

# THE PARENT MENTOR

# MINUTE

JANUARY 2025

A MONTHLY NEWSLETTER OF THE ESC LORAIN COUNTY PARENT MENTOR PROGRAM



## NEW YEAR, FRESH START REGAINING MOMENTUM AFTER BREAK

Welcome back! It's a new year and a fresh start. Now that the kids are back in school, grab a cup of coffee or cocoa and look over your student's most recent progress report. How are they doing? Are they making progress - even if it's slow? How long is it taking them to get back to the skills they had before break? At the end of January is a good time to check in with the teacher to see if anything needs to be adjusted with their IEP. Need to check in with your parent mentor? Feel free to reach out!



## LEARNERS WITH COMPLEX NEEDS

Communication boards help people communicate with others by using symbols, pictures, or photos. The Ohio Department of Developmental Disabilities has created a collection of communication boards for people to download to allow people with various communication needs to engage in their communities and activities. Check out the different boards [here](#). We are sure your student's teacher will print some materials if you request.



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## PRESCHOOL

The weather in January can be unpredictable but [here](#) are some great ideas to help your preschooler work on spelling their name. This is great for helping them start to work on their letter sounds and even pre-writing skills - and BONUS - they are fun!

## ELEMENTARY

It's a new year and you can help your child build their growth mindset. [This](#) link has some activities for you to use at home to change their mindset from "I can't" to "I can".

## TRANSITION AGE

The latest edition of Planning for Bright Tomorrows: Estate and Future Planning for Ohioans with Disabilities and Their Loved Ones is now available to order. This book provides a complete overview of the different estate planning options available to families and individuals who have a disability. Free copies are generously provided by the law offices of Philipps & Graham. To order your copy click [here](#).

## IEP TIP CORNER

Our IEP tip for January is the gift of grace. Parenting kids with disabilities can be rewarding and challenging and that's in the same hour! Parenting Special Needs Magazine shares [this](#) article to remind us that we need to treat ourselves with grace and some helpful ways to do it.

## FAMILY TIP CORNER

Do you need tools and interventions to help with independent living skills at home? We have kits that offer a variety of interventions, how-to's, and even blank templates to make your own. Check out the Autism Grab and Go Resource Gallery Kit. Click [here](#) for multiple tools and templates.



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## LOCAL RESOURCES AND EVENTS



### FIRE AND ICE WALK- MILL HOLLOW JANUARY 18TH FROM 11:00AM-3:00PM

Watch artists work on cool ice sculptures and warm yourself at firepits along the icy cliffs of the Vermilion River. Roasting S'mores (while supplies last), visit with sled dogs or take a ride on the Little Green Choo Train to see all the winter beauty in Mill Hollow's Vermilion River Valley. NEW this year – ice skating on our artificial ice rink! (Skates are provided). Registration is required by January 17th. Click [here](#) to register; the cost is \$5.00 (kids 3 and under FREE).



### ADAPTED STORY TIME - NORTH RIDGEVILLE JANUARY 21ST AT 6:30PM

A story time and an art project for children with varying learning styles and abilities. While content is geared for ages 3 to 7, all ages are welcome. To register click [here](#).



### 12 WEEK ADAPTED FITNESS CLASS JANUARY 23RD AT WESTLAKE HIGH SCHOOL

Classes are targeted towards individuals with disabilities (ages 10 to adult) but are inclusive and open to anyone who needs a low-impact program.

Aerobic Dance Class - Thursdays from 6:15 PM - 7:00 PM  
Yoga - Saturdays from 10:30 PM - 11:15 PM

For more information contact Angela Siciliano at 440-773-5742 or [adaptedfyp@gmail.com](mailto:adaptedfyp@gmail.com)



### ADAPTED STORYTIME - OBERLIN LIBRARY JANUARY 25TH AT 11:00 AM

This storytime is designed for children who may not be successful in a typical storytime experience. Content is geared toward ages 3 - 7 years, but all ages are welcome. Siblings may also attend but must register separately. To register click [here](#).



### OCECD VIDEO ON-DEMAND LIBRARY

The Ohio Coalition for the Education of Children with Disabilities endorses and promotes efforts to provide appropriate quality education for children and youth with disabilities. They understand that attending all their trainings can be difficult, and that's why they offer the option to catch up on any sessions you may have missed or wish to revisit. To access previous training sessions click [here](#).



### LIFE OUT LOUD

Is an agency for youth and adults that specializes in community integrated programming designed to promote voice, choice and independence in all aspects of life. Check out the many activities planned this year. For more information and to view the outings click [here](#).

## ONLINE RESOURCES WEBINARS AND VIRTUAL SESSIONS

Being a parent of a child with autism affects every aspect of a caregiver's life. Join Linda Cooper, MA, of Hope Behavioral Health, and Connecting for Kids for this five-part workshop aimed at empowering Black American caregivers and building community.

This free, virtual program meets on Monday evenings, from 6:30 - 8:00 PM, starting on January 27, and meeting every other week afterward.

To register click [here](#).

### DRIVING WITH DISABILITY

January 23rd from 6:30 PM -8:00 PM

Join this session to have these and other questions answered. How do I know if my teen or young adult is ready to drive? What can we work on at home to prepare for learning to drive? How do I know if it is safe for my loved one to drive with their disability? Register [here](#).

## FREE TWO-PART SERIES ON PERSONAL FINANCES FOR INDIVIDUALS WITH DISABILITIES

### Disability and Personal Finances Part 1

Thursday, 1/30/2025 4:30-6:00 163 North Building BGSU Firelands Huron, OH

Clearwater COG's Benefits and Support Specialist Paula Washek will explain Social Security Disability Benefits eligibility and work incentives and answer audience questions.

### Disability and Personal Finances Part 2

Thursday, 2/6/2025 4:30-6:00 163 North Building BGSU Firelands Huron, OH

Paula Washek returns to explain need-based programs and financial planning related to disability benefits. She and a representative of the Treasurer of State's STABLE Account will provide an overview of STABLE and answer audience questions.