



# Parent Partnerships

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

October 2019

## California Department of Education News



State Superintendent of Public Instruction (SSPI) Tom Torlakson has initiated the Team California for Healthy Kids (TCHK) to promote healthy eating and physical activity throughout the day,

every day, in schools, before and after school agencies, early childhood programs, and communities. The campaign will focus on making healthy choices the easy choices.  
<https://www.cde.ca.gov/eo/in/tchk.asp>

### 5 Ways to Develop Your Child's Organizational Skills

Incorporate fun activities into your child's daily routine to teach important lessons on organization.

Instilling a sense of order in your young child may sound like a difficult task. Here are five at-home activities you can try with your child:

1. Introduce checklists.
2. Assign chores that involve sorting or categorizing.
3. Buy your child a planner.
4. Establish a homework routine.
5. Cultivate an interest in collecting.

<https://t.ly/pKDw9>

### The Important Role of Parents in Special Education

The most important thing parents can do is ensure they are involved with and take an active role as a member of the Individual Education Program (IEP) team that determines a student's path.

- Parents May Underestimate Their Importance to the IEP Team
- Parents Provide Critical Input
- Parents Work More Closely With Their Children Than Other Adults Can
- The Role of the Parent on the IEP Team
- Parents Provide Comprehensive Insight for Transition Meetings
- Parents Are the Best Advocates for Their Child

<https://t.ly/Pb7R8>



Speaking of IEPs...Two Modules from the IRIS Center

Our September issue of the Buzz from the Hub focuses on the variety of IEP resources that CPIR offers. In tandem with the Buzz, we are pleased to also spotlight two training modules from the IRIS Center on developing high-quality IEPs. The first is intended for IEP team members to use. (It's also excellent to use in staff development and training.) The second online module is primarily designed for administrators and offers guidance on supporting the development and implementation of high-quality IEPs.

Both modules explicitly address the higher standard set for FAPE in the March 2019 Supreme Court ruling in Endrew F. v. Douglas County School District. Access both modules here.

<https://www.parentcenterhub.org/>



*"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"

EDUCATIONAL  
EQUITY FOR ALL  
... Giving kids what they need to succeed

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## Feature Idea of Month



<https://t.ly/qqkk3>



### Special Needs Parenting: 12 Tips For Managing Challenging Behavior

Managing behavior that is challenging can be very stressful for parents of children and adults with special needs. But it's important to see it as a form of communication.

While there is no one-size-fits-all solution, they may give you some ideas to try ... but remember to be consistent before you say, 'this doesn't work for me!'

1. Keep A Journal
2. Use A Break Card
3. Exercise As An Outlet
4. Be Calm But Assertive
5. Lower The Volume
6. A Good Night's Sleep
7. Encourage Friendships
8. Independence Helps
9. Monitor Medications
10. Remove All Distractions
11. Early Intervention
12. Take Care Of Yourself

<https://t.ly/JJBm5>

### Strategies For Parents Of Children With Special Needs

By [Alison Gilbert](#)

Raising children can be difficult in some very unexpected ways. Parenting a child with special needs can create some unique and especially daunting challenges. Even when parents identify difficult behaviors and enlist targeted interventions, dealing effectively with day-to-day parenting stress is not a given.

- Stay positive
- Use humor
- Problem solve
- Use social supports
- Treat anxiety and depression

<https://t.ly/RXrwO>

## WEBSITES AND RESOURCES

<https://t.ly/6gnnx>  
<https://taskca.org/>  
<http://trace.wisc.edu/>



Free Personal Hygiene Resources!

- Free Washing My Hands Visual Sequencing Cards by Learning for a Purpose at Teachers Pay Teachers
  - Personal Hygiene and Teenagers with Autism Spectrum Disorder by raisingchildren.net.au
  - galleonsupplies.co.uk
  - Personal Hygiene Teaching Resources for Special Needs Students by
  - A Free Social Story about Taking Care of Myself by Katie Peterson at Teachers Pay Teachers
  - Free Social Stories for supporting Personal Hygiene and Self-Care Skills at tes.com
  - A Free Social Story about Boogers by Occupational Therapy Resources by Allison at Teachers Pay Teachers
  - Washing My Hands Adapted Book by Chalkboard Superhero at Teachers Pay Teachers
  - Teaching Personal Hygiene to Children with Autism- Free visual story by Autism Spectrum Teacher
- Are you looking for additional help and strategies to help teach life skills to individuals with autism? Check out our new online course Learning Life Skills for a Purpose! We will teach you the step by step process of how to use task analysis and visual supports to help teach life skills to children, teens, and adults with autism. Plus we give you step by step resources to help get you started with specific skills! <https://t.ly/0v8xx>

### Disciplining Your Child With Special Needs

Here are some strategies to help parents discipline a child who has special needs

- Be Consistent
- Learn About Your Child's Condition
- Defining Expectations
- Use Rewards and Consequences
- Use Clear and Simple Messages
- Offer Praise
- Establish a Routine
- Believe in Your Child
- Have Confidence in Your Abilities

<https://kidshealth.org/en/parents/discipline-special.html>