

THE PARENT MENTOR

MINUTE

FEBRUARY 2025

A MONTHLY NEWSLETTER OF THE ESC LORAIN COUNTY PARENT MENTOR PROGRAM



MORE WINTER?! MORE WAYS TO SUPPORT YOUR CHILD...

The groundhog has predicted more weeks of winter, which may mean more time indoors for you and your kids to stay occupied. But don't worry—we've got you covered! This issue is packed with resources on everything from toilet training and reading to supported decision-making and transition planning. Explore the insights and tools inside, and as always, reach out if we can support you in any way!



LEARNERS WITH COMPLEX NEEDS

The Ohio Department of Developmental Disabilities has added an amazing resource on Supported Decision Making. Many families hear that the only option for their loved one is guardianship, but [this](#) resource helps you understand what supported decision making is and shares stories of people with lived experiences. If your student will be turning 18 within the next few years, be sure to check it out and share it with anyone else who may find this resource helpful!



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PRESCHOOL

Some kiddos with or without delays struggle with toilet training. We wanted to share a few resources that you may find helpful. [This](#) resource from Child Care Resource and Referral Network has a wealth of information including a toileting plan, visuals to help support toileting, links to apps and social stories and more! This [link](#) offers a wide range of social stories which may be helpful if your child has a special interest.

ELEMENTARY

[Reading Rockets Adventure Packs](#) are a valuable resource for families. These themed packs pair books with activities to make reading fun and engaging. Ideal for home or classroom use, they build skills while sparking curiosity and creativity.

TRANSITION AGE

What skills do students need to succeed after high school? We've put together helpful checklists for students, families, and IEP teams to reflect on strengths and areas for growth.

For students 14 and older, this information can guide discussions on services and activities for Section 5 of the IEP, which focuses on transition planning. [The PEATC Life Skills Checklist Ohio Employability/Life Skills Assessment \(ELSA\) for Families Working Independently Here We Come](#)

IEP TIP CORNER

It's February! How is your student doing on their IEP goals? You should have two progress reports to see how things are going. If you have any questions or concerns, be sure to reach out to your team. If you need to meet with your parent mentor before the meeting and/or have them attend, feel free to reach out!

LOCAL RESOURCES AND EVENTS



LITTLE LEAGUE - CHALLENGER DIVISION

The Avon Little League Challenger Program provides an inclusive and supportive environment for children and young adults with physical and intellectual disabilities to experience the joy of baseball.

The season begins in mid-May and ends in July. Games are held at Veteran's Memorial Park in Avon. For more information and to register click [here](#). **Registration closes on March 2nd.**



MUSIC THERAPY - N. RIDGEVILLE LIBRARY February 27th at 6:30 PM

Join us for a hands-on program designed to teach families how to use music to improve their child's academic, motor, communication and social skills as well as behavior. This program is led by a **Board-Certified Music Therapist**. While content is geared for ages 0 to 6, all ages are welcome. To register click [here](#).



INCLUSIVE PLAYGROUP - OBERLIN LIBRARY February 19th from 6:30 - 7:30 PM

This program is open to families and their children ages 0-6, with or without concerns about development. Led by an experienced Early Childhood Specialist, children and caregivers will have the opportunity to learn strategies for dealing with behavior challenges, communication concerns and sensory issues. **Registration is welcome but not required.** To learn more and register click [here](#).



LORAIN COUNTY RESOURCE FAIR - LCCC

DATE: March 18th

TIME: 6:00 PM -8:00 PM

The Lorain County Resource Fair is a **free**, indoor public event where families can learn about local resources, therapies, mental health providers, financial aid providers, transition services, summer camps, and more for their 0-22-year-old youth who are struggling (with or without a formal diagnosis). Participants can visit with representatives from a variety of organizations to discuss services and explore program options. **For more information and to register click [here](#).**



ONLINE RESOURCES WEBINARS AND VIRTUAL SESSIONS

UNSEEN - A DOCUMENTARY

If parent caregivers are ever going to get the support and resources they deserve, they first have to be seen and heard.

The "Unseen" documentary gives an unfiltered, honest glimpse into their lives to enable a change for millions of caregivers and their families.

February 21 is National Caregivers Day, a time to recognize and honor caregivers and the important work they do.

The UNSEEN documentary will be available for FREE personal / home viewing from February 20-23, 2025! Click [here](#) to register for a viewing to get a glimpse of the often unspoken life or caregivers.

THE KIDNECTIONS GROUP

Winter/Spring Cooking Class - Feb. 22nd

When you register, your payment of \$30 per class is good for anyone in your household who wishes to join cooking class. Siblings, friends, cousins, and other relatives are welcome!

You will receive an email approximately one week prior to each class that will provide you with a list of supplies you will need for the class, including recipe ingredients and kitchen items, and the login information for the Zoom meeting.

To learn more and find other scheduled dates click [here](#).

