

THE PARENT MENTOR

NOVEMBER 2024
MINUTE

A MONTHLY NEWSLETTER OF THE ESC LORAIN COUNTY PARENT MENTOR PROGRAM



ONE QUARTER AT A TIME

REVIEW, REFLECT, AND REACH OUT!

Happy November! We have made it through the first quarter, parent-teacher conferences, and that first progress report. Take a moment to file all the information in your IEP binder and check to see how your child is doing. Are they making progress on their goals? Do you have questions? As always, your parent mentors are here to help you! Feel free to reach out!



LEARNERS WITH COMPLEX NEEDS

Raising a child is hard work. Raising a child with complex needs can be even harder. In [this](#) article, OCALI reminds parents to take care of themselves so they can care for the needs of others. The links on the left side of the page - Nourish Your Mind, Celebrate You, Support System, Pay It Forward, and Learn from Others - may help you take a moment to just be.



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PRESCHOOL

Preschool students can have BIG emotions. It can be hard for them to figure out and for parents to figure out too! You may find [this](#) article from Peake Academy: Decoding Preschool Behavior: What to Expect and How to Respond helpful. There are even some Emotion Cards you can use (if you share your email and sign up for their newsletter) to help your child learn about their big emotions and help you build their emotional intelligence.

ELEMENTARY

Have you ever experienced this scenario? When you ask your child to get started on their homework yet they remain sitting for hours. When you go to check to see how much they have done, they haven't even started. Well, you are not alone. We hear this from parents and teachers alike. Students with executive function skill deficits struggle with how and where to get started. [Here](#) is an article that may help you support your child and develop this vital skill that will help them into adulthood.

TRANSITION AGE

This issue of Parenting Special Needs Magazine is filled with information on transition. Grab a cup of coffee and some quiet time to dive in and check out all the articles AND links to helpful resources.

IEP TIP CORNER

If your child is transition age (14+) and on an IEP, take a moment to look at section 5 of their IEP. This is the section that focuses on their life after high school. This is an important section that parents, the student, and the school should spend some time on. OCALI has some great information on Section 5, particularly in the area of independent living goals. [This](#) section is more than just where they will live after high school. These are good things to discuss at your next meeting to see what skills your child already has and what they still may need to work on.



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ADAPTED PLAYGROUP - OBERLIN

Adapted Playgroup is a safe, welcoming environment for caregivers of children with developmental concerns. Your child will enjoy engaging with others while practicing play and social skills. The next scheduled playgroup is November 13th at 6:30 pm. To register, click [here](#).



SUPPORTIVE TECHNOLOGY- HURON

Consider attending this informative and interactive Assistive Technologies workshop on Thursday, 11/14 on the BGSU Firelands campus. Learn how supportive technologies enhance the lives and independence of people with developmental disabilities. Devices for attendees will be available to try out. For more information click [here](#).



AUTISM - WESTLAKE

This is a "must-do" for those who have pondered any of the following questions. Did your child recently receive an autism spectrum disorder (ASD) diagnosis? Are you trying to navigate new territory with a child previously diagnosed? How can you best support your child in whatever stage they are currently in? This in-person program is scheduled at the Westlake Porter Library on November 19th at 6:30 pm. Childcare is available. To register click [here](#).



MUSIC THERAPY - NORTH RIDGEVILLE

Join this hands-on program on November 21st at 6:30 pm 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. To register click [here](#).



PARENTING IS LONELY- NORTH RIDGEVILLE

Join the Connecting for Kids staff to discuss the article, "Why Parenting Can Be Lonely, Even When You're Rarely Alone." We will explore the theme of isolation when raising a child with disabilities or mental health issues and how to build a village of support. This in-person option is scheduled on December 5th at 6:00 pm. Childcare is available. To register click [here](#).



SENSORY SANTA - NORTH OLMSTED

Santa welcomes people of all ages and abilities to visit him at Great Northern Mall on December 1st and December 8th between 8:30 am and 10:30 am. Sensory Santa provides a quieter experience, Santa Cares events are hosted before stores open, center music will be off, and guest traffic is expected to be minimal. Visits with Santa are free. Photo packages will be available for purchase. To book a photo session click [here](#).

GUARDIAN TIPS

Just a reminder! If you have forgotten, [this](#) article will help remind you of how important your role is as a member of your child's IEP team! We are all in this together to help your child make progress and be successful!

ONLINE RESOURCES WEBINARS AND VIRTUAL SESSIONS

SIBLINGS - WHAT PARENTS NEED TO KNOW

Want to help your child thrive while navigating the complexities of having a sibling with a disability? Learn from the experiences of siblings who have first-hand knowledge of growing up with a sibling with a disability. This 3-week series begins on November 12th at 6:30 pm. Register [here](#).

DYSLEXIA

Announcing a free online webinar on November 13 at 7 pm! "Dyslexia: School Accommodations and How to Help at Home". This event will be great for parents, teachers, school administrators, and anyone interested in dyslexia. Teachers can earn professional development hours by attending the event! Here is the link to register: [Here](#).

SPECIAL NEEDS PLANNING WORKSHOP

A workshop designed to provide families confidence and clarity in planning for the future of a child or loved one with disabilities. The workshop is scheduled for Wednesday, Nov. 20th @ 7 pm. For more information and to register click [here](#).

GAME NIGHT- For Augmentative and Alternative Communication (AAC) Users

We were thrilled to learn about this activity specifically designed for AAC users and their families. This is a great opportunity for families to play games and have conversations while making new friends and meeting other AAC users. The event will take place on November 21st at 7:00 pm. To register and learn more click [here](#).

PARENTING IS LONELY: For Families of Children with Complex Needs

Join the Connecting for Kids staff to discuss the article "Why Parenting Can Be Lonely, Even When You're Rarely Alone." We will explore the theme of isolation when raising a child with disabilities or mental health issues and how to build a village of support. This virtual option is scheduled for December 3rd at 6:30 pm. To register click [here](#).