

THE PARENT MENTOR

MINUTE

OCTOBER 2023

A MONTHLY NEWSLETTER OF THE ESC LORAIN COUNTY PARENT MENTOR PROGRAM

RESOURCES FOR FAMILIES OF ELEMENTARY AGE STUDENTS

If you wonder why your student is disorganized and can't remember to turn their homework in, it may have to do with their executive functions. To learn more, scan the QR code to read an article by Integrated Learning Strategies.

Scan the QR code to read the article.



8 EXECUTIVE FUNCTION SKILLS NEEDED TO STAY ON TASK AT SCHOOL

- TASK INITIATION**
 - Begins the task without reminding
 - Finishes task without procrastination
- ORGANIZATION**
 - Keep things in order
 - Keep track of things.
- FLEXIBLE THINKING**
 - Allows kids to adjust to the unexpected in the "real world."
- EMOTIONAL CONTROL**
 - Can control emotions and feelings on their own or with self-regulation tools.
- IMPULSE CONTROL**
 - Allows child to process information before acting.
- PLANNING & PRIORITIZATION**
 - Helps child set goals and know the actions to take to achieve those goals.
- SELF-MONITORING**
 - Child understands how to evaluate how they are doing as they go in school or at home.
- WORKING MEMORY**
 - Helps kids store and keep information they can use anytime.

ilslearningcorner.com

MUSIC THERAPY

North Ridgeville Branch of Lorain Public Library System
35700 Bainbridge Rd
October 26th 6:30pm-7:00pm

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.

[Register for event here.](#)

FAMILY RESOURCES

October is ADHD Awareness Month! ADHD is a neurodevelopmental disorder affecting 11 percent of school-age children. [Here](#) is how you can help your student!



PRESCHOOL

[Here](#) are some fun, hands-on, outdoor activities for your preschoolers to enjoy! Some of these are simple enough to do on your next trip to your favorite park!



HIGH SCHOOL TRANSITION AGE 14+

There is so much that goes into a Transition Plan. It's not just about what is happening at school, but how can we build independence at home and why is it so important? Check out this article for encouragement and tips!

[Read article here!](#)

LOCAL RESOURCES

Champions Bowling held on Saturday's from 12:30pm-2:00pm 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!



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



It's Game Time Again!

I'm Possible Games
Presents Game Night
St. Joseph Catholic Church
32929 Lake Rd., Avon Lake
Wednesday, Oct. 18, 2023
5:00 to 8:00 pm

See you there!

LOCAL RESOURCES/EVENTS

Exercise Class

Hey all you workout fanatics, parents, and people who want to get in shape - Fall sessions run weekly now through mid December.

Session Schedule:

Tuesdays @ Christ Church in Columbia Station
23080 Royalton Rd., Columbia Station at 6:30 PM.

Wednesdays @ ADMA Dance and Gymnastics
24272 Detroit Road, Westlake at 6:30 PM.

If you have any questions feel free to DM us or Contact Tony D'Orazio at 440.225.2365
<https://jacobsladderfitness.com/>



FAMILY RESOURCE NETWORK OF OHIO
Families Supporting Families
The official hub for Charting the LifeCourse in Ohio

WWW.FRNOhio.org

GUIDED IMPLEMENTATION SERIES FOR FAMILIES

October, 11, 18, 25, and November 1, 2023
4:00 pm to 5:30 pm

FAMILY IMPLEMENTATION SERIES
Heard about Charting the LifeCourse but are unsure where to start? Join us for our Family Implementation series.

WHY SHOULD I ATTEND?
These sessions are helpful for ALL families, across ALL ages.

- We will:
- Review some helpful resources and tools
- Have time to start working with them with and for your loved ones.
- Share and learn with other families

WHAT IS FAMILY IMPLEMENTATION?
Family Implementation is an opportunity to learn about Charting the Lifecourse and to actually begin utilizing the tools to help your family achieve their good life.

Family Implementation is an opportunity to:

- ✓ HAVE SUPPORT TO BEGIN USING TOOLS AND RESOURCES
- ✓ LEAVE WITH INFO YOU CAN SHARE WITH PEOPLE WHO HELP YOU
- ✓ IDENTIFY HOW AND WHEN TO USE (IMPLEMENT)

Presented Via Zoom

We are able to provide this offering at no charge thanks to the generous support of the Ohio Department of Developmental Disabilities (DODD)

Click Here to Register

Child Mind Institute

The Science of Reading: How Parents and Educators Can Support Kids

Tuesday, October 17, 2023
7:00 pm - 8:00 pm ET
Online Webinar

Join leading children's mental health experts and educators for a **special webinar** focusing on the evidence-based approach to reading and how parents and educators can support kids with reading challenges.

[Register for the Webinar Here.](#)



WE ROCK THE SPECTRUM CLEVELAND PRESENTS SPOOKTACULAR EXTRAVAGANZA
TRUNK-OR-TREAT & RESOURCE FAIR
SATURDAY OCTOBER 21, 2023
 CHOOSE YOUR SESSION IN THE GYM; PLEASE COME AT LEAST 30 MINUTES PRIOR TO YOUR SESSION START TIME FOR TRUNK-OR-TREAT

SESSION 1: 3-4P SESSION 3: 5-6P
 SESSION 2: 4-5P SESSION 4: 6-7P

GATHER INFORMATION FROM LOCAL SPECIAL NEEDS RESOURCES WHILE TRUNK-OR-TREATING THEN HEAD INTO THE GYM DURING YOUR SESSION TIME FOR OPEN PLAY & MORE HALLOWEEN FUN INCLUDING:

TRUNK & COSTUME CONTEST
 BALLOON DROP
 PUMPKIN PAINTING
 SENSORY BINS
 PHOTO BOOTH

\$30 PER CHILD/\$20 PER SIBLING
 REGISTER BY CALLING 216-417-4748
 OR EMAIL INFO@WEROCKTHESPECTRUMCLEVELAND.COM



The Silver Lining Group

2023-2024 PARENT And COMMUNITY SCHEDULE

All Events Begin at 6:00 PM

WORKSHOPS AND TRAININGS VIA ZOOM

November 14th: Decoding ABA Jargon

December 12th: De-escalation and Prevention

January 9th: Quick Techniques for in the Home (Token Boards, Visual Schedules, Reinforcement)

February 13th: Common Eating Issues

March 12th: Safety Topics in the Home and Community

April 9th: Explored Autism Across the Lifespan (Guardianship and Life After School)

May 7th: Individual education Plans (IEP) and Evaluation Reports (ETR)

Use this link for for trainings. We hope to see you soon!

<https://uso6web.zoom.us/j/89916482170>

For more information, visit the Silver Lining Group website: <https://www.silverliningaba.com/>

FCA METRO CLEVELAND PRESENTS:

FCA All-Abilities Camp

CAMP SPONSORED BY

*Bob & Lori Campana
 *It All Adds Up
 *Ben & Jane Norton



*Community Foundation of Lorain County
 *Fedeli Family Charitable Foundation

Avon Commons
 Knights of Columbus, Fr. Ragan Council



*The Rocco & Joan DiLillo Charitable Trust
 Chick-fil & Westlake, OH
 SMART BUSINESS
 EYRING MOVERS SINCE 1987

IN PARTNERSHIP WITH



SATURDAY, OCTOBER 21, 2023

T3 Performance
 1965 Recreation Lane
 Avon, OH 44011

AGES 5-12
 9-11:30 AM

AGES 13+
 1-3:30 PM

For More Information Contact Kerri at ksadd@fca.org



FOR MORE INFO & FREE REGISTRATION
 SCAN THE QR CODE
 OR GO TO
<https://fca.regfox.com/2023ohallabilitie>



Transition BOOTCAMP BOOSTER SESSIONS
Journey into a Meaningful Life

Thursday
October 19,
2023



Mental Health Care for Youth and Young Adults with Disabilities

Are you helping a young adult with a disability who is struggling with mental health? Do you want to support someone who has a dual diagnosis but don't know where to start? Are you a family member who wants information about managing mental health for your loved one? Please join us to learn:



1. Ways to support mental wellness for people with disabilities
2. How to recognize potential mental health issues
3. Resources for people who have a dual diagnosis of intellectual/developmental disabilities and mental health conditions

Speaker: Bradley Wyner, Director of Education, Milestones Autism Resources

Date: Thursday, October 19, 2023

Time: 6:30-8pm

Location: Zoom

Register here: <https://tinyurl.com/289fwabx>

Questions? Contact:
Amy.Clawson@cchmc.org 513-803-2419



Booster sessions provide information on the transition to adult life for youth with disabilities. Families, individuals with disabilities, educators, and other professionals are invited to attend at no cost.



Register Here:



LEARNERS WITH COMPLEX NEEDS

Speaker Series: Potty Training with Complex Needs

November 8th - 6:30pm-8:00pm
North Ridgeville Branch of Lorain Public Library

Are you concerned because your child is not potty trained? Are you frustrated and could use some training tips from a professional? Join Nikki Rothshtein, OTR/L, of Galvin Therapy Services, who will discuss the challenges of potty training. This program will focus on methods to support children with sensory processing, anxiety, autism and physical disabilities, but will also be helpful for caregivers of typically developing children. Attendees will have the chance to join breakout groups based on their child's readiness level and developmental concerns. Childcare is available for this event, but registration is required.

[Register Here](#)



PARENT CONNECTION MEETINGS

Our Monthly Parent Connection Meetings are a judgement free zone. The interaction with our leaders and participants are totally confidential. They are a structured and safe place for you to share your thoughts, feelings, and experiences. Our virtual setting is a comfortable and inviting atmosphere. We would love for you to join us, so grab your coffee, get comfortable and click the link below:

[Register Here:](#)

