

SPINNING WHEEL

December 2009



National News

- ◆ **PEPNet Regional Centers:** PEPNet is a collaborative of four regional centers that work to expand higher education opportunities for individuals who are deaf or hard of hearing. PEPNet works with secondary education programs, adult basic education programs, colleges, and other educational institutions to help youth transition to advanced learning opportunities. Recently, they produced a DVD on the Americans with Disabilities Act, which can be viewed on their Web site. <http://www.pepnet.org/default.asp>
- ◆ **CDC Parent Portal:** The Center for Disease Control and Prevention (CDC) has created a new *parent portal* to help parents find information on raising healthy children and providing a safe home and community. Families can find credible resources on a variety of topics, such as illnesses and diseases, developmental milestones, peer relationships, and nutrition. <http://www.cdc.gov/parents/index.html>

The Kentucky Family to Family Health Information Centers (F2F HIC) are located in each of the Commission for Children with Special Health Care Needs (CCSHCN) Offices. The F2F's can help you find information and services. We are developing a network of Support Parents to provide support to other parents. If you have questions or would like to help another family you can reach us in Owensboro - Sondra Gilbert 877-687-7038 Ext. 2123 or in Louisville, Debbie Gilbert 800-232-1160 Ext. 279

KY-SPIN Consultants are present at the Commission for Children with Special Health Care Needs (CCSHCN) Clinics throughout the state at various times each month. For information on clinic visits & SPIN workshops contact us toll-free at 1-800-525-7746 or by e-mail at spininc@kyspin.com.

The **Kentucky State Advisory Panel for Exceptional Children** (SAPEC) provides policy guidance with respect to special education and related services for children with disabilities in Kentucky as defined by special education regulations and applicable state and federal law. The Panel advises and assists the Department of Education regarding the provision of appropriate services for children with disabilities. The authority for the Panel is mandated under the Individuals with Disabilities Act (20 U.S.C. 1400 et seq. as amended). The Panel conducts public forums as a part of their meetings. The public is encouraged to comment via e-mail or by coming to a meeting. For information, contact Renee Scott at renee.scott@education.ky.gov or by calling Kentucky Department of Education (KDE) at (502) 564-4970.



The next SAPEC public forum is scheduled for January 14, 2010, 6:30 p.m. at Capital Plaza Hotel in Frankfort, KY
This is a time for families and professionals to voice your concerns to the panel and they will pass them along to Kentucky Department of Education.

Spotlight on Kentucky: Kentucky Autism Training Center (KATC)

The mission of the Kentucky Autism Training Center is to strengthen our state's systems of support for persons affected by autism by bridging research to practice and by providing training and resources to families and professionals. KATC is committed to improving the quality of life for those affected by ASD. Vision: Kentucky's leading resource on Autism Spectrum Disorders (ASD).

Telephone: (502) 852-4631 or 800-334-8635 ext. 852-4631 Fax: (502) 852-7148
E-mail: katc@louisville.edu Website: <https://louisville.edu/education/kyautismtraining/about>

SPIN (Special Parent Involvement Network) is a statewide project of KY-SPIN, Inc. that "HELPS YOU HELP YOUR CHILD." SPIN PTI (Parent Training & Information Project) is funded by the U.S. Dept. of Education. **SPIN** provides training, information and support to people with disabilities, their parents and families, and information on all types of disabilities and topics for all age groups. There are no fees for **SPIN** services. Consultation, resource materials, and referral services are also available.

You can call us toll-free at 800-525-7746 or at 502-937-6894, our e-mail address is spininc@kyspin.com and our website is www.kyspin.com; our main office is located at 10301-B Deering Road / Louisville, KY 40272.





Early Childhood: WHAT IS PRESCHOOL?

Preschool programs for three - and four - year - old children are found in a variety of settings. This will vary across communities, so talk with your public school, early intervention professionals, neighbors and others about what your community has to offer. What is preschool? The best way to answer the question would be to visit local preschool programs, see them in action, talk with providers and ask questions.

Parents should look for several characteristics in a quality preschool program. These include:



- ◆ nurturing, safe environments where young children learn by doing;
- ◆ a focus on the physical, social, emotional and intellectual development of the whole child;
- ◆ opportunities for children to learn through concrete, hands-on, play experiences; and
- ◆ opportunities for children to learn through exploration.

In a quality preschool classroom, children can select activities from a variety of learning centers such as dramatic play, blocks, housekeeping, science, games and puzzles, books, music, and creative art. The children are learning by seeing, touching, tasting, moving and choosing. What is the best part of preschool? The spontaneous laughter throughout the day!!!

In high quality preschools, teachers have specialized training in early childhood and work with children based on how young children learn. They view each child in preschool as a unique person. Different levels of ability and learning styles are accepted and used to design appropriate learning activities. The classrooms are stimulating, with developmentally appropriate materials and activities. Interactions and activities build children's self-confidence and promote positive feelings toward learning.

Kentucky preschool programs are implementing the *Building a Strong Foundation for School Success – Kentucky Early Childhood Standards* and the *Continuous Assessment Guide* to make sure your child is growing and developing on a continuum - beginning at birth, supported in preschool, and continued throughout life. A *Parents Guide* is available to help families in understanding the early childhood standards and supporting their child's development at home. Check out the website at <http://kidsnow.gov>. Preschool programs support the vision for Kentucky's young children and their families that "all young children are healthy and safe, possess the foundation that will enable school and personal success, and live in strong families that are supported and strengthened within their communities" (Governor's Early Childhood Task Force, 1999).

By: "Step by Step: A Family Guide for Transition into Preschool" © 2008 (updated June 2008)

KECTP is jointly funded by the KDE and the Cabinet for Health and Family Services, through federal funds under the Individuals with Disabilities Education Act (Preschool and Infant/Toddler).

<http://chfs.ky.gov/NR/rdonlyres/F00D7C8A-9C67-48D9-ACFF-6B2B07B9/191590UpdatedStepbyStepGuideEnglishversion.pdf>

Did you know

With the Holidays approaching and children will be on breaks from school that it is very important to document any regression your child may have during the breaks. If they mastered a skill prior to the break and once they returned to school they no longer have mastered that skill, make sure everyone working with your child is aware of it and it is documented. Especially when you reach the end of the school year and review/update the IEP; regression over breaks will be looked at when determining if you child qualifies for ESY (Extended School Year) Services.



Transition To Adult Health Care

Transition is a process, and youth should start planning in the preteen years. Transition to adult health care is explained as the movement of youth with chronic medical conditions from child centered to adult oriented health care.

The following is a list of skills to work on in order to begin the transition process:

1. Assess your knowledge of your diagnosis/disability.
2. Begin to develop an emergency plan.
3. Learn about medications and their side effects.
4. Learn how to communicate with health care providers.
5. Learn how to manage specific self care needs.
6. Begin to plan for transfer to adult health care providers.
7. Learn about ways to pay for health care (insurance or Medicaid).
8. Begin to develop a medical history.



Developed by Judy Blackwell, MSW with the Commission For Children With Special Health Care Needs in Lexington, Ky.

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Merry Christmas!!

