



# 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



California Superintendent of Public Instruction election, 2018

Tony Thurmond and Marshall Tuck are running in the general election for

California Superintendent of Public Instruction on **November 6, 2018.**

## How to Discipline a Special Needs Child (When He Doesn't Understand)

Discipline Strategies for Special Needs Children:

1. Praise good behaviors, ignore bad behaviors (if possible).
2. If possible, determine the underlying cause for the behaviors and address it.
3. Avoid punishments. Research supports that positive discipline and behavior management are more effective than corporal punishment.
4. Model appropriate behaviors yourself.
5. Give countdowns. It can be hard to suddenly stop a fun activity.
6. If you're having trouble, give choices.
7. Consequences should be related to the behavior.
8. Consistency, consistency, consistency.

<https://goo.gl/b7uRA8>

## Legal Guardianship and your Adult Child with Disabilities~what parents need to know.

- Types of guardianship
- How to assess if guardianship is necessary
- Special needs trusts
- Repercussions of not having a guardianship

This is not intended to be legal advice, merely helpful, anecdotal advice to give parents a starting point when thinking about guardianship for their adult child with special needs.

<https://goo.gl/HPcLYX>



## Free Sensory Processing Disorder Information Booklet

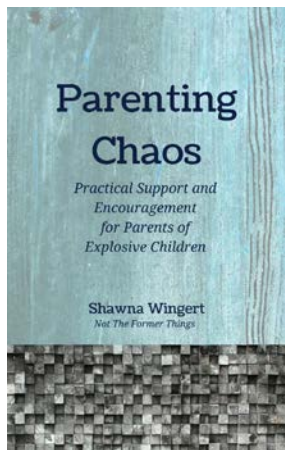
This free Sensory Processing Disorder Information packet is a printable booklet of SPD info that can be passed on to parents, teachers, and anyone who works with kids with SPD.

When you sign up to get the printable booklet, you will also receive a small series of emails with information related to Sensory Processing Disorder, including another free printable.

<https://goo.gl/GryxhU>



## Feature Idea of Month



Just because we don't often publicly discuss the really hard things, doesn't mean they aren't happening.

Throughout this book, Shawna shares the realities associated with mothering an explosive child. It includes an in-depth look at her approach, day-to-day failures, successes and progress.

## WEBSITES AND RESOURCES

<https://pcwsn.com/>  
<https://goo.gl/UNcTRD>  
<https://goo.gl/2DA6sH>

### 5 Tips To Optimize Your Language When Communicating With Your ASD Child

1. Talk More Slowly
2. Mirror Their Language
3. Use Exaggerated Facial Expressions
4. Exaggerate Your Body Language and Gestures
5. Choose The Right Channel

<https://goo.gl/fthV21>

## 10 Tips for Parenting Children With Special Needs

1. Be a "professional" patient.
2. Be a "professional" patient.
3. Be an expert.
4. Be your child's best advocate.
5. Let the doctor be the doctor.
6. Don't let your child's needs isolate you.
7. Find support groups.
8. Allow yourself to recuperate.
9. Appreciate that things improve with time.
10. Learn how to be a parent, not just a caregiver.

<https://www.parentmap.com/article/top-tips-parenting-special-needs>

## 60 Life Skills to Teach Your Child with Special Needs

Potty train	Wash hands	Brush hair
Pick out clothes	Dress self	Button clothes
Shower self	Brush teeth	Wash face
Choose healthy food/snacks	Prepare snacks for self	Prepare lunch for self
Prepare breakfast for self	Prepare food for others and self	Heat up food in microwave
Put food away in proper place	Clean off table after meal	Put dishes in sink
Load dishwasher	Unload dishwasher	Put on shoes
Tie shoes	Take trash out of their bathroom	Wipe down bathroom sink
Wipe down toilet	Wipe down mirror	Clean up toys and put in toy bin
Put away pencils and notebooks after school	Ride a bike	Bike and Scooter Safety (Wear Helmet)
Take a walk – learn street safety	Mail a letter	Retrieve mail out of mailbox
Vacuum	Sweep	Spray mop
Dry mop	Answer the phone	Dial the phone
Memorize phone number	Memorize address	Learn how to count money
Purchase items at a store	Shop for groceries	Order food at restaurant
Use a computer	Type an e-mail	Use a TV (remote)
Pour liquid into a glass	Learning to read an indoor/outdoor thermometer	Dressing appropriately to the temperature
Water Safety	Learn to swim	Make Bed
Change Sheets	Learn to Use Washer & Dryer	Dust furniture
Wipe Walls & Railings in Home	Read Street Signs	Read a Map

## Emergencies and the Special Needs Child: 10 Important Tips from a 911 Dispatcher

- 1.) Lean towards a landline
- 2.) Register for Smart911
- 3.) Make a medical list
- 4.) Keep local responders in the loop
- 5.) Register their fingerprints
- 6.) Check into a wearable GPS system
- 7.) Attach your phone number
- 8.) Point out the good guys
- 9.) Consider a medical I.D. bracelet
- 10.) Proactive photo-ops

<https://pcwsn.com/911tipslisagreyl>



<https://veryspecialtales.com/prevent-autistic-child-wandering/>

Our 60 life skills for special needs kids list is now available as a free downloadable checklist! Plus get access to all of our special needs printables - including our customized chores charts, habits, picture schedules. <https://goo.gl/AS4TBR>