



The Family Journey:

Recognizing and Managing Stress for Parents and Siblings of Students With Disabilities

Presented by Special Education Staff and CAC Members

Who's in the Room? | Icebreaker & Introductions

01

Parents & Caregivers

Sharing experiences & insights

02

Siblings & Family Members

Building connection & understanding

03

FCUSD Staff Members

Supporting & guiding our community



Tonight's Purpose | Overview & Goals



01 Recognize how stress can show up for parents and siblings.

02 Share simple ways to care for ourselves and one another.

03 Connect with other families and leave with useful tools.

Collective Breath | Mindful Breathing Practice

Breathing Technique

- Breathe out all the air in your lungs
- Inhale slowly, first into the stomach
- Then the lungs, feeling your chest expand
- Finally, fill the last little bit up behind the collar bone

01

Inhale

Breathe in for 3 seconds

02

Hold

Hold for 3 seconds

03

Exhale

Release for 3 seconds



The Invisible Backpack | Reflection & Discussion

01 PARENT PERSPECTIVE

What are you carrying as a parent that others cannot see?

02 SIBLING PERSPECTIVE

What might a sibling... brother or sister be carrying?



Recognizing Stress Patterns | Self-Reflection & Awareness

Body: What do you notice physically?

Thoughts: What starts running through your mind?

Actions: Do you withdraw, get impatient, or try to manage everything?

WRITING RESPONSE

- What tends to be happening when your stress starts to build?
- What is the first change you notice in yourself (your body, thoughts or actions)?



Recognize the loop to break the pattern

More Than a Deep Breath | Actionable Stress Strategies

A deep breath is helpful, but it can't be the only strategy. When stress builds, try one small step:

BODY & SENSORY

Grounding Actions

- Press both feet firmly into the floor
- Look around and name 3 things you see
- Exhale longer than you inhale
- Push your palms together

RESET & REFRAME

Perspective Shifts

- Sip cold or carbonated water
- Step outside or change rooms/scenery
- Tell yourself "I do not have to solve everything right now"
- Talk with someone who can listen without 'fixing it'



Which one might work for you?

Pick one step to try today

Reflection Tip: When reaching out to someone to vent, frame what you need up front (e.g., "I just need to vent for 5 minutes, no advice needed").

Co-Regulation | Mutual Support & Connection

Children and adults often borrow calm from the people around them.

The Power of Presence

We can help one another feel steadier through our presence.

Family Reflection

When someone in your family is struggling, what helps them feel supported?



Co-Regulation in Action
Building calm through shared moments

What We're Taking With Us | Summary & Next Steps

Tonight we named some of the things we carry, noticed how stress shows up in us, and explored small ways to steady ourselves and support each other.

01 | AWARENESS

Notice what you are carrying

02 | RECOGNITION

Recognize your early signs of stress

03 | ACTION & SUPPORT

Choose one way to steady or support yourself and others



Moving Forward

Carry these tools with you

One Small Step | Personal Reflection

On a 3x5 card, finish this sentence:

“When I notice my stress building, I can
_____.”



Take Action

Small steps lead to
steady momentum

REFLECTION



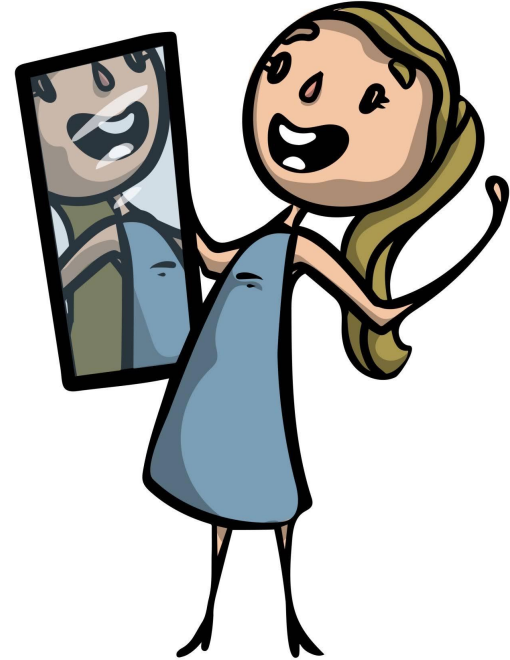
TAKEAWAY

What is ONE thing you're taking away from today's learning?



QUESTION

What is ONE question you still have?



Support at Your School

Key contacts and resources available for your child and family



TEACHER OR CASE MANAGER

Classroom needs and your child's plan



SPECIAL ED STAFF

IEP questions and specialized services



WELLNESS & COUNSELING STAFF

Emotional support and mental health care



PARENT COORDINATORS & COMMUNITY STAFF

Connecting with school and community resources

Not sure where to start?

Contact the school office and ask to be connected.



Connect With Other Families

Family connection & learning opportunities



FAMILY CAFÉS - Starting this October

Monthly at Many Rancho Schools

Connect with other parents and share experiences in a supportive setting.



PARENT SUMMIT - Rancho Cordova Elementary

Saturday, November 7, 2026 (8:30-11:30)

Meet other families through workshops and conversations.



COMMUNITY ADVISORY COMMITTEES (CAC)

Monthly CAC Advisory Meetings

Meet other families of children with disabilities, share your perspective, and learn together.



**THANK YOU for YOUR
TIME & ENGAGEMENT**

Carla Gaymon-Davis

FCUSD Community Schools Coordinator

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Special Education Questions, Comments, Concerns, Suggestions, and Positive Experiences Form

What would you like us to know?

Please enter your question, comment, concern, suggestion, or feedback by filling out the linked form below or scanning the QR-code:

<https://forms.gle/QN2SfzwCopGTxXSK6>



Interested in Joining CAC?

Please fill out the linked form or scan the QR-code:

[CAC Application](#)



[Aplicación CAC](#)



LOOKING AHEAD: 2026-2027 CAC Meeting Dates

DATE	TIME	2026-2027 EVENTS
August 19	5:30-6:30 p.m. 6:30-7:30 p.m.	Presentation "Roadmap to a successful school year" Meeting Childcare will be provided during the presentation and meeting. RSVP for childcare is required. Please scan the QR code and complete the brief RSVP survey. <u>Location:</u> Cordova Lane Center, 2460 Cordova Lane, Rancho Cordova, CA 95670 
September 30	5:30-6:30 p.m. 6:30-7:30 p.m.	Presentation "The family journey: recognizing and managing stress for parents and siblings of students with disabilities" Meeting Childcare will be provided during the presentation and meeting. RSVP for childcare is required. Please scan the QR code and complete the brief RSVP survey. <u>Location:</u> Cordova Lane Center, 2460 Cordova Lane, Rancho Cordova, CA 95670 
December 9	5:30-6:30 p.m. 6:30-7:30 p.m.	Presentation "How schools support students: the difference between an IEP and a 504 Plan" Meeting <u>Location:</u> Education Services Center, 1965 Birkmont Drive, Rancho Cordova 95742
February 10	5:30-7:00 p.m.	Meeting with the Local Control and Accountability Plan (LCAP) data walk <u>Location:</u> Education Services Center, 1965 Birkmont Drive, Rancho Cordova 95742
March 3	5:30-7:00 p.m.	Art Show <u>Location:</u> Education Services Center, 1965 Birkmont Drive, Rancho Cordova 95742
April 21	5:30-7:00 p.m.	Excellence in Special Education Awards Ceremony <u>Location:</u> Jill Solberg Performing Arts Center, Folsom High School, 1999 Prairie City Road, Folsom, CA 95630
May 12	5:30-7:30 p.m.	Meeting (Local Plan and next-year planning) <u>Location:</u> Education Services Center, 1965 Birkmont Drive, Rancho Cordova 95742
*Location is subject to change.		



Thank you