

ISLAND COUNTY PARENT TO PARENT

August 2024



Parent to Parent End of Summer BBQ 2024

Saturday, August 17

Noon-2:00pm

Fort Nugent Park
2075 SW Fort Nugent Ave
Oak Harbor



We Provide the Food & Entertainment!

Enjoy the BBQ, Scavenger Hunt, Arts & Crafts, and More.
Bring the Whole Family!

Fort Nugent Park Sheltered Picnic Area near the restrooms. All events are subject to cancelation/rescheduling. Parent to Parent offers support and resources to families of children and adults with special needs and/or disabilities. Follow Island County Parent to Parent Facebook Page for up-to date details, updates, resources and more.

All Ages, All Abilities Welcome!

Questions? Call/Text Tiffany (360)632-7539 or Spanish Call/Text Laiza (787)529-6788

<https://www.facebook.com/islandcountyparent2parent>



**All Events
Are All Ages,
All Abilities
All Welcome**
unless otherwise
stated. Follow our
Facebook &
Instagram Pages
to keep up to
date on **events,**
resources,
opportunities,
trainings and
more



**Island County
Parent to Parent
Coordinator**
Tiffany Wheeler-
Thompson
(360)632-7539
call/text

****All events are subject to cancellation or rescheduling. Check our Facebook Page
for up to date information [facebook.com/islandcountyparent2parent](https://www.facebook.com/islandcountyparent2parent)**

Upcoming Events & Virtual Trainings

Events and trainings like these are listed on our Facebook Page weekly.

Like our Facebook Page to keep up to date on opportunities.

<https://www.facebook.com/islandcountyparent2parent>



- **National Night Out 2024** August 6th at Windjammer Park. Making communities safer, more caring places to live and work. Activities and resources for the whole family.
- Navigating **Supplemental Security Income (SSI) under age 18** applications with NW Access Fund August 7th at Noon <https://www.nwaccessfund.org/youth/navigating-ssi/>
- **Inclusion 101 Workshop** presented by Inclusion for All. August 7 at Stanwood Library meeting room. Research, importance of inclusion, values of inclusion, education and more. Questions contact Lei@awnnetwork.org
- **Preparing for Back to School**: Setting my child up for success. August 8th online with ASD consultant Lauren Stewart, MA. Workshop for parents and caregivers. Visual supports, strategies and resources. https://psihcrmsites.microsoftportals.com/event?readableEventId=Preparing_My_Child_for_School
- Navigating **Supplemental Security Income (SSI) over age 18** applications with NW Access Fund August 14th at Noon <https://www.nwaccessfund.org/youth/navigating-ssi/>
- Navigating **504 Plan**: Rights & Responsibilities on August 14 with WA PAVE <https://www.tfaforms.com/5114101>
- **End of Summer BBQ** Saturday, August 17th at Fort Nugent Park. We provide the food and entertainment. You bring your family, something to sit on and enjoy the day with Parent to Parent and Star Behavioral. Noon – 2pm More info on front page.
- **Mariners Game**: T-Mobile Park for Autism Acceptance Day on August 25 with Autism Society of Washington <https://www.mlb.com/mariners/tickets/specials/autism-acceptance>
- **Office of the Education Ombuds Team** Virtual Event on August 27th at 5pm. Education on IEPs, Safety Planning (harassment/bullying), Attendance, McKinney Vento and Foster/Kinship Care Rights & Supports Email: www.oed.wa.gov (866)297-2597
- **Student-Led IEP Meetings**: Empowering Self Advocacy & Ownership August 28th with WA PAVE <https://www.tfaforms.com/5114101>
- Open Doors for Multicultural Families inclusive family event, **All Together Outside** September 8th Families can gather, participate in adaptive recreation. <https://opendoorswa.org/events/all-together-outside-an-inclusive-family-event>
- **Resource and Transition Fair** Tuesday, October 8th at Coupeville High School Information/resources for individuals with disabilities and their families as they consider life in school & beyond. More details on page 3

Welcome Community Members, Students on
IEPs or 504 Plans & Their Families

*Interested in a Brighter Future –
Looking for Options?*

Resource & Transition Fair

Tuesday, October 8th

5:00pm-7:15pm

Coupeville High School

501 S Main St, Coupeville

Meal provided

Information/resources for individuals with
disabilities and their families as they consider
life in school & beyond

Details - Questions? Contact

Mike Etzell (360)499-5401 Dev. Disabilities

Melissa Casey (360)678-2425 CSD

Susan Armstrong (360)279-5876 OHSD

Luke Hodson (360)221-6808 xt 5131 SWSD

**Night to
Remember
Prom**

**Sunday,
November
17th**



Let's Dance! Night to Remember Prom. Sunday, November 17th

Elks Lodge 1155 NE Ernst St, Oak Harbor

Special Needs Prom for Ages 14 and up. Great opportunity to dress up, dance with friends and have a prom to remember. Become a Queen or King for the Day! Light snacks

SCAN ME

2:00pm-4:00pm RSVP Required



Back-To-School Anxiety

The transition back to class as summer ends can be a stressful time for children and parents alike. But anxiety symptoms that persist beyond the first few weeks of school and that seem excessive may require consultation with an expert, says Johns Hopkins Children's Center psychologist Erika Chiappini, who specializes in the treatment of childhood anxiety and related disorders at [Johns Hopkins Children's Center](#). Validate the child's worry by acknowledging that, like any new activity, starting school can be hard but soon becomes easy and fun.

Tips to Ease Your Child's Back-to-School Anxiety

- A week or two before school, start preparing children for the upcoming transition by resuming school-year routines, such as setting a realistic bedtime and selecting tomorrow's clothes.
- Arrange play dates with one or more familiar peers before school starts. Research shows that the presence of a familiar peer during school transitions can improve children's academic and emotional adjustment.
- Visit the school before the school year begins, rehearse the drop-off and spend time on the playground or inside the classroom if the building is open. Have your child practice walking into class while you wait outside or down the hall.
- Come up with a prize or a rewarding activity that the child could earn for separating from mom or dad to attend school.

BACK TO SCHOOL SPECIAL EDUCATION CHECKLIST!

PAVE

visit wapave.org and type back to school on the search bar for more pointers!

1 Create a one-pager about your child to share with school staff

1



Include a picture



List child's talents and strengths



Highlight important accommodations, interventions, and supports from the 504 Plan, IEP, or BIP



2

2 Make a list of questions for your next meeting to discuss the IEP, BIP, or 504 Plan



Do you understand the target and replacement behaviors being tracked and taught by a Behavior Intervention Plan (BIP)? Will the child's transportation needs be met?

3

3 Mark your calendar for about a week before school starts to visit school and/or send an email to teachers, the IEP case manager, and/or your child's counselor



A communication plan between home and school can be listed as an accommodation on an IEP or 504 Plan; plan to ask for your communication plan to be written into the document at the next formal meeting

4

4 Design a communication log book



Log every communication, whether it happens in the hallway, on the phone, through text, via email, or something else. Plan to send an email thanking the person for their input and reviewing what was discussed and any promised actions.

5

5 Consider if you want to request more information about the credentials of teachers or providers working with your child. Here are some things you can ask about:



- Who is providing which services and supports?
- Who is designing the specially designed instruction (SDI)? (SDI helps a child make progress toward IEP goals)
- What training did these staff receive, or are there training needs for the district to consider?

6

6 If your child will receive help from a paraprofessional or aid, prepare to share information directly with that helper



- Sometimes these staff members don't get full information about your child because the school is responsible for protecting confidential information
- Parents have the right to share whatever they wish to help staff understand their child

7

7 Have thank you notes ready to write and share!



- Keep in mind that showing someone you appreciate their efforts can reinforce good work

Celebrate your child's return to school

Be ready to welcome your child home with open arms and developmentally appropriate questions to help them digest their day, share what they learned, and talk about new friends and helpers.

Island County Parent to Parent

Support & Resources for Special Needs Families in Island County

Tiffany Wheeler-Thompson ,Coordinator

105 NW 1st Street, Coupeville, WA 98239

(360)632-7539 call/text

Email: t.wheeler-thompson@islandcountwa.gov



<https://www.islandcountywa.gov/198/Parent-to-Parent>

We have a variety of resource guides on our website:

Island County Disability Resources

- ◆ Island County Disability Resource Guide: *English and Spanish*
- ◆ Island County Autism Resource Guide: *English and Spanish*
- ◆ Island County Autism Spectrum Disorder website in *English and Spanish* <https://www.pilotace.org/>
- ◆ Special Education Resources
- ◆ Island County Behavioral/Mental Health Resource Guide: *English*

Transition Support & Resources

- ◆ Timelines and Checklists
- ◆ IEPs, Services, Planning
- ◆ Developmental Disabilities Administration (DDA)
- ◆ Employment Support
- ◆ Federal, State, & County Resources
- ◆ Legal , Guardianship, Special Needs Trusts/Financial Planning
- ◆ Healthcare, and more

Have you checked out our website recently?

Oh boy, there is lots of new content, resources, information and more.

<https://www.islandcountywa.gov/198/Parent-to-Parent>

Hard copies of these resource guides, Family Toolkits and “Island County Transition: School-age to Adulthood In Depth Guide: English” are also available. Email t.wheeler-thompson@islandcountywa.gov. Provide your contact information to ensure a reply.

Camera ` Zoom ` Tap Link

Island County Parent to
Parent Website

Island County
Parent to Parent
Facebook Page

Island County Autism
Resources for Families

