

Parent News



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Agency Spotlight— RallyCap Sports

Welcome to RallyCap Sports BGSU!

We are the Bowling Green State University chapter of RallyCap Sports and we believe people with special needs should be able to play sports, just like everyone else. We provide recreational sports specifically designed for children and young adults with special needs.

New to RallyCap Sports?

At the heart of RallyCap Sports is our vision of a world where people of all abilities can share in the joy of sports. We believe sports have the power to change the focus from disability to ability and ultimately change lives.

- 4-6 week seasons throughout the year
- Equipment & facilities provided
- Trophies and RallyCap gear!
- One-on-one volunteer help
- Boys and girls ages 7 and older with any type of special needs

For more information check out www.rcsbgsu.org or email bgsu@rallycapsports.org. You can also call 732-391-2282.



The Parent Mentor Program

What exactly is a Parent Mentor?

A Parent Mentor is a parent of a child with a disability, and provides a support network to school districts and parents of children with disabilities. The Parent Mentor can provide information and resources to families and school districts free of charge. Services provided by the Parent Mentor include guiding families through the special education process, listening to and providing support for families and educators on an individual basis, attending Individual Education Program (IEP) meetings or other school meetings, organizing workshops or trainings, and building collaborative partnerships between families, schools, and committees to benefit students with disabilities. As a Parent Mentor for Wood County, we are 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.

Sincerely,

Jennifer Vanlerberg and Jenny Myers

Training Opportunities

Come and check out two free trainings as part of the Special Needs Planning Series. The next two trainings are on October 10th from 6 to 8 PM on the topic of “Guardianship and Alternatives” and on November 14th from 6 to 8 PM on the topic of “Adult Options.”

Both take place at the Toledo Port Authority, Second Floor, 1 Maritime Plaza Toledo Ohio. RSVP 419-885-0015 and ask for James Schade.

Another free training will be offered on October 23rd at the Wood County Educational Service Center, 1867 N. Research Drive, Bowling Green. "Taking the Sting out of Behavior" presented by Kelly Buerger from the Ohio Coalition for the Education of Children with Disabilities will be held from 5 to 6:30 PM. RSVP to Jenn or Jenny 419-354-9010, or jvanlerberg@wcsc.org or jemyers@wcsc.org.

Attend the premier Autism and Disabilities Conference by OCALI, on November 20-22 in Columbus. Parents and family members can attend for \$75, while professionals needing CEU's can attend for \$325. Discounted group rates are available. For more information, see the website www.ocali.org. You can email questions to events@ocali.org.



Two Additional free parent/professional trainings are taking place at the Hancock County Educational Service Center (7746 County Road 140, Findlay) from 6 to 8 PM. The first is "The Bull Stops Here: Understanding Bullying and What You Can do to Help." It is on October 22nd. The second is entitled "Understanding ADHD." It will be held November 12th at the same location. To register for either event, you can contact Hancock County Parent Mentor, Laurie Betscher, at betscherl@hancockesc.org or call 419-422-7525.



**"The things that make me different are the ones that make me."
— Piglet, Winnie the Pooh**

Wonderful Websites

For visual supports and therapy materials for Autism you can check out www.therapics.org.

Sign up for the newsletter at Understood.org. Find information on Autism, ADHD, Dyslexia, and much more.

www.dsagt.org is the website for the Down Syndrome Association of Greater Toledo. 419-536-4321. DSAGT serves Northwest Ohio and Southern Michigan. Check out their website for information and events.

www.deafandblindoutreach.org is the website for the Outreach Center for Deafness and Blindness. Find information and services on their website.



GRANTS! Help is out there for local families

www.specialkidstherapy.org scholarships for therapies and equipment not covered by insurance (due Nov 30)



www.aubreyrose.org helps families with children who are currently living with a life-threatening medical condition.



www.givingangelsfoundation.org enhances the lives of children under the age of 21 with any type of physical disability or illness. \$50,000 income cap.



www.hfgrotto.org helps cover the cost of dental treatments.



www.mccdcares.com Midwest Council for Children with Disabilities provides families of disabled children the means to pursue medical treatment and therapies not covered by health insurance.



www.theparkerleeproject.org provides needed medical equipment and supplies to families of children with special needs.



www.s4af.org Sports 4 All Foundation has an equipment endowment program that provides sporting equipment, gear and clothing for individuals with disabilities.



www.mclindonfamilyfoundation.org provides adaptive bikes for children with special needs.



www.herofargo.org Healthcare equipment recycling organization helps those in need of healthcare supplies.



www.theorangeeffect.org empowers children and young adults with speech disorders to effectively communicate through technology and speech therapy. (Due Nov 15).



“You cannot do a kindness too soon because you never know how soon it will be too late.” — Ralph Waldo Emerson

Anxiety

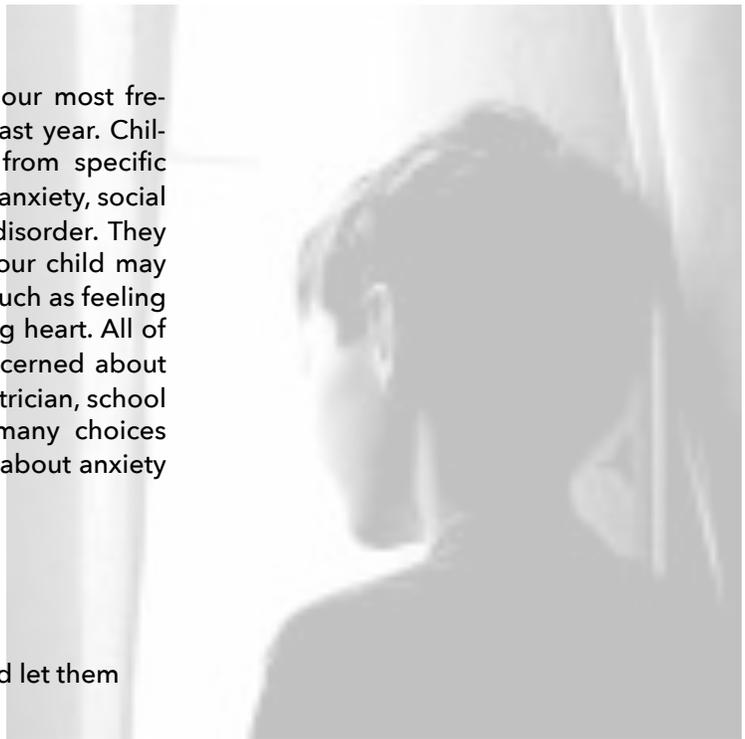
Anxiety in children is very common. It is one of our most frequent topics with parents and schools over the past year. Children can experience different types of anxiety from specific phobias (such as the dark or insects) or separation anxiety, social anxiety, or they may have a generalized anxiety disorder. They may experience anxiety around tests or exams. Your child may report experiencing things during the school day such as feeling jittery, having a hot face, clammy hands, or a racing heart. All of these can be symptoms of anxiety. If you are concerned about your child's anxiety, you can speak with your pediatrician, school counselor, and your child's teacher. There are many choices when it comes to treatment. For more information about anxiety in children, check out:

www.understood.org

www.health.harvard.edu

www.kidshealth.org

You may also wish to talk to your child's teacher and let them know how they can help at school.



“A little consideration, a little thought for others, makes all the difference.”
— Eeyore, Winnie the Pooh



SPONSORED BY THE WOOD COUNTY PARENT MENTOR PROGRAM & THE OHIO COALITION FOR THE EDUCATION OF CHILDREN WITH DISABILITIES

“Taking the Sting Out of Behavior”

PLEASE JOIN US FOR A FREE TRAINING!

October 23, 2019

Wood County Educational Service Center
1867 North Research Drive, Bowling Green, OH 43402

5:00 p.m. to 6:30 p.m.

Presenter: Kelly Buerger
Information Specialist/Trainer/Web Support

REGISTRATION:

Parents of children with disabilities and professionals are invited to register for this free training by calling Jennifer Vanlerberg or Jenny Myers at 419-354-9010 or by emailing JVanlerberg@wcesc.org or jemyers@wcesc.org

Ohio Coalition for the Education of Children with Disabilities (OCECD),
165 West Center Street, Suite 302, Marion, OH 43302 1-844-382-5452
www.ocecd.org



This training is designed for parents and will address the types of inappropriate behavior, the methods you can use in working with behavioral challenges, and some techniques that may assist the child in developing the appropriate skills necessary to self-regulate behavior.

Participants will learn how to work with children to eliminate inappropriate behaviors and how to teach children skills necessary to self-monitor their actions. The difference between punishment and discipline will be discussed. The various types of behaviors and the techniques and methods for working with these behaviors will be presented.