SEPTEMBER 2023 | VOLUME 1

PLAINFIELD SPECIAL EDUCATION PARENT ADVISORY COMMITTEE

Supporting Families Together



WE NEED YOU!

Consider joining the Plainfield Special Education Parent Advisory Committee's Leadership Team to help make Plainfield Community Schools the best place to receive Special Education Services!

Our SEPAC is a collaborative group of parents, educators, and administrators from Plainfield Community School Corporation. We work together to:

- to identify, assess, assist, and review the needs of students who receive special education services in a transparent, positive, and solution-based atmosphere
- to empower families with the necessary tools to pilot the special needs system.

If interested, contact Beth Shepperd at eshepperd@plainfield.k12.in.us

RESOURCE SPOTLIGHT!

Is there a topic that you want to learn more about?

A story that you want to hear?

Let us know and we'll do our best to include it in one of our quarterly newsletters!



Special Education Parent Advisory Committee Townhall Meeting Schedule for 2023-2024

September 12, 2023 at 6:30 (Zoom)

Topic: Alternative Diploma Update
Presenter: Beth Shepperd, PCSC Director of Special Education
Register at:
https://us06web.zoom.us/meeting/register/tZYrcuGgqTopGdJPL2wnPlOhWerl4GiKy-dj

November 14, 2023 at 6:30 (Zoom)

Topic: Transition IEPs
Presenter: Beth Shepperd, PCSC Director of Special Education
Register at:
https://us06web.zoom.us/meeting/register/tZ0vdu2gqDgqH9N1MDjycYjcMS3dLvIzcgQ1

February 13, 2024 at 6:30 (Zoom)

Topic: Staying Safe at Home and in the Community
Presenter: TBA
Register at: https://us06web.zoom.us/meeting/register/tZAvd-uppz8oGtMsPc9o3kbgLDrt8pEk-kcZ

April 9, 2024 at 6:30 (Zoom)

Topic: Erskine Green – Independent Living Skills for the future
Presenter: Megan Stevenson, EGTI Executive Director
Register at: https://us06web.zoom.us/meeting/register/tZ0pf-uoqjMuHNwxNr_r8wm_ZR5ol6uoByae



Take a Chance on Change

Alea Garcia Cid

There we were, hundreds of miles away from home at an Airbnb, and I was realizing with horror that there was no bathtub. To make matters much worse, this bathroom had been redone in a very modern style, complete with an inlaid pebble floor, corrugated metal walls and roof, no bench, or any place to set anything, and no light. How on earth was I going to get my child, who has sensory issues on top of autism, in there to take a shower?

I realized my only hope was some spray foam soap I had recently purchased and brought on the trip. Basically, that is a can of foamy soap that shoots out like silly string. I made a game out of it, and the novelty of spraying soap distracted my child enough to bathe in a different manner and not have a meltdown. And she isn't scared of the shower anymore. This was when it dawned on me that sometimes changes in routine can lead to our kids being open to different options.

Another big change in routine came for us when Covid hit. Our youngest had Speech and Occupational Therapy appointments at the hospital, but our oldest couldn't come inside the building with us. Thankfully we already knew these therapists well because our daughter had to attend these therapy appointments by herself for a while. We would meet the therapists at the entrance, they would walk her to and from the appointment, and we'd wait outside. What we found was that I had been a terrible distraction for her at therapy, and she did much better work during the sessions when I was not there. This was not the easiest pill to swallow as a parent, but I got over it quickly when I saw the results. To this day I only attend as necessary, unless we have a new therapist.

Dropping something from a routine can also be good. From food to activities, kids can forget that they don't like something, and then enjoy it weeks or months later when reintroduced in a different and or better way. We tried in vain for a while to get our child to transition from her tricycle to a bicycle, but she simply refused. We let it go for a few months and tried again, this time it took.

As parents, we can get very used to keeping things a certain way so as not to rock the boat. Sometimes even giving way to needs that our children have outgrown. Change is a certainty in life, and around every corner there can be huge routine disrupters. As parents and caregivers, we should try to not face every change of routine with fear, sometimes we need to try and see if there is an opportunity for growth or progress.