



Parent Partnerships

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

February 2020

California Department of Education News



Parents' Rights in Special Education
Parents and students over age eighteen have the right:

To Participate, To Receive Prior Written Notice, To Consent,

To Refuse to Consent, To Be Given a Nondiscriminatory Assessment, To Receive Independent Educational Assessments, To Access Educational Records, To Stay in the Current Program If There is a Disagreement About Placement,

To Be Given a Hearing Regarding Disagreements About an IEP, To Receive Mediation, To File a Complaint Against Your School District, To Be Informed of School Discipline and Alternative Placement, To Be Informed of Policies Regarding Children Who Attend Private Schools

<https://www.cde.ca.gov/sp/se/qa/pssummary.asp>

Disciplining Your Child With Special Needs

What experts call "behavior management" is not about punishing or demoralizing your child. Instead, it's a way to set boundaries and communicate expectations in a nurturing, loving way. Discipline — correcting kids' actions, showing them what's right and wrong, what's acceptable and what's not — is one of the most important ways that all parents can show their kids that they love and care about them.

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

- Be Consistent
- Learn About Your Child's Condition
- Defining Expectations

Here are some pointers.

- ❖ Use Rewards and Consequences
- ❖ Use Clear and Simple Messages
- ❖ Offer Praise: practice "time-in"
- ❖ Establish a Routine

- Believe in Your Child
- Have Confidence in Your Abilities

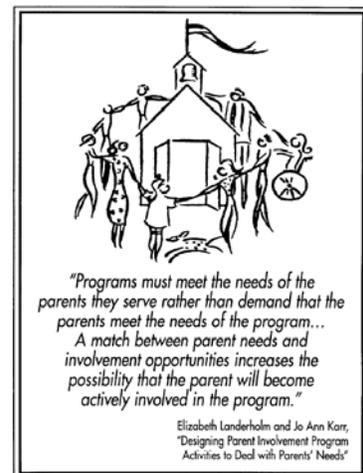
<https://kidshealth.org/en/parents/discipline-special.html>

How to Relieve School Anxiety for Special Needs Children

Identify the specific symptoms of anxiety in your child. Dealing with your child's school-related anxiety will require you to fully understand what causes these negative emotions in your child, and to recognize how they express them. It can be very easy to mistake your child's anxiety for bad behavior, which is not helpful for either of you. Some common expressions of anxiety include:

- Complaining about feeling sick or having a pain in their stomach on a Sunday night or Monday morning before school.
- Crying and temper tantrums before or during school.
- Being in a bad mood or constantly insisting that they don't want to go to school.
- Bad behavior becoming progressively worse as school time approaches.
- Clingy behavior — refusing to let go of the parent's hand, leg or waist.
- Manipulative behavior, such as crying, extreme tantrums, acting aggressively or hurting themselves in order to get out of going to school.

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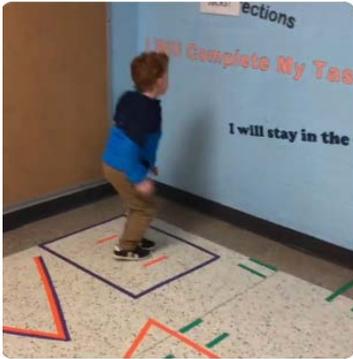
"Programs must meet the needs of the parents they serve rather than demand that the parents meet the needs of the program... A match between parent needs and involvement opportunities increases the possibility that the parent will become actively involved in the program."

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 Small Sensory walk



<https://www.pinterest.com/pin/695243261205624578/>

Tips for Working With Your Child's Teacher

Try these tips for creating a great relationship with your child's teacher.

- Communicate, Communicate, Communicate!
- Approach Issues Head-On
- Deal With the Tough Stuff Together
- Consider Each Other's Perspective

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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.

Challenging behavior indicates there is a problem in learning and not in the person.

The following tips for encouraging communication have been contributed to Scope by parents of children and adults with special needs. We hope you will find them useful, and please feel free to add your own! 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

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WEBSITES AND RESOURCES

t.ly/q8VE7
t.ly/kqYdV
t.ly/Grbek

AngelSense blog

Autism on the School Bus: Making it a Good Ride for Everyone

In my experience, here are a few things that will help keep your child safe while giving you the peace of mind you deserve.

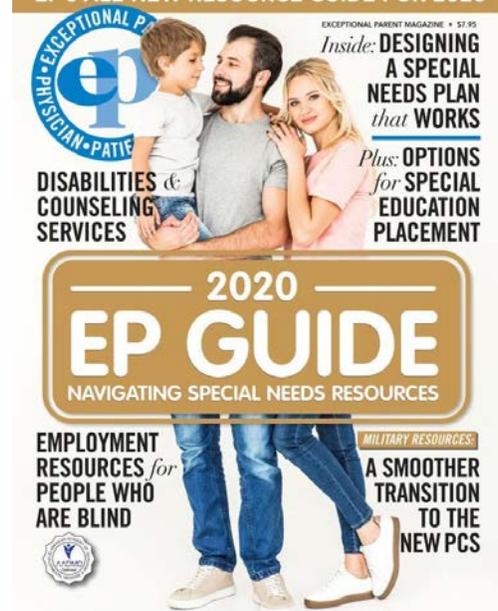
- Consider getting an aide: This can be on a temporary or permanent basis. An aide can be useful for keeping a stressed child calm and can also help with transitions.
- Find your child's 'cheerleaders': This isn't easy, but if you can find children who support and understand your child's unique needs, they may be willing to protect your child from bullies.
- Monitor the bus: I recently started using AngelSense which makes it easy for me to see the speed the bus is going. I also get notifications for unexpected stops.

Here are a few things I've done to make it easier for my special needs child to ride the bus.

1. Keep your child calm
2. Alleviate any fears your child has
3. Accommodate your child's sensory needs
4. Prepare your child for changes in schedule
5. Focus on teaching appropriate bus etiquette

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EP's ALL-NEW RESOURCE GUIDE FOR 2020



<http://www.ep-magazine.com/>