

THE PARENT MENTOR

AUGUST 2024
MINUTE

A MONTHLY NEWSLETTER OF THE ESC LORAIN COUNTY PARENT MENTOR PROGRAM



BACK TO SCHOOL

BACK-TO-SCHOOL TIPS: CREATING A SMOOTH TRANSITION FROM SUMMER DAYS TO SCHOOL ROUTINES

We are slowly getting back into the swing of things after a busy summer! We are sharing some of our back to school resources to help ease the transition for you and your child. Need to speak with your Parent Mentor before school starts? Feel free to reach out!

LEARNERS WITH COMPLEX NEEDS CAREGIVER BURNOUT- FOR FAMILIES OF CHILDREN WITH COMPLEX NEEDS

Amy Dillion Cody, MSW, LISW, of Amy Dillon Cody LLC, will help you find ways to care for yourself amid the physical, mental and emotional exhaustion of complex needs caregiving. Connect with other families as you learn the importance of reducing stress, cultivating "me" time and building resilience.

Tuesday, Sept. 17, 6:30 p.m.
Registration: opens on August 23rd
[Register Here.](#)



PRESCHOOL

Transitions are hard for everyone, but especially for our younger kiddos who don't have the skill yet. In [this](#) article, Growing Hands On Kids offers 6 transition strategies to try!



ELEMENTARY

Going back to school can be a mix of excitement and stress. You and your child may feel nervous about new schedules, new teachers, and new classmates. It's normal to be anxious about these things.

[Understood.org](#) created a [four-week plan](#) — starting the week before school starts. It'll help ease your back-to-school worries and kick things off on a positive note. There are daily instructions to make your transition as smooth as possible.

HIGH SCHOOL TRANSITION AGE 14+

Even your high school student can have some anxiety about starting back to school.

[Understood.org](#) has a great [worksheet](#) to help them reflect on last year and look forward to the year ahead.

IEP TIP CORNER

A One Page Profile gives your student's team and teachers a one page snapshot of the student. Starting off the year with a team meeting to share this profile has been really helpful. [Here](#) is a website from Bexley Voice that can help you develop a One Page Profile for your student.



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OCTOBER 19, 2024

ALL-ABILITIES CAMP

COST: FREE

IN PARTNERSHIP WITH:



WHO: Campers with Disabilities Ages 5+

WHEN: Saturday, October 19, 2024
1-3 PM

WHERE: T3 Performance
1965 Recreation Lane, Avon, OH 44011

ACTIVITIES: Football, Soccer, Softball & Fitness

Register on Website: <https://clevelandfca.org>



Visit Website

FOOTBALL WITH EMPOWERED SPORTS

DATES: September 12th - October 17th

LOCATION: T3 Performance in Avon

For more information, check out their [website](#).



IMAGINATION STATION LITERACY CARNIVAL

Sign up for the Imagination Station Carnival, an exciting event hosted by the Lorain Public Library System and the Lorain County Imagination Library (LCIL). Taking place on **Saturday, September 14, from 2:00 PM to 5:00 PM at the South Branch Public Library**, this event is a vibrant celebration of National Literacy Month and a kickoff to Hispanic Heritage Month. Families are invited to a day brimming with literary fun and cultural festivities, designed especially for children from birth through elementary age.

One of the event's special highlights is the live performance of "When Julia Danced Bomba" by Lorain native Dr. Raquel M. Ortiz, featuring Olga Rodado, Melanie Guzmán McCarter, and Cesar Román-Samot. This captivating story will be brought to life through an engaging blend of words, music, and dance, ensuring a memorable experience for all who attend.

Additionally, the event features on-site registration for the Lorain County Imagination Library program, which now includes a brand-new bilingual track in English and Spanish for children from birth to age 5.

Mark your calendars for the Imagination Station Carnival for an afternoon of adventure, learning, and celebration. For more details, visit their [website](#) or contact the South Branch Public Library.

READING

Have you heard of The Science of Reading? Learning to read requires explicit and systematic instruction. Last year, Ohio began to focus on The Science of Reading. [This video](#) will help you understand the movement that is happening across the state.

