

# THE PARENT MENTOR

SEPTEMBER 2024  
**MINUTE**

A MONTHLY NEWSLETTER OF THE ESC LORAIN COUNTY PARENT MENTOR PROGRAM

SEPTEMBER 26TH!

## PARENT NIGHT

for Students with an IEP or 504

PRE-K - GRADE 12



## PARENT NIGHT RETURNS

AN INFORMATIONAL EVENING FOR FAMILIES WHO HAVE CHILDREN ON IEPs OR 504 PLANS

Due to the positive feedback from the families that attended our Spring Parent Night, we are hosting a Fall Parent Night on September 26th, from 5-8 pm. Food will be served from 5-5:30 pm with sessions starting promptly at 5:30.

The Parent Mentors of Lorain County ESC will be there helping organize your IEP binder but, there are relevant topics of interest for everyone. [Here](#) is the link for more information and to register.

## LEARNERS WITH COMPLEX NEEDS

Does your student use visual schedules at school? Visual schedules are helpful for students who like to know what is coming next. The Inspired Treehouse shared [this video](#) on how to quickly make your own visual schedule with things you have at home. Schedules don't need to be fancy in order to be effective!



## PRESCHOOL

Screens are easy and handy, but did you know that letting your child play develops their functional skills, helps teach about their abilities, growth in motor, language, and interpersonal skills, and teaches the value of their capacities, all through play? [The OTtoolbox](#) shares some great ideas to work on your child's fine motor skills through simple play!

## ELEMENTARY

If you have a student with BIG emotions, check out [this](#) article from [thepathway2success.com](#). They share 6 simple ways to help your child manage those BIG emotions.

## HIGH SCHOOL TRANSITION AGE 14+

As our students get older, it becomes important to work on their independent living skills. Some of our students may need technology to help them get things done, manage their money, and manage their time. Check out these resources from a recent training from [Pacer Center](#), Apps to Support Independent Living. The [CanPlan](#) app makes it possible to break down virtually any task into a sequence of easy-to-follow photos. [Goblin Tools](#) has a free website or \$1.99 app that helps break down tasks into steps on a checklist. It also has an Estimator tool that will estimate the amount of time for an activity. The [Time Timer App](#) is similar to what students may use in school to help them understand how much time they have for a task. Finally, [Monefy](#) is an easy-to-use colorful app to track income and spending by week or month. You can do more with the paid Pro version, but it's worth checking out!



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## 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!



## ADAPTED STORY TIME: AVON BRANCH OF LORAIN PUBLIC LIBRARY

Adapted Story Time at the Avon Branch of the Lorain Public Library system on September 19th at 6:00 pm. Children with varying learning styles and abilities enjoy a program with stories, songs, games, and social time. While content is geared for ages 3 to 7, all ages are welcome. Parents and siblings are welcome to attend. Click [here](#) to register.



## ADAPTED PLAYGROUP: OBERLIN PUBLIC LIBRARY

The Oberlin Public Library is hosting an adapted playgroup on September 19th at 6:30 pm. Adapted Playgroup is a safe, welcoming environment for caregivers of children with concerns about development. 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. Register [here](#).



## FALL FESTIVAL SENSORY HOURS: BURNHAM ORCHARDS

Burnham Orchards Fall Festival sensory hours September 21st and 28th from 9:00 am-11:00 am. Click [here](#) for more information.



## VERMILION RIVER FEST: MILL HOLLOW

Join the Lorain County Metro Parks for an all-new, family-friendly event at Vermilion River Reservation on Saturday, September 21, from 3-8 pm at Mill Hollow. Admission for this event is FREE, and registration is not required. For more information click [here](#).



## CONNECT TO A CAUSE: MUSIC THERAPY AT NORTH RIDGEVILLE PUBLIC LIBRARY

Join us for a hands-on program at the North Ridgeville branch of Lorain Public Library system on September 26th at 6:30 pm 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](#).

## READING

We are excited about this upcoming Communicative Competence series. Click [here](#) for more information and to [register](#). All sessions are virtual from 4:00 to 5:00 pm (ET).

## GUARDIAN TIPS

Have you ever considered yourself to be a CEO? Parenting Special Needs Magazine shared [this video](#) in their Back to School Addition. Imagine the impact of being the CEO on your child's well-being and success! They share some helpful ways to set you up with the CEO mindset! You can read the full digital publication [here](#).

## ONLINE RESOURCES WEBINARS AND VIRTUAL SESSIONS

### GUARDIANSHIP OR SUPPORTED DECISION MAKING: WHICH IS BEST FOR YOU?

Are you navigating the complex world of legal choices for individuals with disabilities? Join our interactive program to explore two powerful options. This presentation will guide you through this process by demystifying the legal landscape and helping you decide which path may best suit you or your loved ones. This Webinar will be held on September 17th from 6:30 pm-8:00 pm. For more information and to register click [here](#).

### OCALI PRESENTS AUTISM POWER HOUR

These virtual sessions focus on a variety of topics to help both professionals and family members gain a better understanding of how to address and assist common barriers faced by autistic people. All sessions are offered from 7:30 am-8:30 am, and again from 3:30 pm-4:30 pm on that same day. Participants can choose which time slot works best for them.

For more information and to register click [here](#). Register soon; the first session is scheduled for September 17th.

