

PARENT MENTOR NEWSLETTER

KINDERGARTEN READINESS CHECKLIST



To do well in school, children need to be supported and nurtured in all areas of development.

It is also important that your child is physically, socially and emotionally ready for school. This checklist can help serve as your guide. But please remember, you child change so fast! If they cannot do something this week, you may see them do it a couple of weeks later.

DEVELOPMENT AREA—Physical Skills

Does your child...

- enjoy outdoor play such as running, jumping, and climbing;
- draw and **trace** basic shapes;
- cut with scissors;
- bounce a ball;
- or ride a tricycle?

HEALTH & SAFETY NEEDS

Has your child...

- had required shots, had a dental exam, had a vision exam;
- learned own first and last name;
- learned first & last name of parent;
- learned to not talk to strangers;
- developed a set routine for going to bed;
- follow rules for safety?

Tips & Activities to Help Prepare Your Child

- Materials that will help your child develop the motor skills needed to learn to write include crayons, markers, pencils, glue, scissors, paper & paint, puzzles, Legos & blocks.
- Activities that will help your child's coordination include climbing, jumping, skipping, playing ball, using playground equipment & riding a tricycle.

- Help your child learn their full name, address and telephone number
- Help your child to look both ways when crossing the street
- Talk with your child about strangers and who to go to for help
- Use bedtime as the opportunity to read and to talk with your child

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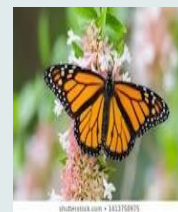
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“Butterfly in the Wind”

A child is...

*A butterfly in the wind,
some can fly higher than
others,
But each one flies the best
it can.*



*Why compare one against the other?
Each one is different!
Each one is special!
Each one is beautiful!*

- Author Unknown

SECONDARY TRANSITION ROAD MAP

FOR FAMILIES WITH CHILDREN WITH DISABILITIES, AGES 3–21

YOUR CHILD IS IN GRADES PK-5

It's never too early to start thinking and talking about what you hope for your child's life

- Early Intervention (EI), is a statewide system that provides coordinated services to parent of eligible children under the age of 3 with developmental delays or disabilities (DD). EI is part of the Help Me Grow system of supports. These services and supports for people with DD are provided at the county level by your local county board of developmental disabilities (CBDD). The CBDD determines eligibility, assesses your needs, and coordinates which services can best support you.

For more info.:

ohioearlyintervention.org

- The Ohio Department of Education has tools that support families and schools in early transition planning.

For more info.:

ohioemploymentfirst.org

YOUR CHILD IS IN GRADES 6-8

- A **Student Success Plan** is a student-focused process for supporting students and their families in understanding the academic requirements for achieving a career goal. If your child is at risk of dropping out of school, your child's school district is required to create a Student Success Plan for them.
- Before the school district creates the Student Success Plan, they must invite you to a meeting to assist in developing the plan. The school district must also share your child's student Success Plan with you after it is developed.

For more info.:

<https://education.ohio.gov>

YOUR CHILD IS TURNING 14 YRS OLD

- Your child's school district must create a transition plan for your child. Section 5 of the Individualized Education Program (IEP).
- Your child's school district will collect information about your child through **age-appropriate transition assessments (AATA)**. This information includes your child's preferences, interests, needs, and strengths (PINS).
- Your child's school district must use the information gathered through the AATA process to create the transition plan. Your child's transition plan will include information about the following: transition services, course(s) of study, postsecondary goals related to training & education, independent living skills (if appropriate), and competitive integrated employment.

For more info.:

ohioaatalibrary.org



YOUR CHILD IS 16 YRS OLD

- When your child turns 16, if your child has been eligible for services under the county board of developmental disabilities, their eligibility is no longer based on the Children's Ohio Eligibility Determination Instrument (COEDI). Their eligibility is now determined through the Ohio Eligibility Determination Instrument (OEDI). If your child is receiving these services and you hope to continue them, the **OEDI User Guide** can help you through the process. For more info.: <https://dodd.ohio.gov>

YOUR CHILD IS 17 YRS OLD

- The age of majority is the age at which an individual is considered an adult. Ohio's age of majority is 18.
- At least one year before your child reaches the age of majority, the school district must inform you and your child the IDEA rights will transfer to your child at age 18. Your child's IEP must indicate that you and your child have been informed of their rights. Your school district is obligated to you to continue to support your child at the age of 18 if necessary.

YOUR CHILD IS 18 YRS OLD

- Your child has the right and responsibility to make certain legal and educational choices for themselves.

YOUR CHILD HAS REACHED THE HIGH SCHOOL DESTINATION

- Your child is ready to set off on the journey of adulthood.
- When your child graduates or leaves high school, your child's school district must provide a **summary of your child's academic and functional performance**. This summary should also include recommendations that can assist your child in achieving their postsecondary goals.

For more info.: <https://education.ohio.gov>

Source: education.ohio.gov - Ohio Dept. of Education website—
Secondary Transition Roadmap—Families of Students With Disabilities

WHAT IS THE OPIOID EPIDEMIC—RAISING COMMUNITY AWARENESS

WHAT IS THE OPIOID EPIDEMIC?

"Opioids" include everything from heroin and fentanyl to prescription pills like oxycodone, hydrocodone, codeine and morphine. The misuse and abuse of these medications is prevalent in Paulding & Van Wert counties.

Statistics show that more than 130 people die every day in America due to misuse of these drugs. This equates to 1 person every 11 minutes.

"This epidemic is hitting America hard. It's hitting here in our very own communities, and we have seen too many family & friends lost to this disease of addiction. It's in our schools, churches, area businesses. We all have a responsibility, and it starts with recognizing the signs, dealing with the struggles and leading those addicts to the local resources that will help them through the recovery process."

- Mark Spieles, CEO, Westwood Behavioral Health Center

Are you or someone you love struggling with mental health or substance abuse:

"LocalHelpNow" app can provide the help you need – go to: tricityadamhs.org

If you are experiencing mental health or addiction crisis and need immediate assistance:

Call: 800-567-4673 Hotline 24 hours a day ~~~ Crisis Text Line: "4hope to 741 741" ~~~ Call, Chat or Text the number 988

DISPOSING OF UNUSED PRESCRIPTIONS

Don't save your leftover, unused pain pills. If you've ever had surgery, there's a good chance that you have a partially used bottle of prescription pain medication in your medicine cabinet. Opioids can be deadly to small children. Our Paulding County Sheriff's office has a drug disposal box available at their office to safely dispose of unused pain pills. It is accessible 24/7. However, only pill form medications can be accepted, not liquid form. Folks can simply come into the Sheriff's Office lobby and tell the staff they have pills to dispose of and turn them over. The medication is stored in the secure drug drop box and disposed of twice a year. The pills are then turned over to the DEA upon disposal. The Paulding County Sheriff's office is located at: 500 E. Perry Street, Paulding.

VAPING: WHAT PARENTS SHOULD KNOW-RAISING COMMUNITY AWARENESS

E—CIGARETTES & VAPING: WHAT PARENTS SHOULD KNOW

Today's threat to lung health include what the U.S. Surgeon General has called a youth vaping epidemic. The American Lung Assoc. is moving swiftly to bring medical expertise to the conversation, create new programs for teens and school, advocate for federal regulation and help people end their addiction to vaping. *Because, when you can't breathe, nothing else matters.*

IS YOUTH VAPING AN EPIDEMIC?

E-cigarettes are the most commonly used tobacco products among kids, with nearly 28% of high school students nationwide vaping

Many youth don't realize how they are harming their lungs and brains by vaping

MOST COMMON REASONS KIDS VAPE INCLUDE

55% "Curious about them"

31% Use by "Friend or family member"

22% Availability of "flavors such as mint, candy, fruit, or chocolate"

IMPACT OF VAPING ON TEENS

The bottom line: vaping is unsafe, especially for teens

E-cigarettes are designed to deliver nicotine quickly, which is highly addictive and can harm adolescents brain development.

It's not just "harmless water vapor". E-cigarettes contain diacetyl, a chemical linked to serious lung disease, volatile organic compounds such as benzene, which is found in car exhaust, and heavy metals, such as nickel, tin and lead.

No E-cigarette has been found to be safe and effective by FDA in helping smokers quit.

IS THERE A DIFFERENCE BETWEEN VAPING AND JUULING?

No. JUULs may look different, but they're actually a type of e-cigarette

JUUL is more discreet and looks like a USB drive—other e-cigarettes may look like pens or other objects that can conceal the vaping device—all types contain nicotine

American Lung Assoc. Resources:
Lung.org/NOT, Lung.org/INDEPTH, and
Lung.org/vape-free-schools

The American Lung Assoc.'s Lung Helpline is a free service staffed by registered nurses, respiratory therapists, pharmacists and certified tobacco cessation specialists.
1-800-LUNG-USA (1-800-586-4872)
Lung.org/helpline

Source: American Lung Assoc. Lung.org

ANXIETY IN CHILDREN—COMMUNITY AWARENESS

THE DIFFERENCE BETWEEN TYPICAL ANXIETY AND AN ANXIETY PROBLEM

All kids feel anxious from time to time. But kids with learning and attention issues are more likely to struggle with anxiety. How can you tell whether your child's level of anxiety is typical and appropriate, or something to be worried about?

Research shows that kids with learning and attention issues are 4-6 times more likely to be diagnosed with a mental health disorder than other kids their age.

The following are examples that may help you understand the difference between typical anxiety and an anxiety problem:

TYPICAL ANXIETY

A temporary & expected response to a potentially stressful situation. It doesn't happen often and it's appropriate to what's going on.

Kids feel worried or fearful about something, but it passes and doesn't interfere with other areas of life.

Also, they typically don't cause significant distress or lead to meltdown. And they usually don't interfere with everyday functioning.

AN ANXIETY PROBLEM

Kids with generalized anxiety disorder worry about many things. Their intense feelings may lead to refusing to go to school, avoid social situations, withdraw from activities, not get along with family & become irritable for no clear reason.

Kids with social anxiety disorder may be fearful of meeting new people.

Kids with separation anxiety disorder show great distress when they're away from home or not with parent or caregiver.

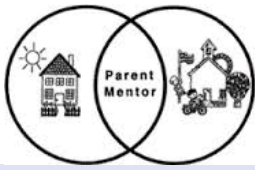
WHAT CAN A PARENT OR SCHOOL DO?

It's important to be sensitive to kids' learning issues and avoid creating stressful situations. Take your child's fears seriously but express confidence in their ability to manage them.

Remind your child of past successes and strategies that worked in those situations.

If you think your child might have an anxiety disorder, have them evaluated by a mental health professional.

Source: understood.org



As a Parent Mentor for Paulding County, I am just a phone call away if you need help with your child's special education services, if you need information, or if you have questions.

Cathy Ruiz, Parent Mentor
Office: 451 McDonald Pike,
Paulding, OH 45879
Phone: 419-399-4711
or 419-203-7364
Email: cruiz@wbesc.org

Western Buckeye, ESC
Office: 900 Fairground Drive
Paulding, OH 45879
Phone: 419-399-4711

THE PARENT MENTOR PROGRAM

WHAT IS A PARENT MENTOR?

The Parent Mentor is a parent of a child with a disability, and provides a support network to parents of children with disabilities and to the school districts who serve them. The Parent Mentor can provide information and resources to families and school districts including education laws, district programs and services, community resources, and special-need related resources, free of charge.

WHAT ARE THE SERVICES PROVIDED BY THE PARENT MENTOR?

- * Guide families through the special education process, including rights and responsibilities
- * Listen and provide supports to families and educators on an individual basis
- * Attend Individualized Education Program (IEP) meetings and other school meetings at a parent or school's request
- * Organize and conduct informational sessions or workshops based on the needs of families and school personnel
- * Builds collaborative partnership between families, schools, and committees to benefit students with disabilities.

PARENT MENTOR - BRIDGING COMMUNICATION BETWEEN HOME & SCHOOL

SUMMER ACTIVITIES HAPPENING AT OUR PAULDING COUNTY CARNEGIE MAIN LIBRARY & BRANCHES!

PAULDING CO. CARNEGIE LIBRARY (MAIN)

- Children's Room
 - Summer Reading Program Reg.: 5/22
 - SRP: 6/5-8/5
 - Paw Patrol Program: 6/29, 5:30p-6:30p
 - Storytime with Kirk: 7/12 & 7/26, 11a
 - DinoRoar Program: 7/19, 12noon
 - Outdoor Blast Program: 8/15, 4p-5p
- 202 N. Main St., Paulding, 419-399-2032
Susan Deatrack: susand@mypccl.org

ANTWERP BRANCH LIBRARY

- Wednesday Story Time's, Antwerp Park, 11a, (rain-meet at the Antwerp Library)
 - Special Guest Story Time, 6/21, 11a, in the Library
 - Craft Day's every Friday, 10a-5p, ALL AGES!
- 205 Madison, St., Antwerp
419-258-2855
Sara Newman: saran@mypccl.org



GROVER HILL BRANCH LIBRARY

- Summer Reading Program Reg.: 5/22
- Munchkin Club Storytime (6yrs & under): "Bear is Bear", 10:30a
- Storytime (6 yrs. & under): 6/12, 6/26, 7/10, & 7/24, 10:30a
- Senior BINGO (Ages 50+): 6/8, 7/13, 1p,
- GHBL Book Club: 6/28, 7/26, 4p
- End of Summer Party: 8/3, (TBA)

101 S. Main St., Grover Hill
419-567-1717
Amanda Jewell: ajewell@mypccl.org

OAKWOOD BRANCH LIBRARY

- Kickball Tournament
- Scavenger Hunt
- Activities at the Paulding Co. Fair
- Movies, & a Wet & Wild Day, Oakwood Park
- Fishing Derby
- Basic 1st Aid Classes for Kids
- Learning About Honey Bees
- Learning How to Make Natural Products for our Homes
- Growing & Preserving our Own Food
- Sewing & Wood Working
- Kids BINGO!

206 N. 21st St., Oakwood, 419-594-3337
Jamie Clemens: jclemens@mypccl.org

PAYNE BRANCH LIBRARY

Summer Reading/Story Time & Crafts: Tuesdays, 11a.m., Payne Park - bring your pet to the park! (rain - meet at Payne Library):

- Scavenger Hunt * Slime making
 - Sand foam * Bird feeder
 - Rock painting * Marshmallow shooters
 - Make your own snow * Ice Cream Party (Ice Cream Cups for kids & assortment of toppings to choose from)
 - Bi-weekly STEM demonstrations every Thursday throughout the summer:**
 - Hand Washing Science * Magic Milk
 - Refraction of light * Fire Works in a jar
 - * Rising Water
 - * Essential Oils Class: 6/12, 6p
 - * Donuts with Dad: 6/17, 10a-12noon
 - * Tile Art: 6/22, 1p, for Adults
- 101 N. Main St., Payne, 419-263-3333
Tiffany Reeves: treeves@mypccl.org

SUMMER CAREER PATHWAYS PROGRAM

will be held at the Paulding Co. Carnegie Library (Main) - Attention youth entering 9th grade this fall thru '23 graduating Seniors - Learn about careers in Social Work & other related fields! This program will be held 7/10 thru 7/27, Mon.-Thurs. each week, 3-hours per day. Earn \$30 for each day attended!

Questions or to Reg: Please contact Beth Miller at: bmiller@passaah.org

Presented by Prevention Awareness Support Services (PASS), and provided by Tri-County ADAMHS Board