



## Family Support & Resource Center Fall 2019 Newsletter

### Providing Families with Support and Resources

## WELCOME BACK!



I hope everyone had a wonderful summer.

We are so excited to start this new school year!

For those who do not know me, my name is Stacey Behrens and I am the Parent Coordinator for Talbot County Public Schools. Please remember that I am here to assist you. I have enjoyed meeting many of you this past year and I look forward to getting to know more of you this year. Feel free to contact me at 410-822-6940 ext. 179 or [sbehrens@talbotschools.org](mailto:sbehrens@talbotschools.org) with any questions, concerns or if you are looking for resources.

## What is the Family Support Resource Center????

The **Family Support & Resource Center** is designed to support families of children and youth with disabilities currently receiving special education services in Talbot County Public Schools or through the Talbot County Infants & Toddlers Program. Here are some of the services that are offered:

- + **workshops** designed to address the needs of our families
- + **opportunities to network** with other parents of children with special needs
- + **one on one support provided** by the **Family Support and Resource Center Parent Coordinator**, including going with you to your child's IEP meetings
- + **PAL (Play and Learn) Club** – A playgroup for our Infants and Toddlers' families engaging activities planned several times per year to provide fun for the whole family in a safe environment
- + **resource library** filled with books and DVDs on many disabilities and helpful topics related to child development in general
- + **information** on activities in the community and surrounding area.

It is my hope that families will feel **supported, informed** and **connected** through the **Family Support & Resource Center**. Please contact me with any questions or needs.

# Things Every Parent of Kids with Special Needs Should Hear!

By Dr. Darla Clayton, PsyD, [The Mobility Resource](#)

## **You are not alone.**

There may not be anyone else with the same constellation of symptoms as your child but there are people with similar challenges. Find those people.

## **You too deserve to be cared for.**

We are placed in a position of caring for others nearly constantly. However, you still need and deserve to be cared for. Take time to make yourself feel special. You deserve it!

## **You aren't perfect—and that's ok!**

No one is perfect. We all make mistakes. Beating yourself up isn't going to change the situation, so try to move on.

## **You are a superhero.**

You may not leap buildings in a single bound or run faster than a speeding bullet but you are a superhero none the less. You are a therapist, nurse, doctor, friend and confidante.

## **Therapy is play.**

Having sat in on several therapy sessions, I have been frustrated by what I thought was premature discharge from therapy on more than one occasion. Since then, I have grown, I have learned and I have come to understand. For children, therapy is play and play is therapy.

## **Make time to enjoy your kids.**

Super parents tend to be fairly busy and often over scheduled. However, while everything on your calendar is important, it's also important to make time to play, laugh, be silly and just enjoy your kids. Read to them, snuggle with them, engage with them with what's important in their worlds.

## **Being a parent is hard. Being a parent to a child with extra needs is *extra* hard.**

It can also be extra rewarding, make us extra passionate and will almost always make life extra interesting. With the challenges, come the rewards. Sometimes you have to search your heart for the rewards. They are there if you look for them.

### **Don't lose yourself.**

Don't let being the parent of a special needs child create or reshape your identity. Find things in your life you enjoy doing, reading a book, participating in a hobby, shopping for yourself.

### **Celebrate the little things!**

Brag about those accomplishments that might seem small to others but are huge for our kids! Our kids develop on their own clock, they learn many skills late and some they never master. A wiggled toe that couldn't wiggle before, a word, a sentence, a smile, a hug, whatever that milestone may be, share it with those who love you and your child.

### **Trust your instincts.**

You know your children best. Doctors, teachers, therapists are all fantastic resources but if you don't feel like you're being heard, or your child's needs are being met, it's very reasonable to get a second opinion. Don't be afraid to fight for your child and their needs. You are the expert on your child.



# SECAC members needed!

## Quarterly Special Education Citizen's Advisory (SECAC) Meetings

Members, TCPS families & community partners are always encouraged to attend our quarterly SECAC meetings. This is an opportunity to become a part of a committee that shapes the activities and events available to children with special needs. We plan fun, social events, excellent seminars, webinars, training events, and help find funding for special needs activities in Talbot County. Currently there are four planned meetings to be held on Tuesdays: **September 24<sup>th</sup>**, November 12<sup>th</sup>, February 11<sup>th</sup> and April 28<sup>th</sup> from 5:00 – 6:30 at the Talbot County Education Center. Please call with general questions, to reserve childcare and to let us know if you'll be attending.

Some upcoming events that SECAC will be providing are as follows: Multiple Parent Trainings, Family Night at Kiln Born, Family Bowling and a Fall Carnival!!

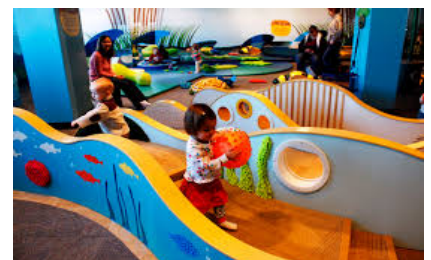
**Please join us for the upcoming SECAC meeting on September 24<sup>th</sup> from 5:00-6:30!** -Stacey

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## FREE PORT DISCOVERY PASSES

We have Free Passes to visit Port Discovery Children's Museum in Baltimore, MD. These passes are available to any resident of Talbot County. Each laminated pass admits three people, age 2 and older. We have 5 laminated reusable passes. This is a great experience and a wonderful way to spend time with the family. Please call Stacey @ 410-822-0330 to reserve the passes and return the passes to Talbot County Education Center (TCEC) within 3 days of your visit to Port Discovery, to make them available for other families.

**Discover Port Discovery, Baltimore**



# SAVE THE DATES!!

On October 22, 2019, SECAC will be hosting an event for school age students at:



**There will be various pre-selected items to paint!**

**Appropriate for preschool through high school students!**

**Siblings are welcome to join in on the fun!**

**Pizza and Drinks will be provided  
for the whole family!!**

**Join us for some Family Fun!!**

**There will be more information sent out prior to this event!**

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## **9<sup>th</sup> Annual Staff Appreciation Celebration**

Sponsored by the Special Education Citizen's Advisory Committee  
(SECAC) of Talbot County Public Schools

**Thursday March 12, 2020 6:00-7:30 pm**

**The Milestone**

9630 Technology Drive, Easton



Is there a person in the school system that has had a tremendous impact on your child with special needs this school year? This is a chance for you and your child to nominate a special education teacher, therapist, classroom teacher, instructional assistant, personal assistant, principal, assistant principal, school nurse, bus driver, cafeteria worker, custodian, other school administrator, faculty, or staff member.

Please watch for a special mailing of the nomination form and more information on this exciting event at the beginning of January!

# Community Activities

- Easton Library - [www.tcfl.org](http://www.tcfl.org)
- Pickering Creek - <http://pickering.audubon.org>
- Parks and Recreation - [www.talbotparks.org](http://www.talbotparks.org)
- YMCA - <http://www.ymcachesapeake.org>
- Kiln Born Creations – [www.kilnborncreations.com](http://www.kilnborncreations.com)
- Easton Bowl – [www.eastonbowl.com](http://www.eastonbowl.com)
- Easton Premiere Cinemas – <http://www.tritonmovies.com>

(Easton Premiere Cinemas offers sensory friendly movie showings!)

SCHOOL Year  
of  
**AWESOME**

*Are you ready for some AWESOME?*