

# The Parent Mentor **MINUTE**

A monthly newsletter of the ESC of Lorain County Parent Mentor Program

## Preschool

### Behavior chat: Tools for taming big decisions



Do you want strategies to motivate your child toward positive behavior? Do you wish you had a kit filled with proactive tools you could use to get ahead of meltdowns before they start?

Join **Ochanya McRoberts-Wells, M.Ed.**, who will lead a discussion guided by your questions on a variety of behavior topics. Submit your questions before or during the session and learn how to use the tools in our **Behavior Toolkit** to help your child.

The content in this program is geared toward caregivers of

### Tools for Taming Big Decisions

6:30 p.m. March 28  
Lorain Public Library  
North Ridgeville Branch  
35700 Bainbridge Road

children **ages 18 months to 6 years** (with or without developmental concerns). Each attendee will receive a free Behavior Toolkit.

[Visit this link](#) to learn more about the childcare available at this event. Register [at this link](#).

## Ready for the IEP?

The season we affectionately call **IEP season** is upon us!

With any season, it is good to gather together what you need before you need it. Our suggestions on things you need to successfully **prepare for your student's IEP meeting**: the student's current IEP, their progress reports, the student's most current ETR and a proposed IEP draft.

Sitting down to see how your student made progress in their current IEP can help you look at the **proposed IEP draft** with a fresh perspective. Have they met any goals? Do they need new goals? Do they need a different instruction on the same goal?

As you go through all the documents, be sure to write down all of your questions to share with the team a few days before the meeting. If you would like someone else to go over your documents with you, **reach out to your Parent Mentor** and set up a time to meet!

## Elementary

### Executive function:

### Implications for education

This is the time to observe your child's executive functioning skills. Students rely on executive functions to perform activities such as planning, organizing, strategizing, paying attention and remembering details, and managing time and space. Check out the list below to learn more about executive functions:

- **Self-regulation:** Managing strong emotions and inhibiting impulsive behaviors
- **Attention:** Sustaining focus, especially for multi-part tasks
- **Task Initiation:** Starting a non-preferred task
- **Organization:** Maintaining materials at home and in school
- **Planning:** Mapping out multi-step tasks such as longer-term class projects



### Community Event

### Lorain County Resource Fair

6-8 p.m. March 14

Lorain County Community College

Spitzer Conference Center

1005 Abbe Road N, Elyria

This free event is for families with children ages birth to 22 years old. Connect with resources and service providers from Lorain County and beyond. [Visit this link](#) for more information.

### Tip Corner

### Preparing for the IEP

Experts, advocates and parents agree that preparing for the IEP meeting is the **key to building a plan** that will ensure your child's success.

Planning is a perfect opportunity to organize your communication. You can use the tools in the articles below to help prepare an IEP for your child:

- [Smart Kids article](#)
- [Connecting for Kids article](#)

### Reading

### At-home activities

Explore these easy, at-home activities for a classic book! [Visit the link here.](#)



### Local Resources

### Empower Sports

Be sure to check out this exciting fitness program. [Visit the link here.](#)

## ESC of Lorain County Parent Mentor Program



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### Lorain County

Elyria, Firelands, Keystone, Sheffield-Sheffield Lake and Wellington

### Erie, Huron and Sandusky counties:

Bellevue, Norwalk and Monroeville