



# Post Adoption Resource Center Newsletter Oakland County



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## Preparing Your Child with Special Needs for Back to School

Summer can be both a relief and a challenge to parents raising children with “special needs.” Summer is a break from the everyday routine of getting a sometimes uncooperative child “up and at em” in time for the school bus to come by. With the beginning of the school year, comes the stress that many parents face with regards to preparing a resistant child that struggles with routine and organization ready for all that pressure. In the PARC Program we hear all the time something along the lines of “he’s a good kid, but cannot do school.” Parents know their children, they know their quirks, their struggles, and ways to make them successful. Unfortu-

nately, though many teachers will eventually get to know your child and learn their behaviors/ways to manage them, this takes time and a bit longer than at home. Thus, we’ve put together a list of suggestions made to ease your child back in to the new school year, in an effort to allow for the least amount of stress on you, your child, and the teacher as possible, because everybody wants to see their child succeed!

### 1. *Make a Transition Book.*

Meet your child’s teacher ahead of time and tour the new classroom. Take a camera with you (or use your cell phone) to the meeting with the teacher and take

pictures of everything! You can use these pictures to get your child excited about what he/she has to look forward to in the coming year!

### 2. *Learn the New Routine.*

While meeting with your child’s new teacher ask for an outline of what a typical day will look like for your child. Children crave structure and most can do really well with consistency if they know what’s going on then they can take comfort in knowing that there is a plan for them.

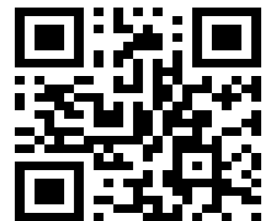
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For more information on the Post Adoption Resource Center please contact us at

**248-410-0727**

Or visit our website at [www.parcokland-orchards.org](http://www.parcokland-orchards.org)



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**3. Take Charge and Be Involved.** This is your child and as we've already established you know him/her best. Let your voice be heard and your beliefs be known and share what works for you. Knowledge is power, both for your child and for those educating him/her.

**4. Prep Slowly.** Children with or without special needs feed off of our anxiety, so to prevent theirs, quell yours. Get necessary supplies and clothes/uniforms early, get your child re-adjusted to the school schedule (in terms of bed times and wake times) at least a week before, and get needed items situated for the first day of class set out and organized to ensure for as smooth of a first day as possible!

**5. Keep Your IEP Available.** You never know when you will need it. If your child is changing schools or if the school is not meeting the expectations set forth by the IEP it is important to have that available to verify what the child needs, and is eligible. This is the most important tool you can have and a guidebook as to how your child will be receiving his/her education, do not lose it!

**6. Snap Photos for Social Stories.** In addition to taking photos of the classroom and teacher, take pictures of the front door where the kids line up, the lunch line area, the school playground. Use pictures available on the internet or in magazines that



display children in different social settings (positive and negative) in an attempt to prep your child for things that they may encounter during the school year and use these photos as a conversation piece and tool guide for teaching your child how to handle (and not handle) difficult situations.

**7. Schedule Your Child's Well Child Check Up.** You know they're going to need it so like we said earlier, prep ahead of time. Get everything your child will need to

start the school year off in advance, less scrambling in the early part of the school year, eases children's tension and anxiety (as well as yours)!

**8. Talk to Your Child.** "So often adults know what's going to happen, but they forget to share this critical information with kids. Sit down with your child and talk about what he/she can expect. The first twenty (or two hundred!) times you say, "You're going to a new school!" you may be greeted with a firm, "no," but eventually the message will sink in.

**9. Prepare a One-Page Guide to Your Child.** Like we've already talked about nobody knows your child more than you do, so let the teacher know. On the first day of school bring your child's teacher a letter detailing those little intricacies and tips that help you get through the day successfully. Some kids may have distraction issues and need to be in the front of a class to avoid too many distractions, some children may have a fear of animals and putting a child next to the class lizard may not be a good idea. Most children cannot express who they are and what they need to succeed so it is up to parents to be their child's mouthpiece, being open with teachers is the best way to do that!

Information in this section has been taken from and adapted from the article *Easing the Back-to-School Transition for Kids with Special Needs: 10 things you should do NOW to prepare* by Abbi Perets.

## Tutoring, an Accessible Service Provided by Medical Subsidy



In keeping with the back to school theme we thought we would take this opportunity to let families know that the Medical Subsidy Program has

funds available to pay for tutoring services for eligible children. Tutoring services are available for children who meet the following criteria:

- Have a medical subsidy contract with a related medical condition.
- Be ages 7 or older
- Children must be receiving education services as part of their IEP or 504 Plan and require specific additional help beyond pa-

rental assistance.

If your child meets the noted requirements and you believe that they could benefit from tutoring services, please feel free to contact us and we can assist you in requesting the service. We can be reached by calling Jennifer Harmon at 248-410-0727 or by logging on to [www.parcoakland-orchards.org](http://www.parcoakland-orchards.org).

## New Scholarship Opportunity

There is a new scholarship opportunity for youth who have experienced foster care in the State of Michigan. The Fostering Futures Scholarship is available for student awards beginning now! The following are important items to remember:

- Student must have been in foster care on or after their 13th Birthday.
- There is no upper age limit
- Student must be attending a Michigan public or private 4 year college/university/or community college



- Funding can be used only for the following: tuition, fees, room/board, books, and supplies/equipment required for enrollment.
- This funding can be used along with ETV.

There is no maximum amount but must be for specific unmet needs the student has related to tuition, fees,

room/board, books, and supplies/equipment required for enrollment.

Students need to submit the application and send it, along with copies of his/her financial award letter, most recent transcripts, and documentation supporting

Any off campus expense requested to the Michigan Education Trust office. If you would like further information related to this opportunity, please feel free to contact us at 248-410-0727 or visit our website at [www.parcoakland-orchards.org](http://www.parcoakland-orchards.org).

## 25 Healthy After School Kid Snacks



1. Chicken Kabobs with Peanut Sauce.
2. Baked Sweet Potato Fries.
3. Tortilla Pizzas.
4. Oatmeal Snack Cakes
5. Breadsticks
6. Orange Cranberry Muffins
7. Cheese and Crackers
8. Blueberry Muffins
9. Jello
10. Carrots and Ranch
11. Fruit and dip
12. Jam and Graham Cracker Cheesecake
13. Homemade Potato Chips
14. Chocolate Banana Crepes
15. Peanut Butter Cookies
16. Cucumber Boats with Spiced Yogurt
17. Juice Jelly Cubes
18. Hummus and Pita Chips
19. Apples and Peanut Butter
20. Cinnamon Sugar Pita Chips with fruit
21. Ham and Cheese Roll Ups.
22. Pretzels and Peanut Butter.
23. Homemade fruit popsicles.
24. Popcorn
25. Goldfish and veggies

Waffles with peanut butter, banana, and Honey. For more ideas and the complete recipes for these snacks please visit [www.parenting.com/gallery/healthy-kids-snacks](http://www.parenting.com/gallery/healthy-kids-snacks).

# Meet Destiny and Aalayh Who Are Currently Looking for Their Forever Home



## *Destiny and Aalayh*

*Ages 11 & 8*

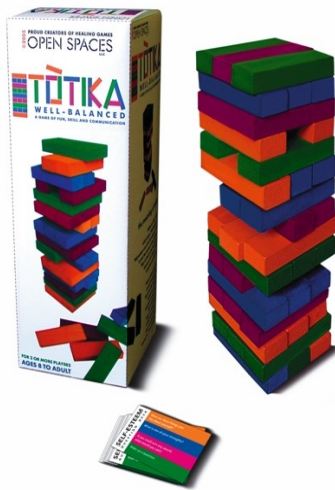
Destiny and Aalayh have a strong and loving bond with one another. Destiny is outgoing and enjoys bringing humor to others. Aalayh enjoys spending her free time outside playing with friends.

For more information, contact:  
Evan Fulford  
Adoption Resource Consultant  
248-530-7526

*"Children are our future. We must take care of them with maximum effort."  
~Naomi Campbell*



## Featured Resource



Totika is a wood stacking game like no other! While trying to keep the stack from falling over, players draw cards and answer questions to promote conversation, relationship building, and getting to know each other. The Self-Esteem Dec includes 48 cards with over 150 question.

The deck includes open-ended questions intend to open up discussions about self-confidence, setting and achieving goals, role models, motivation, personal success, and happiness.

Examples from the Self-Esteem card deck:

How does achieving a goal make you feel?

Wha is a goal that you have already achieved?

If you wanted to reward yourself where might you go to celebrate?

Totika Review:

“Great game, the kids really enjoyed the game and did not mind answering the questions. It was the perfect addition to a session I had run with children.”

*"Until you value yourself you won't value your time. Until you value your time, you will not do anything with it."  
~M. Scott-Peck*