

FAMILY ENGAGEMENT NEWSLETTER

This month's topic: *Healthy Mind & Body*

Upcoming Statewide Events

Second Annual Waisman Center Day with the Experts: Grandparents' Network

Learn about research related to developmental disabilities and the family at the Waisman Center and hear from a panel of experts, including grandparents of children and adults with disabilities.

When:

Saturday, November 2, 2013
9:30 a.m.-1:00 p.m.
(Complimentary coffee, bagels and donuts at 9:00 a.m.)

Where:

John D. Wiley Conference Center, Second Floor, North Tower, 1500 Highland Ave., Madison

Cost:

FREE ADMISSION & PARKING
Please pre-register since capacity is limited.

To register go to:

<http://www.waisman.wisc.edu/events-experts-gp2013.htm>

For more information:

palumbo@waisman.wisc.edu or 608.263.5837

Discovering Work: Employment Strategies for Youth with ASD/DD

Date: November 5, 2013,
8:30am-3:30pm

Location: Fox Valley Technical College, Appleton

Registration: Starting Early October

For more information, go to:

http://www.waisman.wisc.edu/connections/future_meetings.php

FAMILY ENGAGEMENT IMPACT

Helping Families Pave the Path to College: Supporting the Developmental Processes That Facilitate College Readiness

By Matthew Zellmer

Adapted from: Savitz-Roemer, M., & Bouffard, S. (2012). *Family Involvement Network of Educators (FINE) Newsletter*, 4(3). Retrieved October 10, 2013 from <http://www.hfrp.org/family-involvement/publications-resources/helping-families-pave-the-path-to-college-supporting-the-developmental-processes-that-facilitate-college-readiness>

A difficult dilemma families and schools may wrestle with is how the concept of family involvement can be effectively realized during adolescence. Especially if the student aspires to attend college, adolescence can be a crucial time for those invested in education to begin paving the pathway to when adults won't be there at every turn. Strategies for accomplishing this may vary widely. Laying an academic

foundation for college is always crucial, but equally important are more intrinsic qualities such as establishing identity, motivation and self-regulation. Educators need to help families understand that these factors must be nurtured and cultivated if success is to be found in college and guide them in doing so. For example, when families take the time to discuss goals and plans for the future with their kids, they are working in tandem, if not simultaneously with, the transition process the school is engaged in. This helps give young people a consistent message and hopefully a better direction for what they want to do. Schools have a valuable role to play, especially in cases where families may not have a history of pursuing higher education and may be unfamiliar about how to

prepare. Whether it be communicating with them about skills needed to succeed, including them in campus visits or other exploratory activities, creating opportunities for families to network, facilitating discussions between youth and families about college or helping organize student-led conferences on the topic, there are many ways educators can boost college readiness. Commenced early, these practices will help put students in the best possible position to be successful in college and beyond. Moreover, these strategies can complement the many other college readiness efforts underway in middle and high schools, such as advisory periods, peer counseling, and assistance completing applications. When families, educators, and students all work together, their efforts can go a long way—and so can young people.

RESEARCH TO READ

PATH: Parent Activities Toward Healthy Self-Determination

Abernathy, Tammy, and Ann Bingham. *TEACHING Exceptional Children Plus* 6.1 (2009): 4.

http://journals.cec.sped.org/cgi/viewcontent.cgi?article=1625&context=tecplus&sei-redir=1&referer=http%3A%2F%2Fscholar.google.com%2Fscholar%3Fstart%3D20%26q%3Dhealthy%2Bspecial%2Beducation%2Bfamilies%26hl%3Den%26as_sdt%3D0%2C23%26as_ylo%3D2009#search=%22healthy%20special%20education%20families%22

Abstract:

PATH: Parent Activities toward Healthy Self-Determination was developed as a tool for parents to evaluate their personal status in coping, knowledge of disability related issues, and advocacy. This article describes PATH's five reflective, non-judgmental activities resulting in an opportunity for parents and family's to self-assess progress in developing their child's self-determination. The activities

are designed to inform parents and generate ideas and conversations within families and with school personnel. The activities, while scored, are not to be judged or evaluated. Examples from two families with varied levels of knowledge in disability issues are included in the article. Teachers and case managers are urged to share these tools with parents of school-age children with disabilities.

Children Come First

The highlight of the Family Ties 24th Annual Children Come First Conference is sure to be meeting Dan Habib, maker of and star in "Who Cares About Kelsey". You may also know this filmmaker from another of his films, "Including Samuel".

Date: November 11, 2013

Location: Stoney Creek Inn, Rothchild, WI 54474

Registration: <http://fs11.formsite.com/wifamilyties/2013CCF/index.html>

2013 Transition Academy: College And Career Ready Description

It is our mission to ensure we prepare our students for life after high school by teaching them the skills and knowledge they will need for success. The 2013 Transition Academy will feature a keynote presentation by Judson Laipply, award-winning speaker and inspirational comedian.

When: Nov 13, 2013:

8:00 am - 3:30 pm

Where: Glacier Canyon Lodge Conference Center, WI Dells

Cost: Free

For more information, contact: Pam Jenson, pamj@wsti.org (608) 921-1400

This event is for: School/District Staff, CESA Staff, Adult Agency, DPI Consultant, Post-Secondary Education, Other

Across The Lifespan Conference

This conference includes PK-12, post secondary education, adulthood and seniors. Our attendees represent the fields of assistive technology, education, case management, physical therapy, occupational therapy, speech and language pathology, and rehabilitation counselors. Students of these professions, consumers and family members also make up a fair share of our attendees.

Date: November 14-15

Location: Glacier Canyon Convention Center, WI Dells

Registration: on-line only; Closes November 11, 2013 <http://www.atacrosslifespan.org/>

Cost: \$75 2-day cost

RESEARCH TO READ

The ABCs of Family Mealtimes: Observational Lessons for Promoting Healthy Outcomes for Children with Persistent Asthma

Fiese, Barbara H., Marcia A. Winter, and Joanna C. Botti. *Child development* 82.1 (2011): 133-145.

<http://www.ncbi.nlm.nih.gov/pmc/articles/PMC3058371/>

Abstract:

Shared family mealtimes have been identified as potential promoters of healthy child development. This observational study of 200 family mealtimes examined the relation between child health indicators in a group of children with persistent

asthma and three dimensions of mealtime interaction: Action, Behavior Control, and Communication. Mealtimes lasted, on average, 18 minutes with a range of 2 to 47. Percent of time spent in Action and Positive Communication varied by asthma symptom severity and child quality of life as well as family socio-demographic variables (maternal education, child ethnicity, family structure). Stepwise regression analyses revealed that controlling for maternal education and overall general family functioning, positive communication



during family mealtimes predicted child quality of life. Significant interactions between demographic variables and behavior control suggested that higher levels of behavior control affected child quality of life in the context of lower maternal education. Guidance is offered for practitioners and policymakers toward promoting healthy family mealtimes as a public health priority.

STATEWIDE AGENCY: INDEPENDENT LIVING CENTERS (ILCs)



Living life with a disability will inevitably present challenges, and those challenges will evolve as one gets older. In a sense, schools are a security blanket for individuals with disabilities. But the adult world expects these same people to take responsibility for their own well-being- a scary proposition for many who have not been primary decision-makers previously. When that time arrives, independent living centers (ILCs) are a valuable community resource for people of all ages and disabilities.

ILCs are consumer-directed nonprofit organizations that provide four core services: peer support, information and referral, independent living skills training and person and systems advocacy. These can mean support groups for kids, young adults and older adults, money management counseling, legislative lobbying, assistive technology demonstrations and loans and numerous other possibilities. Larger ILCs may have the capacity to offer additional programs and services such as training on the Americans

with Disabilities Act, personal care services and sports and recreation programs.

There are currently eight ILCs serving Wisconsin families. Several centers operate in multiple locations to be able to provide the best and widest possible range of consumers in their area. To find and learn about the ILC nearest you, please visit the Wisconsin Department of Health Services website at <http://www.dhs.wisconsin.gov/disabilities/physical/ilcs.htm>

FEATURED ONLINE RESOURCES

TOPIC: HEALTHY MIND & BODY

Family Time Resources: Find out if and how martial arts can affect a child's acquisition of self-control, self-discipline, empathy, and respect for self and others. <http://familyvaluesclub.com/family-time-resources/teaching-children-self-discipline-through-martial-arts.html>

Encouraging Family Fitness & Healthy Habits: Families that play together stay together. This article gives some easy, everyday tips to help families strive more healthy and active lives.

<http://www.pbs.org/parents/food-and-fitness/sport-and-fitness/family-fitness/>

Helping Kids Cope With Stress: Childhood can be more stressful than adults might think. Reach out and help your child deal with stress. Several strategies are offered on this site. In addition, there are many other topics of interest to parents. There are specific pages for children and teens as well.

http://kidshealth.org/parent/positive/talk/stress_coping.html

Yoga and Kids Go Together: This article offers a brief and understandable definition and explanation of what yoga is. This is followed with a list of advantages of practicing yoga.

<http://www.pbs.org/parents/food-and-fitness/sport-and-fitness/why-yoga-and-kids-go-together/>

Children's Emotional Health Link: This site provides a resource to parent from leading experts in psychosocial pediatrics and other related fields. There are links to information about multiple emotional health issues.

<http://www.cehl.org/parents.html>

National Center on Health, Physical Activity, and Disability (NCHPAD): NCHPAD provides advocacy, services and programs to numerous organizations and people throughout the country, using a framework to build on *inclusion* and *integration* into existing programs. This site has a variety of resources, videos, and articles focused on health and physical fitness for people with disabilities. There is a monthly newsletter you can subscribe to and even a 14-week free physical fitness program especially designed for people with mobility limitations, chronic health conditions and physical disabilities.

<http://www.ncpad.org/>



State Superintendent's Conference on Special Education and Pupil Services Leadership Issues

Topics relating to current issues in education are the theme of this annual conference. Updates will be given and break outs will offer the most current information.

Date: November 19-20, 2013

Location: Marriott West, Madison

Registration: http://sped.dpi.wi.gov/sped_falleader

Cost: \$150

Technology Conference for Special Education

The Technology Conference for Special Education (TSE) will offer over 30 sessions on educational, instructional and assistive technology for beginning, intermediate and advanced level learners. Participants have the opportunity to attend sessions and visit the Exhibit Hall to learn more about technology services and products. Please bring your own technology to participate during sessions! This year we're going paperless!!

Date: December 4-5, 2013

Location: Kalahari Resort and Convention Center, Wisconsin Dells, WI

For registration and more information:

<https://www.edevents.org/conferences/5/technology-conference-for-special-education>

Early Bird Pricing (Before

11/13/2013): Participant—\$199.00,

Presenter—\$99.00, Lunch—\$15.00

Call for Proposals for Autism Society of WI Annual Conference

The purpose of the ASW's Annual Conference is to provide a wide range of information to those affected by autism. Our goal is to provide relevant information for attendees at all levels, including those who are new to autism and those who have years of experience. Breakout sessions last one hour and fifteen minutes each. We're looking for presentations on topics affecting those with autism at all ages, from early childhood through adulthood.

All proposals are due by Wednesday, November 20, 2013

Location: Kalahari Resort & Convention Center, WI Dells

Date: April 24-26, 2014

Download the proposal form at:

http://www.asw4autism.org/pdf/Call_for_proposals_fillable_2014.pdf

To submit a proposal or for questions, email: conference@asw4autism.org

WI FACETS Phone Workshops

Registration for all phone workshops: Contact Sandra McFarland at 877-374-0511, smcfarland@wifacets.org or on line at www.wifacets.org

Dispute Resolution Options

When: 11/4/13 at 7-8 PM
Presenter: WSEMS

What To Do If You Suspect Your Child is Abused

When: 11/6/13, 12-1 PM
Presenter: Maryann Clesceri, The Healing Center

IEP Parte II

When: 11/7/13, 12-1 PM
Presenter: Martha Lechuga

Opening Doors to Transition

When: 11/11/13, 12-1 PM
Presenter: Mary Skadah, WSPEI

Skills for Effective Parent Advocacy

When: 11/12/13, 7-8 PM
Presenter: Joe Kluber

Getting AT in the IEP

When: 11/13/13, 12-1 PM
Presenter: Monica Murphy, DRWI

Working for Change - Using the Power of a Personal Story

When: 11/21/13, 7-8 PM
Presenter: Don Rosin

SUPPORT GROUPS

Milwaukee Center & Autism Support Group

Where: WI FACETS Milw. Office
Topic: Dispute Resolution Options
Presenter: Jan Serak
When: 11/16/13, 11-12 PM
Topic: Autism Support Group Meeting
When: 11/16/13, 12-1:30 PM

Grupo de Autismo

Where: WI FACETS Milw. Office
Tema: Celebracion de Accion de Gracias
When: 11/23/13, 10 AM-12 PM

CONTRIBUTIONS TO NEWSLETTER

Next month's newsletter topic: *Diverse Learners*

There are two ways to submit contributions. Use either the online form at <http://bit.ly/WO9a39> or use the attached fillable PDF form for contributing articles, events, and resources.

Send the fillable PDF form submissions to mzellmer@wifacets.org or ebraunel@wifacets.org

*Deadline for submitting contributions to each month's issue is by the **20th of each month at noon**. For time sensitive training advertisements, the information should be sent a minimum of two weeks prior to the event date; ideally a month ahead of time.*

Material appropriate for the monthly newsletter include web links to sources of family involvement/parent leadership resources, advertisements for statewide trainings for parents, youth or parent/educator audiences, information about statewide parent agencies, recent research pertaining to family engagement, and family engagement success articles. Family engagement success or impact stories can be written at an individual or family level, classroom level, school building level, district level, county level, CESA level, etc.

Your submittal may not be in the final copy of the upcoming month's newsletter if it was in a previous month's email, the event date has passed, the web link doesn't work, or there is already an article in place. Articles and resources will be saved to be used for later newsletters. We reserve the right to edit contributions as needed.

This month's update is provided by WI FACETS to share statewide information regarding parent leadership and family involvement.



** WIFACETS website: <http://www.wifacets.org>*

DISCLAIMER

Inclusion of information in this newsletter does not constitute an endorsement by Wisconsin Family Assistance Center for Education, Training, and Support (WI FACETS), the Department of Public Instruction, the U.S. Department of Education, or the U.S. Department of Health and Human Services.

NOTE: If you would like to receive this monthly update or if you would like to have your name removed from the distribution list, please contact:

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Matthew Zellmer, WI FACETS SPDG Research Coordinator at 414-374-4645 x203 or

mzellmer@wifacets.org.

