



# Parent Mentor News

## Parent Mentor Office

Board of Education Building  
Third Floor  
9370 Olde Eight Road  
Northfield Center, OH 44067

**Parent Mentor**  
Kitty Boylan

**Phone & Voice Mail**  
330-908-6219  
Days, Evenings and Weekends

**Email**  
Parent.mentors@  
nordoniaschools.org

**Director of Pupil Services**  
Margo Gibson-Costello, Ph.D.  
330-468-4600  
Email: Margo.Costello@  
nordoniaschools.org

## Parent Mentor Resource Library

Call the Parent Mentor office for a book and video list or find it on the Nordonia School District website. There is also a collection of books in each building.

There are many books for children, teens, on parenting, special education and specific disabilities including LD and ADHD

## Reach Us On The Web

on  
The Nordonia Hills School District web site at:

[www.nordoniaschools.org](http://www.nordoniaschools.org)  
Click on Pupil Services on the left. On the right side under Pupil Services click on Parent Mentor.

There you will find current listings and updates on upcoming events in the area, the parent mentor newsletter and complete resource library list.



We hope you enjoy this newsletter, but if you would like your name removed from this mailing list, please call and leave your name and address on our voice mail at  
330 -908-6219.

## Winter 2009

### Upcoming Events

#### Nordonia Hills Middle School Summer Camp Fair

Saturday February 7th ~ 10:00 - 3:00 at Nordonia Middle School Cafeteria  
Reps from many camps including camps for children with disabilities.

#### February 11, 2009 9:30 AM – 12:30 PM

GUARDIANSHIP, ESTATE PLANNING & SPECIAL NEEDS TRUSTS  
State Support Team 8 - 100 Washington Street - Cuyahoga Falls, Oh  
PRESENTED BY: Attorney Barbara J. Weinschenk, Senior Associate Attorney at the Law Offices of Margaret H. Kreiner in Cuyahoga Falls.  
Please call the parent mentor office to register.

#### 11th Annual Recreation Fair February 28th ~ 10:00 - 1:00 pm

St. Michael's Woodside - 5025 East Mill Road - Broadview Heights,  
Great summer recreation ideas, activities, and events are represented.  
For information contact Bonnie Simons @ 216-524-2770, ext. 3818

#### MRDD Family Orientation Training Series on Residential Options

There are five "courses" that are each offered twice in 2009.  
Each course is scheduled twice during the day, from 10am - 12pm, and then it will be repeated again from 5pm - 7pm.

#### January 26, 2009 and June 22, 2009

Course 1 - "The Waiting List" details the types of waiting lists available.

#### February 23, 2009 and July 27, 2009

Course 2 - "Show Me the Funding" outlines the various types of funding.

#### March 23, 2009 and August 24, 2009

Course 3 - "Social Security" Accessing Social Security, Medicaid and Trusts

#### April 27, 2009 and September 28, 2009

Course 4 - "Provider Selection" Identifying providers and services

#### May 18, 2009 and October 26, 2009

Course 5 - "It's Time to Move, Now What Do I Do?"

All sessions are held at 89 E. Howe - Tallmadge, OH

For more information contact Beth Loeffler at 330-634-8810 or  
[eloeffler@csbmrdd.com](mailto:eloeffler@csbmrdd.com)



**Catch Your Child Being Good!**  
**From the Project Reach website**  
**[www.lehigh.edu/projectreach](http://www.lehigh.edu/projectreach)**

Parents have many jobs in any given day. There is cleaning to do, dinner to prepare, and laundry to finish. It is all too easy to get involved with these household tasks and forget about your child until he or she does something to catch your attention. This often happens when he/she has done something wrong. A fight with a younger brother, breaking something, or hurting the animal is sure to catch a parent's attention. But, it is important to avoid a cycle of only paying attention to your child when he/she misbehaves. It is critical to notice good behavior. When a parent notices good behavior and praises or rewards that behavior, it will happen more often. The following are some suggestions for rewarding good behavior.

As a general rule, at least three to five positive statements ("Jeri, you're playing so nicely") should be given to every correction ("Carlos, please stay at the table until dinner is over"). This will improve your relations with your child, make him/her a happier person, and lead to better behavior.

**"What gets rewarded gets repeated."**

*Jack Clemmer*

**\*\*\*Help With Children's Healthcare\*\*\***

As you may know, the Ohio Dept. of Job and Family Services began the Children's Buy-In (CBI) program in April. CBI was expected to cover 5,000 kids with special health needs whose working parents were struggling to cover their health care costs. So far, only two children have successfully been enrolled. Part of this is due to the eligibility requirements and the other is simply because families aren't aware of the program. CBI targets working families with income **ABOVE** \$42,000 per year. To date, 90 percent of those who have applied have actually been **under** income.

Here is the link to the CBI Web site: <http://jfs.ohio.gov/OHP/cbi/index.stm>. Families can only apply online.

**\*\*\*FYI - Nardon Hills Lions Club\*\*\***  
**Offers Assistance**

The Nardon Hills Lions Club has been helping with vision and hearing impairments since 1964 in the Nardon Hills Community.

There are seven eye research hospitals in the country and we are fortunate to have one in Cleveland at St. Vincent's Charity Hospital.

If anyone is needing assistance with glasses, eye exams or hearing assistance you may contact the Lions Club for support.

email: [Nikjam04@yahoo.com](mailto:Nikjam04@yahoo.com) or  
330-289-0786 or 330-467-0055.

**What's happening at OSSB?**

The Ohio State School for the Blind, the **ONLY BLIND** marching band in the nation, possibly the world, have applied, and their application has been accepted to march in the **2010 TOURNAMENT OF ROSES PARADE!**

Co-Directors are Dan Kelley and Carol Agler. The band became a marching band in 2005 when the Ohio School for the Deaf revived its football program after a 30+ hiatus. There are currently 17 members in the band and about as many sighted marching assistants. They recently performed at an Ohio State University Skull Session in St. John Arena. Video of that performance can be found in the [OSSB Music News](#) section. ([www.ossb.oh.gov](http://www.ossb.oh.gov))

Donations can be sent to:

**Ohio State School for the Blind C/o Tricia Mobley**  
**5220 N. High Street**  
**Columbus Ohio, 43214**

\*When sending a check please make sure to put Music Department in the intent or notes line of the check.\*\*\*

**For Parents of Deaf and Hard of Hearing**  
**Children ~ Have You Heard of Hands & Voices?**

[www.handsandvoices.org](http://www.handsandvoices.org)

Hands & Voices is a National organization that supports parents and families of deaf and hard of hearing children. Currently, there is a group of parents and professionals working to establish a local chapter of Hands & Voices in Ohio. We are establishing our Board of Directors right now and we need your help! We need more parent and professional involvement. I am asking for your help to spread the word to other parents and professionals about Ohio Hands & Voices

We are a parent-driven, parent/professional collaborative group that is unbiased towards communication modes and methods. Our diverse membership includes those who are deaf, hard of hearing, and hearing impaired and their families who communicate orally, with signs, cue, and/or combined methods. We exist to help our children reach their highest potential.

Our priority right now is finding parents for our Board of Directors. We will not be approved as an official chapter until we have more parents sitting on our Board of Directors. I am contacting you today, to see if you are interested in becoming a member of Ohio Hands & Voices and/or become a founding member on the Board of Directors or if you know someone who may be interested. If you know someone who might be interested, please contact:

Tabitha Belhorn, Parent Mentor  
Ohio School for the Deaf  
800-866-3966 (v/tty) 614-995-1567 fax  
[www.ohioschoolforthe deaf.org/outreach](http://www.ohioschoolforthe deaf.org/outreach)

## **Tips on How Parents Can Put Their Children with Disabilities on the Path to Future Employment**

- **Start Early**

Starting early is a key component to your child's future success. Start by exploring the work world together and conveying your expectations that he/she can and will work when he/she grows up. Provide opportunities for your child to gain early work experience through volunteer work in your community. Web sites such as Career Voyages ([www.careervoyages.gov](http://www.careervoyages.gov)) and The Office of Disability Employment Policy's Youth Page ([www.dol.gov/odep/categories/youth/career.htm](http://www.dol.gov/odep/categories/youth/career.htm)) are useful when exploring career options.

- **Promote Education**

Keep your child engaged in classroom activities. When parents expect their children with disabilities to continue their education beyond high school, the children tend to receive better grades than their peers whose parents do not have these expectations. In addition to the basic skills your child learns in the classroom, it is important that the child also learns how and when to tell others about any accommodations he or she may need.

- **Encourage Work-Based Learning Experiences**

Schools and community-based organizations may offer internships, job-shadowing, and mentoring opportunities that focus on employment. While postsecondary education is important, it is also important to remember that it is not the only gateway to well-paying jobs. Vocational education classes can provide an alternate route for exposing young people with disabilities to careers and preparing them for work.

- **Create Leadership Opportunities**

Encourage your child to connect with mentoring activities designed to establish strong relationships with other adults and peers. Encourage your child to become a mentor to younger youth. Participating in sports, student government, chorus, or volunteer groups can also build leadership skills. There are also a few leadership organizations specifically focused on youth with disabilities:

Kids as Self-Advocates (<http://www.fvkasa.org/>)

The National Youth Leadership Network ([www.nyln.org](http://www.nyln.org))

The National Consortium on Leadership and Disability for Youth ([www.ncl-d-youth.info/](http://www.ncl-d-youth.info/))

- **Set Goals**

Teach your child how to set goals and work towards achieving them. Start small and work toward larger goals. With an older child, goal setting might relate to entering a chosen field.

- **Develop Social Skills**

Friendships play a key part in youth development. Through the day-to-day activities that accompany making and maintaining friendships, you will be assisting your child in developing the ability to interact and get along with others, another essential skill employers look for and value in an employee.

- **Be Open to New Ideas**

Listen to the ideas of experts--teachers, medical staff or community providers. Know in the end, however, that you are the one who knows your child best. Share experts' input with your child, and, particularly as your child gets older, involve your child in any decision-making that affects him or her.

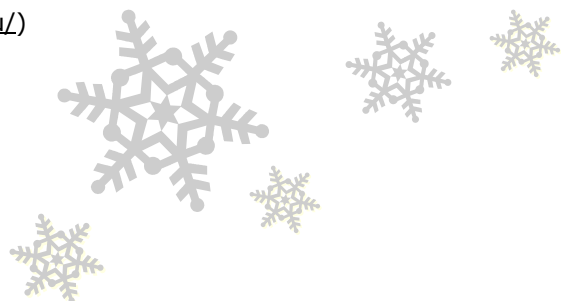
- **Additional resources for parents of children with disabilities:**

- Office of Disability Employment Policy (<http://www.dol.gov/odep>)

- Office of Disability Employment Policy Guideposts to Success: ([www.dol.gov/odep/categories/youth](http://www.dol.gov/odep/categories/youth)) DisabilityInfo.gov (<http://www.disabilityinfo.gov/>)

- The Job Accommodations Network (JAN)(<http://www.jan.wvu.edu/>)

PACER Center: ([www.pacer.org](http://www.pacer.org))



**THE OHIO COALITION FOR CHILDREN WITH DISABILITIES  
NOW OFFERING AUDIO CONFERENCES**

**AUDIO CONFERENCE TRAINING SCHEDULE**

**JANUARY 13, 2009 10:00 AM – 12:00 PM**

Topic: Visually Impaired  
Presenter: Pat Linkhorn

**MAY 12, 2009 10:00 AM – 12:00 PM**

Topic: Behavior Focused IEP's  
Presenter: Karen Lyke

**FEBRUARY 24, 2009 7:00 PM**

Topic: Parent/Professional Communication  
Presenter: Pam Cotrell

**JUNE 17, 2009 11:00 AM – 1:00 PM**

Topic: Is Your Child a Target of Bullying?  
Presenter: Barb Rutt

**MARCH 17, 2009 11:00 AM – 1:00 PM**

Topic: Transition Drives the IEP  
Presenter: Nancy Mandernach

**JULY 30, 2009 10:00 AM – 12:00 PM**

Topic: Understanding the Evaluation  
Process Under IDEA 2004  
Presenter: Robin Bryant

**APRIL 3, 2009 11:00 – 1:00 PM**

Topic: Understanding ADHD  
Presenter: Sandy Brickner

**AUGUST 25, 2009 10:00 AM – 12:00 PM**

Topic: Deafness/Hearing Impairment  
Presenter: Kim Dennison

**TO REGISTER FOR ANY OF THE AUDIO CONFERENCES,  
PLEASE CALL JANE SEATON AT 1-800-374-2806 EXT. 13**

\*\*\*Materials for these audio conferences will either be e-mailed or mailed to you prior to the training. You will also receive instructions for calling in and accessing the audio conference training. You will be able to hear the trainer through your phone while viewing the training materials either on your computer or in hard copy. You will need "Microsoft Office PowerPoint 2003" (or newer) software in order to see the slides on your computer.



**Goal Setting for Children with Learning Disabilities:**

**Your Role is Important** By: Dale S. Brown (2008)

In January, many people set their goals. The holiday season is over. It's back to school, back to work, and back to family routines. Teachers plan their next year's classes while parent's think about their family and what they want for each member. Employees set work plans and annual goals.

Children should also be encouraged to set goals for learning, personal growth, and their future. When children learn to set goals and reach them, they can visualize their future, make good choices, and make their dreams come true. The Frostig Center did twenty years of research on what makes people with learning disabilities successful as adults: goal setting was one of six success attributes.

Unfortunately, many children with learning disabilities and Attention Deficit Disorder find goal setting challenging. They often have **Executive Function Disorder**—a miswiring of the brain which makes it hard for them to plan ahead, to start and stop what they wish to do, and to monitor their behavior. Some children get distracted from any goal they set. To make matters more complicated, the school system and society sets goals for them—such as getting good grades and performing well on standardized tests—that challenge them in their area of disability. When they do not receive proper accommodation, they get discouraged and loose confidence.

Here are some ways to help your children, students, clients, and people with learning disabilities set their own goals and reach them.

**Ask the about their dreams and desires.**

Listen to them. Ask open ended questions in response to their thoughts. If the ideas seem outlandish or unrealistic, don't squelch them, just shape them. For example, suppose you have a student who has flunked every science class he's tried and lacks mathematical ability. He tells you he wants to be a doctor. You don't think that's possible. In that case you might talk about the many ways they could heal others — being a physician's assistant, a nurse, a coach, or a nutritionist. Their desire to be a doctor could give them the determination they need to do their math.

*Continued on next page....*

## **Encourage them to set goals that relate directly to their desire**

Their own desire will then fuel their motivation. [Jack Horner](#), a world-renowned paleontologist, was fascinated by dinosaurs. In his autobiography, he talks about how he was unsuccessful in school subjects, but excelled in science projects. "My goal in life was simple," he explained in his [Intellectual Autobiography](#), "I wanted to be a dinosaur paleontologist." He met his goal. As an adult, he discovered the world's largest Tyrannosaurus Rex and advised director Steven Spielberg about the science in the Jurassic Park movies.

## **Help them to work around their disabilities as they work towards their goals**

Jack, a middle school student with ADD wrote [an essay](#) which won the 2007 Breaking Barriers Essay Contest. This essay describes focus techniques that he used to meet his academic goals. He keeps a journal to write down his homework and when things are due. He also challenges himself to meet short-term deadlines — such as completing a quiz by a particular time. Goals should be SMART: Specific, Measurable, Achievable, Realistic, and Time-bound. If you set goals yourself, talk about how you set them and what you do to meet them.

## **Teach and model perseverance**

People with learning disabilities often face barriers that others do not. This means perseverance is particularly important. Perseverance is another one of the six success attributes extolled by the Frostig Center.

Jim Jones learned to twirl a basketball on his finger and do some tricks that other kids thought were cool. This lit a fire under him, and in [The Positive Side of Learning Disabilities](#), he says, "I practiced so much, I wore the skin off my pointer finger and it would bleed. In eighth grade, I spun two basketballs. In ninth grade, I spun three, and by tenth I could spin five basketballs. I was asked to show off my skills for small groups. One day I got a call. The man asked if I would like to perform half-time for the Cleveland Cavaliers NBA game." At the age of 16, he did ten performances. He is now a well-known motivational speaker discussing his experience as a dyslexic.

## **Teach children to handle setbacks and failures**

Tell them that mistakes are opportunities to learn and that the road to success often involves many detours. The important thing is to try again. [Life Success for Students with Learning Disabilities: A Parent's Guide](#) explains, "Many persons with learning disabilities show great perseverance and keep following their chosen path despite difficulties. They often describe themselves in such terms as 'I am not a quitter' and 'I never give up.' However, successful individuals demonstrate an important ability — knowing when to quit."

Successful people with learning disabilities find new ways of achieving their goals, ways that are often significantly unique. For example [Jack Horner](#) wanted a job in a museum, but had no degree. While working as a truck driver, he wrote letters to every museum in the English-speaking world and asked if they had "any jobs open for anyone ranging from a technician to a director." He received three responses and was selected by Princeton University's Natural History Museum where he worked for seven years.

Here are some specific ways that you can encourage your child or student set goals and persist in accomplishing them:

\*Notice when they are working towards their goals and praise them for it. Be particularly alert to the goals they themselves select.

\*Link their schoolwork to the goals they want for themselves.

\*Praise their work process as well as the product. They deserve praise for persisting, especially when the results are not in. For example, your child or student keeps on working on phonics, long past the time when other children have learned it. Notice and encourage his persistence even if he is still behind grade level.

**\*When they succeed, ask, "How did you do it?" Listen intently to what they tell you. Have them speak of their own success. This helps them understand what works for them. It teaches them to rely on themselves for reinforcement rather than waiting for an authority figure to praise them. Teach them to compliment themselves, to give themselves positive reinforcement so they can motivate themselves when nobody else is.**

## **Inspire your students and children to overcome their learning disabilities and reach their dreams**

Help them reach their inner hero. Many people with learning disabilities attribute their success to a teacher, parent, neighbor, or other adult who believed in them when they did not believe in themselves.

Perhaps you can set a new goal to help people with learning disabilities reach their goals. You can be the one who helps them identify their dream, eliminate the obstacles, and make it come true.

## **About the author**

[Dale S. Brown](#) is the Senior Manager of LD OnLine. She wrote this article based on her experience as a leader in the self-help movement of people with learning disabilities. She has written five published books and won the Ten Outstanding Young Americans Award for her work on learning disabilities.

9370 Olde Eight Road  
Northfield, Oh 44067



NORTHERN SUMMIT COUNTY PARENT MENTOR INFORMATIONAL SERIES

**February 26 , 2009 6:30 pm to 8:30 pm**

DVD presentation and open discussion featuring:  
**THE HIDDEN CURRICULUM: Teaching What is Meaningful**

The DVD offers practical suggestions and advice for how to teach and learn those subtle messages that most people seem to pick up almost automatically but that have to be directly taught to individuals with social-cognitive challenges.

Given the serious consequences that can befall a person who violates a social rule, the strategies discussed here make this a much-needed resource.

Hudson High School Room A 100 - 2500 Hudson Aurora Rd. - Hudson, Ohio

*Please call the parent mentor office to register at 330 -908-6219*