or no-frills bedding helpful for sensory sensitivities.
- Avoid food that can interfere with sleep. Heavy meals, sugar, and caffeine can keep kids up at night and decrease the quality of sleep. These items should be avoided, especially in the hours right before bed.
- Limit screen time. Do not allow children to use screens in bed, and cut off screen time at least an hour before bedtime. The light from screens can confuse your child's brain and make it think it's daytime and time to be awake and alert even when it's time to go to bed.
- Practice relaxation techniques. Try listening to soft music, reading, and meditation. Breathing exercises can also be helpful.

<https://homeeducator.com/sleep-special-needs-children/>