



Parent Partnerships

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

December 2015

Common Core News



CALIFORNIA'S NEW STATE STANDARDS: THE FUTURE BELONGS TO YOUR CHILD

We don't know what the jobs of tomorrow will be, but we do know our future depends on a strong workforce — and today's schools must prepare our kids to be part of it. California is updating the way we prepare students for the future. With the implementation of new standards for all students, called **Common Core State Standards**, learning in the classroom will look different for your child.

Learn More About Common Core: Download Our Informational Fliers

ENGLISH SPANISH ARABIC CHINESE
TAGALOG VIETNAMESE

<http://capta.org/focus-areas/education/common-core/>



Christmas and Winter Holiday Activities

"Getting Presents at Christmas" Social Skill Story

This story targets the skills of: putting presents under the tree, waiting to open presents, saying "thank you," only opening the presents that are yours, and how to tell if a present is yours.

Available formats: [PDF](#)

"What to Expect at Christmas" Social Skill Story

This story covers Christmas traditions including decorating the house and tree, hanging stockings, leaving cookies for Santa, opening presents going to church, and having Christmas dinner. This story you can customize; you can write or type in your family's own plans.

Available formats: [PDF \(Can't edit, just view on computer or print\)](#) [Microsoft PowerPoint \(Can edit\)](#)

http://www.positivelyautism.com/free/unit_christmas.html



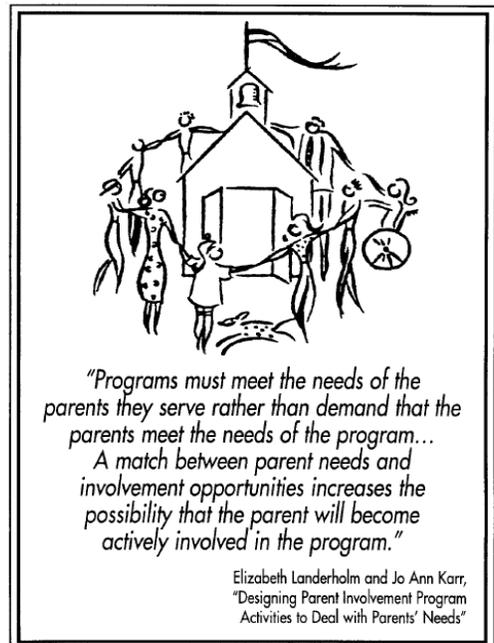
INDIANA UNIVERSITY BLOOMINGTON

Indiana Resource Center for Autism

The Autism House: Visual Supports for the Home

The Autism House: Visual Supports for the Home is a resource for families or anyone who lives with someone on the autism spectrum. This simulated house features a living room, bedroom, dining room/homework area, kitchen, bathroom, and outdoor area set up with visual supports to aid individuals on the autism spectrum as they go about their daily routines at home. Helpful information from a variety of sources are available. Click on the link below for a detailed video tour of the house.

<http://www.iidc.indiana.edu/pages/autism-house>



Feature Idea of Month



auditory ▶ creativity ▶ fine motor ▶ gross motor ▶ language ▶

self esteem ▶ social skills ▶ tactile ▶ thinking ▶ visual ▶

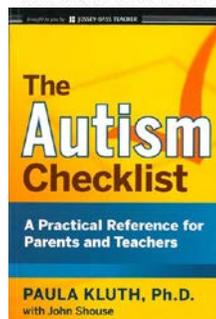
<http://www.toysrus.com/category/index.jsp?categoryId=2257808&sr=1&oriekw=differently%20abled>

13 Holiday Survival Tips For Your Child With Special Needs

While most children live for the holiday season, it can be an extremely stressful time of year for children with autism and other forms of learning disability.

1. Reduce The Stress
2. Ask For Help
3. Wrap Up Familiar Toys
4. Give Your Child A Job And A Schedule
5. Manage New Smells
6. Work On Gift Giving
7. Reserve Some Special Time For Your Child
8. Create A Weekly Calendar
9. Prepare Your Family
10. Prepare A Bag Of Activities
11. Prepare With Pictures
12. Create an Alternative Experience
13. Easy To Open Presents

<http://www.friendshipcircle.org/blog/2012/12/12/13-holiday-survival-tips-for-your-child-with-special-needs/>



The Autism Checklist:
A Practical Reference for Parents
and Teachers

The newest edition to the Jossey-Bass Checklist series, this useful, accessible guide offers teachers and parents a better

easy-to-read checklist format, the book is filled with up-to-date research, practical advice, and helpful resources on a wide range of topics.

The book covers five areas: basic information on autism, checklists for parents, checklists for teachers, effective support strategies, and helpful resources.

WEBSITES AND RESOURCES

http://www.abilitypath.org/tools-resources/links--resources/abilitypath_holidaysurvivalguideforparentswithspecialneeds_2010.pdf

Helpful%20Holiday%20Tips%20for%20Parents%20of%20Children%20with%20Autism(1).pdf

http://www.kencrest.org/blog/category/marketing/family-stories/?gclid=Cj0KEQiA96CyBRDk5qOtp5vz8LkBEiQA6wx8MMpiEMyKYl2aJsSxO9x5IVUCcpebfbfioj_x2pNv0f0aAu_a8P8HAQ



Coping With Holiday Hustle and Bustle

Families can better cope with the hustle and bustle of the holidays by following a few simple tips.

Keep routines as normal as possible and concentrate on important activities to reduce holiday stress. Routines are important for children, so try to maintain normal meal and **bedtime** schedules even during holiday vacations, Children may feel upset, grouchy or anxious during this busy time. Don't expect **children** to always be happy and appreciative. Having a quiet time is also a good idea during the holidays. Play soft music, read stories or take a stroll to bring down your child's **activity level**. Setting a "whisper hour," a time when everyone in the house must whisper, is a way to reduce noise and add mystery to the season.

Here are some additional ways to **deal** with holiday stress:

- Concentrate on people instead of objects. For example, it's more important to have fun making cookies than to have beautiful cookies.
- **Prepare** children for holiday visits by sharing photos of family members. Discuss who the people are and who the children will see.
- Plan celebrations during children's best coping time of the day.
- Touch people. A loving touch can have the opposite effect of stress because it calms people both physically and emotionally.
- Limit sugar, salt, caffeine during holiday **meals and snacks**. They may result in the same symptoms as stress.
- Have children help prepare for celebrations by setting the table, cutting out cookies, picking up toys, and designing and coloring placemats.

By letting children be part of the festivities, the family emphasizes shared joys and responsibilities during their holiday celebration.

<http://www.preschooleducation.com/art43.shtml>

8 Tips to Help Ensure Happy Holidays for Families with Children with Disabilities -

www.livingwellwithadisability.org/2012/12/8-tips-to-help-ensure-happy-holidays-for-families-with-children-with-disabilities/