

# Idaho KinCare Project

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## Special points of interest:

- Learn to Advocate for you child
- School Conference Tips
- KinCare Support Groups



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## Learn to Be an Effective Advocate for your Child

In the beginning, the process of advocating for your child feels overwhelming. This is normal. Effective advocacy involves research, planning and preparation. You need to learn how to find accurate information and how to use your emotions as a source of energy.

### Get Educated

You need to learn about your child's disability, how the disability affects your child's learning, and about appropriate educational and remediation techniques. You can start at

your local library.

### Build Your Team

Consult with a child psychologist and a



educational diagnostician. Look for an individual in the private sector who is knowledgeable about your child's disability, child development, and special education. In addition to

making recommendations about your child's educational program, your advocate or consultant should be willing to attend school meetings to support these recommendations.

### Join a Parent Group

When you join a parent group, you will meet other parents who have traveled down the same road. You

can learn from their successes and mistakes. They will help you learn the "rules of the game." If you don't have time to assist to a group, look for one on line.

## Support Group Meetings

"Treasure Valley GAP, Boise

Tracee Crawford: 323-7538

"Grandparents/Relatives as Parents Support Group, Twin Falls

Shawna Wasko: 208-736-2122

"Relatives as Parents,

Caldwell

Linda Dripps: 919-4731

"Relatives Raising Relatives, Idaho City

Ginny and Ken Ohls: 344-4329

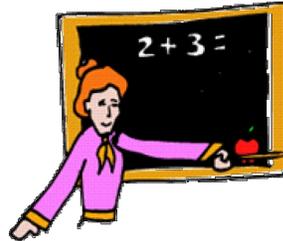
# Grandparent-Teacher Conference Tips

Grandparent-teacher conferences can be stressful for everyone involved. Below are some helpful tips for easing the stress.

Prepare ahead of time before the conference:

1. Know how your child is doing by looking over their tests and assignments.
2. Ask your child questions like. "What is your favorite subject?, What is your

least favorite school activity?, and Who are your friends?"



3. Write down your questions so that you can cover all the concerns that are important to you.
4. List your child's strengths and don't be afraid to voice them to the teacher.

During the conference:

- Be on time.
- Be open to suggestions and ideas.
- Ask the teacher how she thinks you can best support your grandchild.
- Ask about your child's social interactions during school.



## Thanksgiving Quote

As we express our gratitude, we must never forget that the highest appreciation is not to utter words, but to live by them.

John Fitzgerald Kennedy

Enjoy a free night at the movies

(bring your own snacks)

TH, 6:30 p.m., 11/10-True Grit (PG-13) at the Library Cole and Ustick.

7557 W. Ustick Rd. Boise (208)570-6900

## Nine Steps to Make Sure you are Prepared for your Child's IEP:

**1. Review Your Child's Progress Reports** A month prior to the meeting, gather your child's progress reports from the year. Which goals have your child mastered? Children are supposed to be meeting all their goals every year.

**2. Research IEP Goals** Three weeks prior to the meeting, research IEP goals using Google. If you input "**sample IEP reading goals**" you will find hundreds of ideas for goals. Do this for each subject area. Select goals that you think your child will enjoy and have success with.

**3. Select Achievable Goals** Select goals that you think your child can easily achieve. If you want your child exposed to a skill, but measuring your child's success is difficult, change the wording of the goal to, "participate in..." and the goal will be easier.

**4. Prep The Teachers** The educational team will probably meet a week or two before your scheduled IEP meeting. Give them your document of ideas for IEP goals about two weeks prior to the meeting. This way your ideas are incorporated into their ideas prior to the scheduled IEP meeting.

**5. Include Social Goals** Remember that if you want your child fully included in a typical classroom, then some of your child's goals should be **social goals**.

**6. Get a rough draft of the IEP** When you talk to the teacher about the goals, ask him/her to

give you a "rough draft" of the IEP document including your child's goals prior to the meeting.

**7. Review & Compare** Read each section of the document. Compare it to the IEP document from the prior year. Read the IEP goals. Cross out the words that reflect judgment such as "appropriate" and "enthusiastic." Slightly change wording if needed to reflect a high level of dignity and respect for your child.

**8. Return The Revised Draft** Return the document a few days prior to the meeting so the teachers have time to revise the document.

**9. Bring and Advocate** with you to the annual IEP meetings.

*When you talk with teachers about your child's day and about the lessons, you should be holding the list of IEP goals.*

Once the IEP meeting is done, type the list of the IEP's goals. Give the list to your child's teacher and ask the teacher to share it with other paraprofessionals working with your child. As the year progresses, it is easy for teachers to get busy with activities and daily lessons—and to set aside your child's goals. When you talk with teachers about your child's day and about the lessons, you should be holding the list of IEP goals. To make sure that your child's IEP is being implemented.

## Thankfulness

If you want to turn your life around, try thankfulness. It will change your life mightily.

Gerald Good



Happy Thanksgiving!!



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A kinCare provider is a grandparent or other family member raising a relative's child. This arrangement can be challenging from legal, financial, and emotional standpoints. If you are one of the 10,000 kinCare providers in Idaho, this newsletter is for you.



It can be overwhelming to be the primary caretaker of children in today's world. When you feel as though you just can't do it anymore, it might help to remember this anonymous quote.

*"You may not be able to change the entire world, but you can change the entire world of a child."*



Visit the FACS library at  
[www.211.idaho.gov](http://www.211.idaho.gov)



## Book Choice

Understanding your special needs grandchild : A grandparent's guide.

HQ 759.9 .J66 2001

Jones, Clare B

The author discusses the challenges a family faces when raising a child with special needs. Detailed descriptions and treatments about a number of challenging conditions are provided and per-



sonal stories show the important role grandparents play in the lives of a special needs grandchild.

2-1-1 Idaho CareLine is Idaho's only statewide, comprehensive community information and referral service. Dedicated to providing a comprehensive range of low cost or free health and human services to the people of Idaho. Dial 2-1-1 or 1-800-926-2588

[www.211.idaho.gov](http://www.211.idaho.gov).

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