

PTA SPECIAL EDUCATION/504 PLAN PARENT INFORMATION GROUP

February 13, 2018

A dark blue diagonal graphic element that starts from the bottom left corner and extends towards the top right corner, creating a triangular shape in the bottom right of the slide.

Supporting our Parents of students with Special Needs

AGENDA

- INTRODUCTIONS
- MEET OUR MENTAL HEALTH PROFESSIONALS
- COMMON CHALLENGES
- SOLUTIONS/STRENGTHS
- BREAK OUT GROUPS - TIPS, STRATEGIES, SUPPORT
- Q&A/ RESOURCES



Introductions



Stacy Eatmon, LCSW

Kirsten Jensen, PsyD

Christina Park, LCSW

Common Reasons for Challenging Behavior

- Behavior is a form of communication
- There can be a disconnect in this form of communication when the “why” is not understood
- When a communication breakdown occurs, frustration takes over
- Challenging behavior presents when there is a lack of options:
 - Not knowing what else to do/stuck in their habit of reactions
 - Unaware of other choices- lack of other coping skills
 - Not aware of social “norms”
- Fear



Common Reasons for Challenging Behavior

- Benefits of negative actions
 - Unintentionally reinforced
 - Unexpected positive results - attention, getting out of obligations, not being given obligations due to decreased expectations
 - Self identity or social groups tied to negative actions
 - Validations of suffering - Behavior is external expression of internal struggles



Common Reasons for Challenging Behavior

Environmental factors/changes

- Changes in the family system/ through: divorce, marriage, blended families, custody changes, death, birth, injury, illness, career changes, educational changes and excessive parental stress.
- Changes in the physical home/school: a move, new home or school, adjusting to surroundings; remodeling/construction displacement.
- Exposure to domestic violence, or substance abuse in the family.
- Economic changes: economic fluctuations, job loss/gain, financial losses.
- Exposure to unexpected events: natural disasters, terrorist incidents, school/community shootings, other crimes, and inappropriate news exposure.



Solutions/Strengths Meet Them Where They Are At

- The individuals are the experts of themselves – Work to understand rather than to be understood
- How do we look at “defiance”? - Kettle on vs kettle off
- Perspective of teamwork - their success is your success
- Without connection, the child directs the interaction
 - Pay attention and engage
 - Creating opportunities to connect
 - Creating opportunities to succeed



Solutions/Strengths

Eliminate Power Struggles

- Self awareness- identify your own strengths, triggers, and vulnerabilities
- Respond as calmly as possible- neutral but pleasant
- Whatever you focus your energy on, it expands
 - Emotions drive behaviors- not personal or permanent
- Collaborate rather than expect- formulating/creating rules and expectations as a team
 - Provide choices to increase participation and buy-in
- De-escalate- when upset, decrease volume and increase distance
- Allow for mistakes in a safe place
 - Children should be able to experience natural consequences



Solutions/Strengths Incorporating Coping Skills in Daily Life

- Plan regular enriching activities to connect- trust is built on small moments
- Modeling (Teaching moments)
- Family meetings; family game night
- Journaling/or other coping strategies
- Identifying role models in
“the real world, their world”
- Physical Activities
- Meditation, mindfulness



Emotional Self-Care

Self Care is part of Parenting

- Take stock of/ and in yourself
- Acknowledge your own strengths
- Recognize when you need help
- Oxygen mask

You are on a parallel path with your children

- Build self care into your daily routine
- Access resources (School, community, family, neighborhood, friends)
- Parent groups
- Plan your self-care
- Its ok to say no



Group Activity

Mindful Guided Visualization Activity

<https://www.youtube.com/watch?v=MNJDn8VcZ9Q>

<http://theemotionmachine.tumblr.com/post/165334198527>



Break Out Groups:

Preschool - 3rd grade ~ Stacy Eatmon

4th grade - 6th grade ~ Kirsten Jensen

7th grade - ATP ~ Christina Park

