



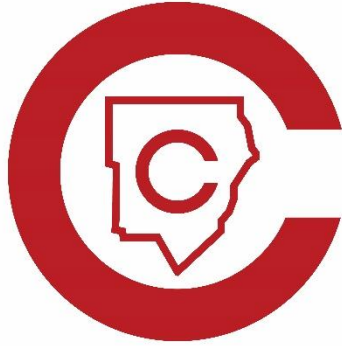
SUPPORT & SPECIALIZED SERVICES

PARENT MENTORS

A SPECIAL EDUCATION PROGRAM

School Year Success

- **Get to know your Special Education Parent Mentors and learn about their services & upcoming programs**
- **Learn practical ideas to support the emotional well-being of families of children with special needs.**
- **Acquire useful tips and strategies that can be implemented in the home to promote school success.**



SUPPORT & SPECIALIZED SERVICES

PARENT MENTORS

A SPECIAL EDUCATION PROGRAM

Special Education Parent Mentors

Stacy Greene and Toni Burton

School Year 2022-2023

Who are the Parent Mentors?

What is our purpose?

Please submit questions at:

<https://forms.office.com/r/HZZ7dnQs9b>

or scan this QR

- Cobb County School District partners with the Georgia Department of Education to participate in the Georgia Parent Mentor Partnership
- The parent mentors are parents of children with disabilities who are receiving or have received Special Education services in the Cobb County School District
- Use our knowledge and experience to help work with the families of students with disabilities and schools to support educational success





Ty's Journey

- 23 Years Old
- Diagnosed with High-Functioning Autism
- Began receiving special education services in Special Needs Preschool
- Graduated May 2017
- Chattahoochee Technical College & Georgia Vocational Rehabilitation Agency
- Currently working full-time at Kroger

Teddy's Journey

- Began Special Needs Preschool: Spring 2018
- Diagnosed with Autism & ADHD at age 5
- Currently in 3rd Grade (8 yr. old)
- Extracurricular Activities: Boy Scouts, Tae Kwon Do, Social Skills group





Services We Provide

- Provide engagement strategies to facilitate communication between parents and educators
- Listen and provide confidential support to families on an individual basis
- Provide information on special education topics
- Link parents to support groups and resources
- Host informational talks, workshops and events for families and educators
- Maintain [webpage](#) with resources for parents and families

Please submit questions at:

<https://forms.office.com/r/HZZ7dnQs9b>

or scan this QR



2022-2023 Events

- Parent Workshops
- Parents Engaging Parents (P.E.P.) Talks
- Community Connections Resource Fair
- Evening of Inspiration



Parent Workshops

10:00-11:30AM (Virtual)

October 11, 2022

Understanding the IEP Process

November 15, 2022

Engaging Students in the Learning Process

January 17, 2023

Instructional Strategies to Support Continued Learning

April 18, 2023

Nurturing Your Student's Self-Sufficiency



P.E.P. Talks

10:00-11:30AM

September 21, 2022: *Durham Middle School*
Collaborating with Your Student's Team

November 2, 2022: *Pearson Middle School*
Engaging in the IEP Process

February 1, 2023: *Dodgen Middle School*
Navigating Your Student's Path

March 29, 2023: *Lovinggood Middle School*
Resources for Parents





Community Connections Resource Fair

- Extracurricular opportunities specifically for students with disabilities
- 50+ representatives from Atlanta and Cobb County attractions, organizations, and businesses share their accessibility/sensory-friendly offerings
- Camps, Local Attractions, Museums, Sports, and many more



Evening of Inspiration

**A Showcase Spotighting the Talents and Successes of CCSD
Students with Special Needs**



Stacy Greene: Stacy.Greene@cobbk12.org

Toni Burton: Toni.Burton@cobbk12.org

Phone: 770-529-0046

CCSD Website:

www.cobbk12.org/page/38585/special-education-parent-mentors



Cobb Special Education Parent Mentors



@CobbSpedMentors



@CobbSpedMentors

Family Wellness: Finding the Connection Between Caring for Others and Caring for Yourself

Joslin Maxwell & Cree Hare
Wellness Specialists



POSITIVE SCHOOL CULTURE SUPPORT
PROACTIVE. RESPONSIVE. EFFECTIVE.

Statistics for a healthier you...

39%

Parents feel guilty
for taking some
“me-time.”

67%

Adults prioritize caring for
others more than
themselves.

30%

Adults set aside time for
self-care.



Please submit questions at:
<https://forms.office.com/r/HZZ7dnQs9b> or scan this QR code



POSITIVE SCHOOL
CULTURE SUPPORT

How do you feel right now as a parent/caregiver of a child with special needs?



<https://positiveculture.participoll.com/>

n^ore^osponses

0



POSITIVE SCHOOL
CULTURE SUPPORT

Your Feelings Matter...

- Feeling overwhelmed with managing financial, therapy and medical needs
- Feeling exhausted from working and caring for a special needs child
- Feeling frustrated from unsolicited advice on how to raise your special needs child from others who don't have a special needs child
- Feeling guilty or sad about your child's disability
- Feeling isolated from other parents and friends
- Feeling sad when your child becomes frustrated while trying to accomplish daily tasks



Laughter is a Form of Wellness



POSITIVE SCHOOL
CULTURE SUPPORT



10 Tips For Caring For Yourself (while also caring for others)

- Take a Breath
- Set Boundaries
- Get Support
- Schedule Me Time
- Practice Gratitude
- Identify Your Village
- Give Yourself Grace
- Fun Family Time
- Your Happy Place
- Get Outside



01

Take a Breath

A person can survive days without water and weeks without food, but only minutes without air. Practice as a family during calm times - make it a ritual at breakfast to start the day or at bedtime to end the day. Then you can use this tool to help calm emotions when needed.



Watch & Breathe



INHALE, EXHALE



POSITIVE SCHOOL
CULTURE SUPPORT

Watch & Breathe

BREATHE SLOWLY:



IN & OUT

BREATHE SLOWLY, IN & OUT



POSITIVE SCHOOL
CULTURE SUPPORT

02

Set Boundaries

It's OK to say no. Bring balance with boundaries. By supporting a child with special needs, you are already doing more than your average parent/caregiver.



Please submit questions at:
<https://forms.office.com/r/HZZ7dnQs9b> or scan this QR code



POSITIVE SCHOOL
CULTURE SUPPORT

It Helps to be Prepared

If you tend to say yes when you are caught off guard...

"Let me get back to you" or "Let me think about it."

If you want to leave the option open, but not commit at this point...

"Thank you so much for thinking of me. It's a no for now, but I will definitely let you know if anything changes."

No is a complete sentence, but you can also say...

"If I did this, I'd have to figure out what else to give up. My time is filled with other priorities at the moment."

"Sorry, my plate is already full."

"I am not able to do that this time, please ask again!"

"No, thanks, but I appreciate you thinking of me."

"Thank you for such a wonderful offer. I have to pass this time."



03

Get Support

Access professional, community, and group/mentor support that is available. Find resources that can help with managing financial costs, due to additional medical/therapy services.



04

Schedule “Me Time”

Find small moments to do things that bring you joy. Reward YOURSELF for reaching small goals, just as much as bigger milestones.



05

Practice Gratitude

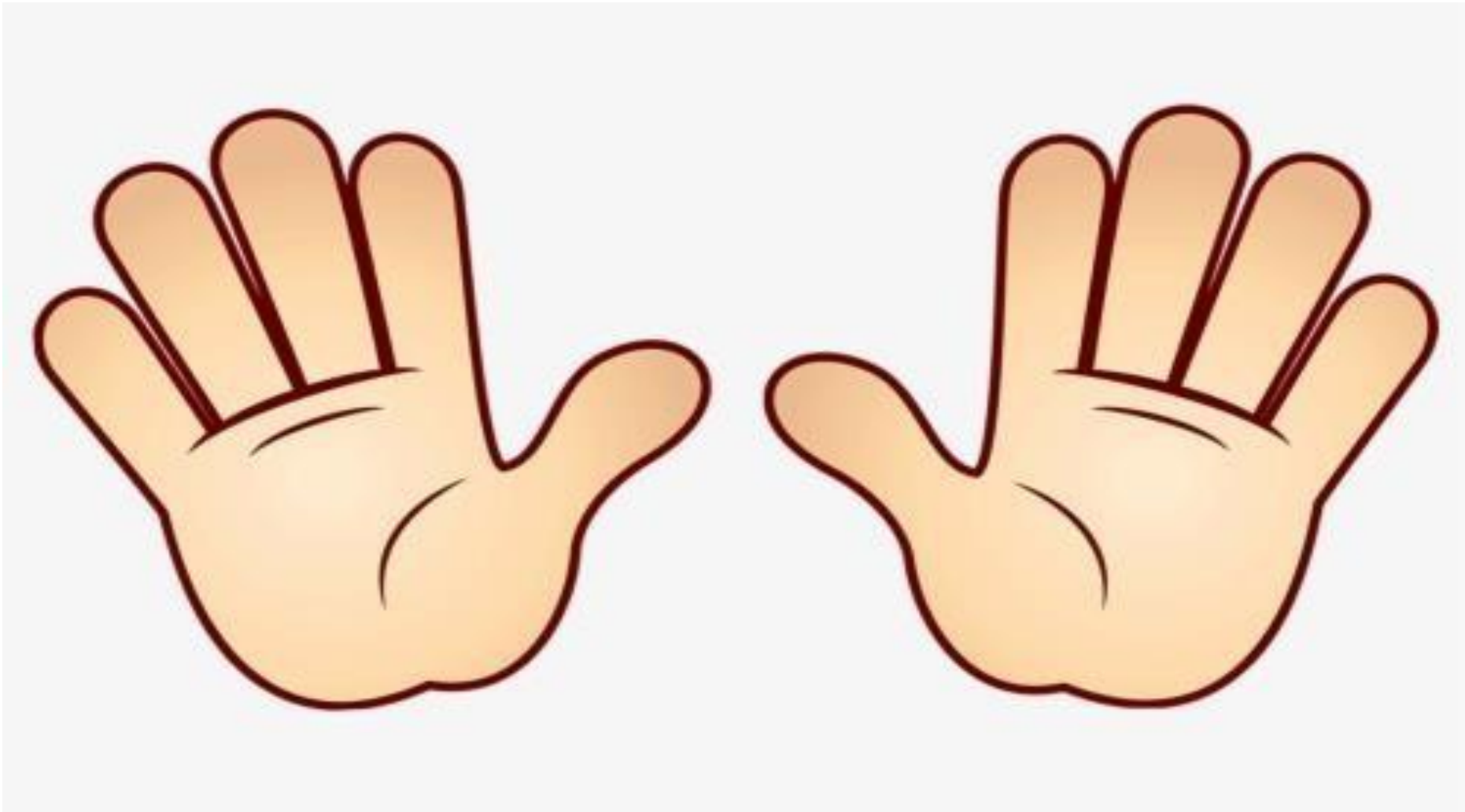
Make gratitude a daily habit. Flex your gratitude muscle personally or as a family. It's a great way to start out a conversation at mealtime or in the car. You can help each other get to 10!

"I don't have to chase extraordinary moments to find happiness--it's right in front of me if I'm paying attention and practicing gratitude."

- BRENÉ BROWN



POSITIVE SCHOOL
CULTURE SUPPORT



10 Finger Gratitude Exercise



POSITIVE SCHOOL
CULTURE SUPPORT

06

Identify Your Village

Let friends, family and chosen family help. Identify your needs and your family's needs and think of who may be able to assist.

Please submit questions at:
<https://forms.office.com/r/HZZ7dnQs9b> or scan this
QR code



*Family isn't
always blood. It's the
people in your life who
want you in theirs;
the ones who accept
you for who you
are. The ones who would
do anything to see
you smile & who
LOVE YOU
no matter what.*



POSITIVE SCHOOL
CULTURE SUPPORT

Name Your Village Members - (examples: friend, neighbor, brother)



<https://positiveculture.participoll.com/>

n^{re} responses



POSITIVE SCHOOL
CULTURE SUPPORT

07

Give Yourself Grace

Be kind to yourself. Remind yourself of the win in each day.

be gentle
with yourself.
you're doing the
best you can.



08

Fun Family Time

Often fun helps with a positive reset, which keeps emotions regulated.

Examples: cooking, photography, board games, puzzles, singing, dancing to a favorite song, build structures with blocks or clay, a treasure hunt, blowing bubbles, etc.



POSITIVE SCHOOL
CULTURE SUPPORT

An example of a free, energizing activity to enjoy during family fun time - a seated dance break!



POSITIVE SCHOOL
CULTURE SUPPORT

09

Your Happy Place

Visit a space that brings you joy, look at a picture or remember it in your mind. Make a list of ideas to go to when you have the opportunity.



Please submit questions at:

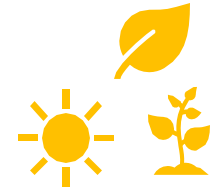
<https://forms.office.com/r/HZZ7dnQs9b> or scan this QR code



POSITIVE SCHOOL
CULTURE SUPPORT

10

Get Outside



Go for a walk, sit at a picnic table for lunch, or tend to some plants. Daily stressors can feel smaller when you are getting fresh air and it can help to press pause on the feeling of living in "survival mode."





So many benefits...

- Improves Quality of Sleep
- Improves Bone Strength
- Generates Weight Loss
- Strengthens Immune System
- Improves Mental Health/Depression
- Eye Health



Which wellness tip will you use first?

- A. Take a Breath
- B. Set Boundaries
- C. Get Support
- D. Schedule Me Time
- E. Practice Gratitude
- F. Identify Your Village
- G. Give Yourself Grace
- H. Fun Family Time
- I. Your Happy Place
- J. Get Outside

<https://positiveculture.participoll.com/>



Thank you!

Follow your Wellness Specialists on Twitter...



@joslin_maxwell
@creecreehare

Email your Wellness Specialists:

joslin.maxwell@cobbk12.org

lucrecia.hare@cobbk12.org

Email your Special Education Parent Mentors:

toni.burton@cobbk12.org

stacy.greene@cobbk12.org

Please submit questions at:

<https://forms.office.com/r/HZZ7dnQs9b> or scan this QR code



POSITIVE SCHOOL
CULTURE SUPPORT

**Please complete this quick survey for us.
We appreciate your feedback!**



<https://forms.office.com/r/TqSBx9kLPz>



**POSITIVE SCHOOL
CULTURE SUPPORT**

School Year Success

Successful attributes for school success for Students with Disabilities.



Success Begins Now

Every child has the power to succeed in school and in life. Every parent, family member and caregiver can help.



How can we help our children with disabilities succeed?



If you have any questions, scan QR code.



SPECIAL
EDUCATION

Parent Involvement Quick Facts

- Parent partnerships tend to decline as students progress across grade levels.
- Students tend to get higher grades and test scores when parents are involved.
- Research shows that parent support is more important to school success than a student's IQ, economic status, or school setting.



- Students are more likely to complete high school and enroll in post high school education.
- Research shows that students that read at home have bigger gains than children who practiced reading only at school with teachers.



If you have any questions, scan QR code here.



SPECIAL
EDUCATION

Tip 1: Learning Environment

- Have a special place for your child to study. Make a study area that has paper, pencils, pens, erasers, computer and other materials your child uses to do schoolwork.
- Check your child's homework when it is finished. Don't expect or demand perfection.



Fostering a Positive Learning Environment

Consider the following suggestions when you're trying to create the right **physical** and **emotional** space for them to learn and grow:

- Focus on your child's strengths.
- Set reasonable expectations for them each day based on their learning ability.
- Provide guidance as much as possible but allow for independence when you can.

Tip 2: Organize Paperwork

- Try to keep a calendar of special education meetings, Individualized Education Plan (IEP), progress reports, and conferences.
- Setting up a binder or folder to keep your child's special education documentation, meeting notices, and IEPs in sequential order can also help you stay organized.

Resident district:	Date of last comprehensive evaluation: Annual IEP meeting date: ___/___/___	INDIVIDUALIZED EDUCATION PROGRAM (IEP)
IDENTIFYING INFORMATION		
Child's name: _____	Parent/guardian name(s): _____	
MARSS ID#: _____	Relationship to child: _____	
Gender: <input type="checkbox"/> M <input type="checkbox"/> F	Address: _____	
Date of birth: ___/___/___	Phone (day/evening): ___/___/___	
School: _____	Phone (cell): _____	
Grade: _____	Email: _____	
Providing District (Name/number): _____		
School address (provide mailing address and street address if different): _____		



If you have any questions, submit here.



**SPECIAL
EDUCATION**

Tip 3: Review your child's current IEP

- The IEP is the cornerstone of your child's educational program, so it's important that you have a clear understanding of it. Note when the IEP expires and if your child is up for reevaluation this year.
- Most importantly, be sure that this IEP still "fits" your child's needs.
- Being knowledgeable about your child's IEP and their disability can help you become a better advocate for your child.



Tip 4: Start a Communication Log



Keep track of all phone calls, e-mails, notes home, meetings, and conferences



Create a “communication log” for yourself in a notebook that is easily accessible. Be sure to note the dates, times, and nature of the communications you have.



Have your child create a log for communication with teachers and coaches.



Check agendas and folders daily.



**SPECIAL
EDUCATION**

Tip 5: Establish before- and after-school routines



- Discuss and plan the changes in you and your child’s daily routine that will happen during the school year.
- You can even begin practicing your new schedule, focusing on morning and evening routines.
- Keeping notes, projects and reading materials in logical order helps students find what they need right away, cutting down on time spent tracking things down, and allowing more time for actual studying.
- Create a routine (schedule) to follow before changing learning activities or tasks. (e.g., put away learning materials, gather materials for the next learning tasks, make a list of what materials need to be replenished, etc.).



Tip 6: Build Relationships

If you have any questions, submit here.



- Connect with other parents, organizations, counselor, and case manager.
- Take advantage of Open House , Back-to-School Night, and Parent-Teacher conferences to help you and your child get a feel for the school. Meet the teachers, other staff, students, and families.
- Share the positives about working with your child, and let the teacher know about changes, events, or IEP concerns that should be considered.



SPECIAL
EDUCATION

Tip 7: Scheduling

- Family Calendar -Time management is tricky for everyone, especially kids and teens, but planning is important.
- Keeping major deadlines, due dates, events and extracurricular activities in one place helps students visualize their week, manage their time and stay on track.
- Consider using apps to help with scheduling for the family. Hint: The first step in finding what you need in an app is to sit down and determine what is causing the **most** stress in your family's daily life.



Tip 8: Note Taking

- To boost note-taking skills, have your child practice picking out the “main ideas” in conversations, news reports, or magazine articles. Taking good notes helps keep students grades up, especially in middle or high school.



Cornell Two-Column Notes	
Keywords:	Notes:
	Types of Matter
Solids	I. Solids A. Have a definite shape B. Have a definite volume
Liquids	II. Liquids A. Do not have a definite shape B. Have a definite volume
Gases	III. Gases A. Do not have a definite shape B. Do not have a definite volume
Summary: (Insert summary of lecture after class.)	

Cornell Notetaking Method	
Cue Column	Notes Column
2.5 Inches	6 Inches
<ul style="list-style-type: none"> Main Ideas Questions that connect points Diagrams Study prompts 	<ul style="list-style-type: none"> Main lecture notes here Use concise sentences Use shorthand symbols Use abbreviations Use lists Put space between points
When? After class During review	When? During class
Summary Column	
<ul style="list-style-type: none"> For top level, main ideas Use as a quick reference area 	When? After class During review
	2"

Tip 9: Avoid Distractions

- Students need to do their best to avoid distractions in class. This means keeping cell phones tucked away and removing themselves from distracting behavior whenever possible.
- In the home, practice helping keep children focused on one task at a time and following directions.
- To promote active learning, listen to your child's ideas and respond to them.



Tip 10: Speak Up



- Students often can get confused by homework or test instructions. Encourage your child to speak up if they don't understand testing or homework directions. Also, encourage your child to listen carefully and spend plenty of time reading directions.
- Model asking clarifying questions in the home. This encourages them to ask better questions at school.




If you have any questions, submit here.





SPECIAL
EDUCATION

Closing Thoughts

 Set high expectations for your child.

 Support your child in meeting those expectations.

 Stay aware of your child's social life, activities, and schoolwork. You, your child, and the school will benefit from your continued support.

 Discuss how the skills your child is learning in school are an important part of everyday life. Let your child see you read, write, and use math.





PARENT MENTORS

SUPPORT. ADVISE. EDUCATE.



SPECIAL EDUCATION

Specialized Teaching & Learning,
Assistive Technology

Helpful Links to the Parent Mentor and Special Education Websites:

<https://www.cobbk12.org/page/38585/special-education-parent-mentors>

<https://www.cobbk12.org/page/48110/special-education-specialized-teaching-and-learning-assistive-technology>



Questions?



If you have any questions, submit here.



**SPECIAL
EDUCATION**