

THE PARENT MENTOR

MINUTE

NOVEMBER 2023

A MONTHLY NEWSLETTER OF THE ESC LORAIN COUNTY PARENT MENTOR PROGRAM

VISUAL SCHEDULES CAN EMPOWER FAMILIES

We are entering the holiday season and sometimes that brings with it the chaos of busy schedules. In order to assist your child with the expectations and changes in routine, consider using Visual Schedules. Andnextcomes1.com shares the benefits of visual schedules - not just during the holidays, but year-round. Check out the [article](#) to see if you and your family could benefit.



LEARNERS WITH COMPLEX NEEDS

We know that many students belonging to this population may receive a state-issued waiver. It is never too early to learn about the process. Join two members of the management team from the ARC of Ohio at the Medina Board of Developmental Disabilities on December 6th. Having listened and more importantly learned from presentations in the past, we know it will be jam-packed full of useful information.

Location: 4691 Windfall Rd Medina, OH 44256
Time: Two sessions will be offered a live morning session and a virtual session in the evening

The registration links will be available in a few weeks. Periodically refer to the community calendar page for updates.
<https://www.mcbdd.org/event-calendar>

PRESCHOOL

As the weather grows cooler and the days grow shorter, Growing Book By Book has a list of interactive books. These are books that encourage children to touch, pull, shake, and twist through the story. Check out their [list](#) then head to your local library to check them out!

ELEMENTARY

The holiday season is quickly approaching which often leads to a few more "challenging moments" since the kids are outside of their typical routine. Come and learn about some strategies to help us all stay calm during the upcoming winter break.

Join Christine Chambers, MEd, OTR/L, of Abilities First, LLC, as she introduces you to your hidden superpower: co-regulation. Learn what it is and strategies to help you and your child stay calm in challenging moments. Attendees will have the chance to discuss and practice co-regulation tools in breakout groups. Childcare is available.

Nov 28th, 6:30 PM - 8:00 PM
Location: Westlake Porter Public Library 27333 Center Ridge Rd

Registration link:
<https://www.connectingforkids.org/event-5371836/Registration>

Childcare registration link:
<https://www.connectingforkids.org/event-5371844/JoinWaitlist>



Paula Drummer
(440) 324-5777 ext. 1166 drummer@esclc.org
Lorain County: Elyria, Firelands, Keystone, Sheffield-Sheffield Lake and Wellington
Erie, Huron and Sandusky Counties: Bellevue, Norwalk and Monroeville



Kendis Bender
(440) 324-5777 ext. 1167 bender@esclc.org
Lorain County: Amherst, Avon, Avon Lake, Columbia, Lorain, Midview, North Ridgeville, Oberlin



December 16th will be the next monthly Mother 2 Mother Parent Connection Meetings. The month's special guest is Janice Taylor who will be talking about the following:

The Nurtured Heart Approach® is a comprehensive method that empowers parents, educators, and professionals to foster positive outcomes for the children they care for by harnessing and redirecting challenging behaviors into constructive actions.

It is proven to be effective with children who have challenges related to ADD, ADHD, Autism, Adoption, ODD, PTSD, and other social behavioral intensities.

Click the link to register and please share the information:
<https://bit.ly/46C0U1z>

You Are Not Alone!

VISIT [MOTHER2MOTHER.INFO](https://mother2mother.info)
FACEBOOK: [MOTHER2MOTHER32](https://www.facebook.com/mother2mother32)
INSTAGRAM: [MOTHER2MOTHER32](https://www.instagram.com/mother2mother32)



HIGH SCHOOL TRANSITION AGE 14+

One of the skills every person needs is self-advocacy skills. Young adults with disabilities should be encouraged to work on their self-advocacy as they move on from high school. OCECD.org has provided [this](#) website as a tool to help your youth work on this skill. It features videos of individuals with disabilities sharing their experiences.

READING

November is Family Literacy Month! Get ideas about ways to make reading a part of everyday life with this [toolkit](#) from the National Center on Improving Literacy. It includes some great - easy to use ideas.



IEP TIP CORNER

Transition can be overwhelming for families. It's hard to fully understand the importance of your student's transition plan when you don't understand it. [Here](#) is a helpful website that is filled with resources including an activity to learn more about youth transition and how to be involved.



BEHAVIOR CHAT: HOW STRUCTURE CAN PREVENT MELTDOWNS

Come learn tips on managing “exceptional behaviors” during the upcoming Behavior Chat scheduled on November 14th at 6:30 PM via Zoom.

Ochanya McRoberts-Wells, MEd 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. Each session will focus on a new behavior tool, but questions on any behavior concern are welcome.

Register at [connectingforkids.org/event-5371829](https://www.connectingforkids.org/event-5371829)

The content in this program is geared toward caregivers of children ages 18 months - 6 years (with or without developmental concerns). Each attendee will receive a free Behavior Toolkit.



LEARNING DISABILITY PROVIDER SHOWCASE

Academic Programs
Education Advocates
Education Attorneys
Executive Functioning Specialists
IEP help
Specialized Schools
Tutors
And more!

Free event for families with children with/at risk of learning disabilities. Visit with representatives from local organizations offering programs & services.

Wednesday, Nov. 29, 2023
from 6:00 - 8:00 p.m.
Westlake Porter Public Library

Presented in partnership with



[connectingforkids.org/showcase](https://www.connectingforkids.org/showcase)

The Parent Mentor Group of the Lorain County ESC (AKA Kendis and Paula) will participate in this Provider Showcase on November 29th beginning at 6:00 PM. Register using the link below and bring your questions.

<https://www.connectingforkids.org/event-5371856>

PROGRAMS FOR KIDS

Music Therapy & More

This program is designed for families and their children, ages 0 - 6 years, who have concerns about development.

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.

North Ridgeville Branch of Lorain Public Library System

Thursday, Nov. 30th – Session begins at 6:30 PM

<https://www.connectingforkids.org/event-5371006/Registration>

EMPOWER SPORTS

Basketball season has arrived and so has the Empower Sports season. This league is for all ages.

PROGRAM DETAILS

- Where: Avon East Elementary
- Dates: Wednesday, November 8th- December 13th (Off November 22nd)
- Time: 6:15-7:30
- Registration: \$30 (financial aid available within registration)
- Limitations: Maximum of 40 players

To learn more about the Empower Sports program and to register.

<https://www.empowersports.org/>



MONTHLY FAMILY WORKSHOP SERIES

IEP Goal Development Training

Tuesday,
November 14, 2023
6:00 pm EST via Zoom

Workshop Description:

Participants will learn how to recognize and write Individualized Education Plan (IEP) goals that follow the S.M.A.R.T. rule. Participants will be able to write SMART to ensure their child's IEP is meeting their unique needs.

About the Presenter:

Cheryl Poe is the founder and Executive Director of Advocating 4 Kids, Inc a Special Education Advocacy organization that provides resources, information, and workshops to parents and professionals with a special focus on addressing the needs of Black and brown children with disabilities. Ms. Poe has work experience that includes over 20 years of working with children with various disabilities and their families as an in-home clinician and a therapeutic foster case manager. Ms. Poe is the mother of two boys with learning disabilities & prides herself on understanding the struggles that Black parents face when dealing with special education issues. Ms. Poe was diagnosed with ADHD and learning disabilities and received special education services as a child! Mrs. Poe prides herself on fighting for those most ignored.



Presented by
Cheryl A. Poe, M.A., Urban Education and Counseling

You can register for this training [here](#).

SENSORY FRIENDLY: THE NUTCRACKER

Date - December 2nd
Time - 2:00 pm
Location - The Lorain Palace Theater - 617 Broadway Ave. Lorain, OH

North Point Ballet's (NPB) sensory-friendly performances include accommodations designed to meet the unique needs of families with individuals who have extrasensory needs. These accommodations include:

- house lights remaining on during the performance
- reduction of loud jarring sounds and strobe lighting
- accommodated house rules that allow audience members to talk and move about during the performance
- a designated Take A Break Space where sensory needs can be fulfilled while others can still enjoy the performance

Recognizing that families of individuals with extrasensory and other needs often have additional financial obligations to provide specialized therapy and care for their family members, NPB offers these families tickets at a reduced price.

Here is the link for tickets as well as a social story to help prepare your child for the performance.

<https://northpointeballet.org/sensory-friendly/>



Happy Thanksgiving

WISHING YOU A WARM AND JOYFUL
THANKSGIVING CELEBRATION!

Paula and Kendis