

THE PARENT MENTOR

MINUTE

OCTOBER 2024

A MONTHLY NEWSLETTER OF THE ESC LORAIN COUNTY PARENT MENTOR PROGRAM



DYSLEXIA AWARENESS MONTH

RESOURCES FOR FAMILIES

October is Dyslexia Awareness Month! Your child may not have a diagnosis of dyslexia but still may struggle in reading. This month we will focus on resources to help parents understand more about their child's struggles and how they can support them at home.

WHAT EXACTLY IS DYSLEXIA?

What do you know about dyslexia? [This](#) is a quick video to get you started. When you're done, [here](#) is an article with some of the basics. And [here](#) are some of the myths!

HOW CAN I HELP MY CHILD?

[Made By Dyslexia](#) is a website created by people with dyslexia. This site shares ways to encourage your child and to help them see their strength through their challenges!

A great resource for families from the International Dyslexia Association, [A Family Guide to Building Language Comprehension by Reading Aloud](#), helps build skills even if you are the one doing the reading. Take time every day to read aloud to your child. Create your own family book club and put the time as an appointment on your family calendar. Turn off the electronics and read!

If you are concerned about your child's reading, reach out to your child's teacher! There is a big emphasis on literacy in the state of Ohio and every school has people to support your student!

TIPS FOR FAMILIES

The Council of Parent Attorneys and Advocates shared a great [blog](#) on what to do before and after IEP meetings. This is a wonderful resource for parents! Reach out to your district's Parent Mentor before your meeting to help you prepare too!

LOCAL RESOURCES

◆ MOVIE NIGHT: COBBLESTONE THEATER

Join the Murray Ridge Raiders and watch "Piece by Piece" on October 15th at 5:55pm. Providers are free.

◆ ADAPTED PLAYGROUP: OBERLIN LIBRARY

Join this safe, welcoming environment for caregivers of children with concerns about development on October 16th at 6:30 pm.

Your child will enjoy engaging with others while practicing play and social skills. This program is designed for caregivers and children ages 18 months- 6 years. To register click [here](#).

◆ BASKETBALL LEAGUE: AVON

Join us at Avon East Elementary School from October 16th - November 20th. Players will be grouped into teams that best match their age and ability to play basketball and make some new friends. Click [here](#) to register and for more information.

◆ ALL ABILITIES CAMP: T3 IN AVON

Join the Fellowship of Christian Athletes on October 19th for an All Abilities camp at T3 in Avon. Click [here](#) for more information and to register.

◆ MUSIC THERAPY: NR PUBLIC LIBRARY

Join this hands-on program on October 24th 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. To register click [here](#).



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ADOLESCENCE AND ADVOCACY HEATHCARE TRANSITION PLANNING FOR PUBERTY

Learn techniques on how to begin to involve your child in planning to prepare for future self-advocacy. Families will learn to grow their child's independence and advocacy skills to more confidently navigate this adolescent transition. This virtual workshop is scheduled for October 21st at 6:00 pm. Click [here](#) for more information and to register.



SSI vs. SSDI Understanding Supplemental Security Income vs Supplemental Security Disability Income

What is Supplemental Security Income vs. Social Security Disability Income?

Could my loved one be eligible? How do we apply? What kind of bank account is needed?

Learn the answers to these questions and more during this Zoom meeting on October 24th at 6:30 pm.

Click [here](#) for more information and to register.

BOOK DISCUSSION: PORTER LIBRARY The Whole - Brained Child

Have you wondered if there's more than just surviving your child's tantrums, fears, or angry outbursts? Read "The Whole-Brain Child" and join this book discussion on October 26th at 1:00 pm. Childcare is available as well. Click [here](#) to learn more and register.

BEHAVIOR CHAT: OBERLIN LIBRARY Tools for Taming Big Emotions

Learn some strategies to motivate your child toward positive behavior.

Come prepared with questions and learn how to use the tools in our Behavior Toolkit to help your child.

This highly recommended workshop will be held on October 29th at 6:30 pm. Click [here](#) for more information and to register.

CHAMPIONS BOWLING: AVON LAKE

Champions Bowling is held on Saturdays from 12:30 pm-2:00 pm at Spevock's Nautical Lanes 184 Miller Road Avon Lake. The cost is \$12.00 and includes pizza and a drink. Parents/guardians stay and watch the fun!

SPECIAL OLYMPICS BOWLING Lorain

This league begins on October 26th at 9:45 am at Rebman's Bowling Alley. For more information and to register click [here](#).

JACOB'S LADDER: EXERCISE GROUPS

With the weather changing it is often increasingly challenging to find activities for teens. Jacob's Ladder holds classes in various locations in our area. For more information check out their [website](#) and Facebook [page](#) for more information.