



Connecticut Parent Advocacy Center

May 2019 ENews



Connecticut's Resource for Children with Disabilities;
EMPOWERING AND EDUCATING FAMILIES

Who's Responsible for Providing FAPE?

When a special education student is also receiving mental health services, there are several significant implications that school districts must consider. First, school districts are required to address all the student's special education needs through an appropriate Individualized Education Plan ("IEP").

[Read more here>>](#)

How Improving Patient Literacy Positively Impacts Mental Health

How often have you been carried away to another land while reading a book? This op-ed from Doximity explores the link between literacy skills and our mental health. Explore how improving literacy can improve mental health through:

[Learn more here>>](#)

Emotional Check-in with your Children/Students

English Language Learners face a myriad of challenges. It isn't just learning a new language but also a new country, navigating through the school's culture, norms and cliques. Add to that if the child has a disability then there's a whole new language to learn with acronyms, abbreviations, and rights afforded to special education students that may not exist in their country to name a few. Adding to the already difficult transition to a new country there is possible exposure to trauma, poverty, homelessness or even refugee and migrant status – this carries its own set of circumstances and concerns. Therefore, it's important to do an emotional check-in with your children/students. Check out this link for information

June 11, 2019

[LifeCourse Planning Tools - LEARN](#)
(Old Lyme, CT)

June 4, 2019

[LifeCourse Planning Tools - CREC](#)
(Hartford, CT)

View a full list of upcoming special education related events in Connecticut by visiting: www.cpacinc.org/upcoming-events.

About Us

CPAC is a statewide non-profit organization providing information and support to families in Connecticut who have children, ages birth to 26,

specific to parents and educators.

[For Educators>>](#)

[For Parents>>](#)

Are you concerned about the Social Emotional Development of your Young Child with Developmental Delays?

According to Kara Dukakis, from the Office of Early Childhood Development, Children learn through and with the adults in their lives. A large body of research shows that children with a strong social and emotional foundation demonstrate stronger academic achievement, are more likely to graduate high school, go to college, and fare better on overall wellness and other positive long-term outcomes. Positive social and emotional development carries important benefits for all children, including young children with developmental delays or disabilities.

All children are born with the need and desire to connect with those around them. Neuroscience tells us that brain development unfolds rapidly in the first three years of life, and that social and emotional development begins in the earliest days of life. When children feel secure in their relationships and have their needs met in responsive and consistent ways, they begin forming a strong social and emotional foundation. They begin to learn to pay attention, regulate their emotions and behavior, express feelings, and overcome challenges successfully. All these skills contribute to healthy social and emotional development. Moreover, Social and emotional development involves several inter-related areas, including social interaction, emotional awareness, and self-regulation. As a parent, there are many ways by which you can foster social and emotional development through your daily interactions with your little one.

The U.S. Departments of Health and Human Services and Education are joining with Too Small to Fail to release a Fostering Healthy Social and Emotional Development in Young Children Toolkit on social and emotional development. All the resources feature examples of

with any disability or chronic illness. We believe that parents can be the most effective advocates for their children given the confidence that knowledge and understanding of special education laws can bring.

We need your help! Please consider helping CPAC. [Click here to donate.](#)

Spanish Materials

Many of our fact sheets and resources are available in Spanish. Visit www.cpacinc.org and click on "En Espanol" in the top right corner of the page.



simple actions to take, some of which caregivers might be doing already, such as maintaining consistent routines for young children.

[Click here to learn more about how to support your child through reading, talking and singing>>](#)

Mental Health in Schools

Addressing mental health at school is important.

Research shows that students who receive support have better academic achievement. Mental includes social emotional and behavioral health. If your child has an Individual Education Plan these areas.

[For more information>>](#)

Next STEPs is coming to Norwalk!

Starting mid October Next STEPs Parent Leadership Training will be held in Norwalk for 9 weeks. Contact us for more information - cpac@cpacinc.org or 860-739-3089

Next STEPS is a free 8 week training series for families, educators, community professionals which is held in the evening. It is designed to help families and professionals become more familiar with special education and be prepared to serve on school, district or state level teams working to improve outcomes for students with disabilities. Participants will also be more prepared to support other parents one on one. Application can be found at: <http://www.cpacinc.org/projects-programs/next-steps/>)

DATES and LOCATION to be determined.

CPAC's FAQ:

Dear Parent Consultant,

My daughter is on an IEP for a learning disorder, but lately it seems like her anxiety is affecting her learning just as much as her learning disorder. She's afraid to raise her hand and ask for help, and frequently leaving the classroom to see the school nurse for a stomach ache. She is seeing a therapist outside of school and she has been diagnosed with generalized anxiety disorder. It's an ordeal to get her to even go to school each morning. I need to get her help at school before it gets worse. Can

her IEP address her learning disability and her anxiety?

Sincerely, Bella's Mom

Dear Bella's Mom,

You can call a Planning and Placement Team (PPT) meeting and request additional supports and accommodations to help meet Bella's emotional needs at school. If your outside providers did any evaluations or reports, it would be helpful to share those with the team prior to the meeting. The team may decide they need more information and ask to do further assessment to have a clear picture of her emotional needs and how they impact her learning. You might invite the school nurse to the meeting so they can report on the frequent visits to her office (this is time out of class and loss of instruction). The PPT (which includes you) will decide if Bella needs additional specialized instruction or accommodations. They may add counseling goals and services at school, to help her develop coping skills and to self-advocate. There are many accommodations that the team can consider; this article from Understood.org has some examples: [At a Glance>>](#)

If you have any questions or want to talk with someone more in depth about this, you can call 860-739-3089 and ask to speak to a Parent Consultant.

Sincerely,
CPAC Parent Consultant

Upcoming Events

CPAC posts statewide **Upcoming Events** on our website including CPAC workshops and those of other organizations that may interest the families we serve. Please be sure to check back regularly as events are added daily. Additionally, if you have events that you would like to share with families, please send them to cpac@cpacinc.org for consideration. To view Upcoming Events visit www.cpacinc.org.

Educational Term of the Month

Mental Health: Mental health includes our emotional, psychological, and social well-being. It affects how we think, feel, and act. It also helps determine how we handle stress, relate to others, and make choices. Mental health is important at every stage of life, from childhood and adolescence through adulthood.

Learn the definition of other educational terms by viewing our [Guide to Educational Terms](#) (in English and Spanish).

Visit CPAC on Social Media!

If you like this e-newsletter you may want to check out our Facebook page and Pinterest boards for more information. Check out CPAC on [Facebook](#) and [Pinterest](#).



Connecticut Parent Advocacy Center, Inc

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New Haven, CT
203-778-3211

Satellite Office: St. Joseph's Parenting Center
Stamford, CT
203-588-9274



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